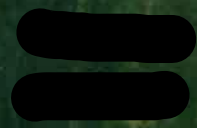




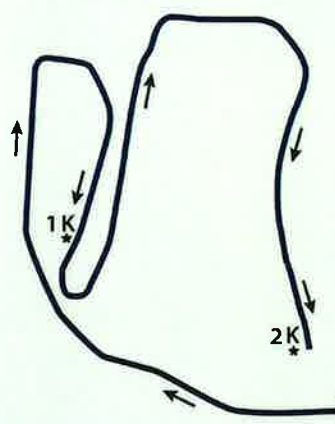
ND
CROSS COUNTRY
 BURKE GOLF COURSE &
 CROSS COUNTRY COURSE
5K COURSE

- 1** 2K LOOP
- 2** 3K LOOP

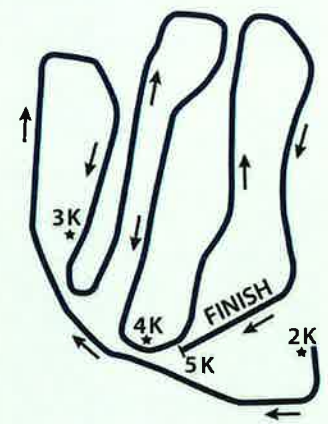


ROUTING GUIDE - 5K COURSE

1
 FIRST LAP
 0 - 2K



2
 SECOND LAP
 2K - 5K



FINISH LINE AREA





NDP
CROSS COUNTRY
BURKE GOLF COURSE & CROSS COUNTRY COURSE
8K COURSE

- 1** 2K LOOP
- 2** 3K LOOP
- 3** 3K LOOP

ROUTING GUIDE 8K COURSE

