

# Cross Country



**1000m**

# Cross Country

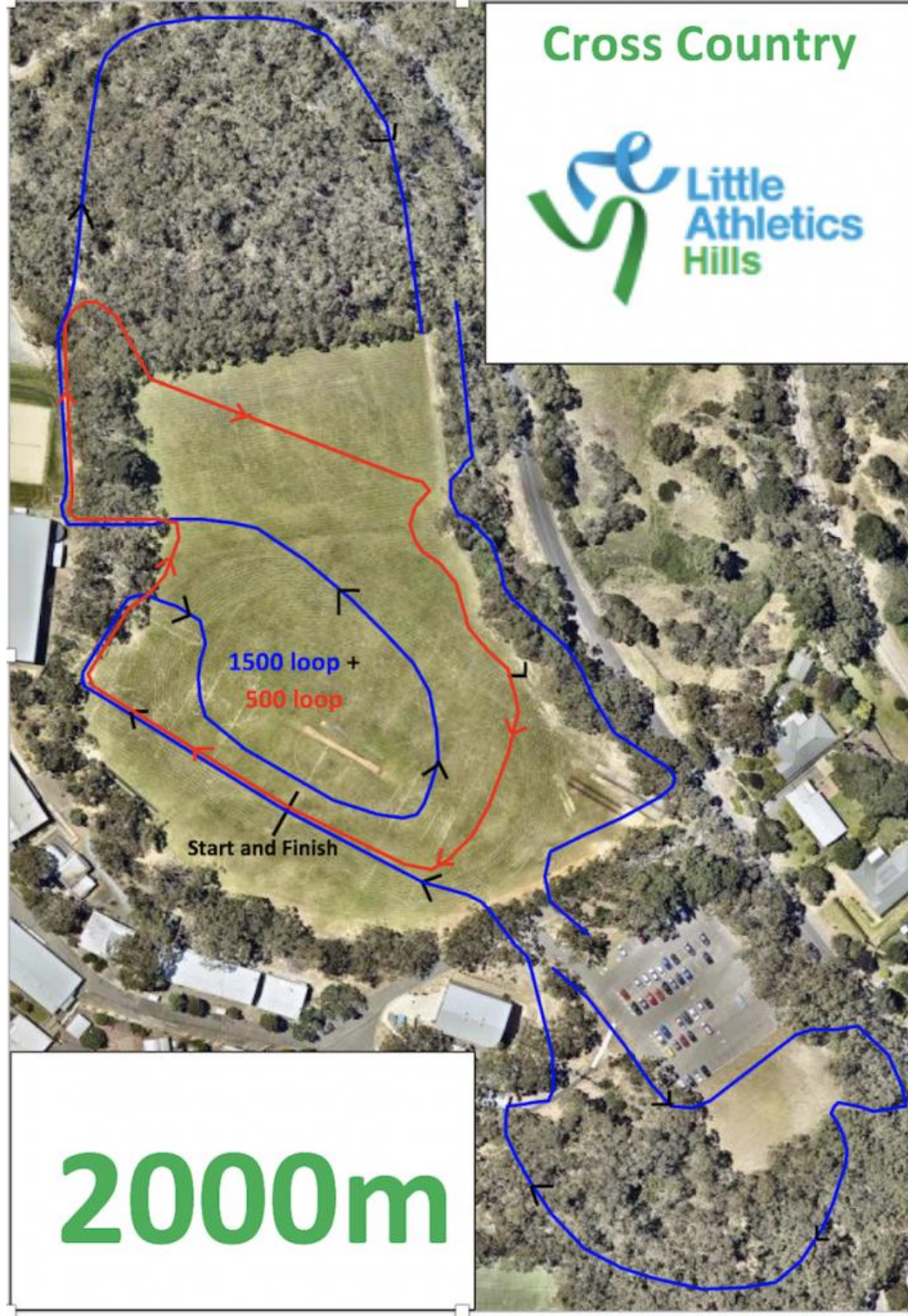


3000 m  
2 circuits

Start and Finish

**1500m  
and 3000m**

# Cross Country



1500 loop +  
500 loop

Start and Finish

# 2000m