



Para (3 km, one 3 km loop)
Midget (4 km, 2 x 2 km loop)
Junior (5 km, one 2 km loop + one 3 km loop)
Senior (6 km, 2 x 3 km loop)

2 km loop = ← RACE COURSE
km loops = ← + WARMUP & COOLDOWN AREAS
← - - - - - COMPETING ATHLETE ENTRY & EXIT POINTS