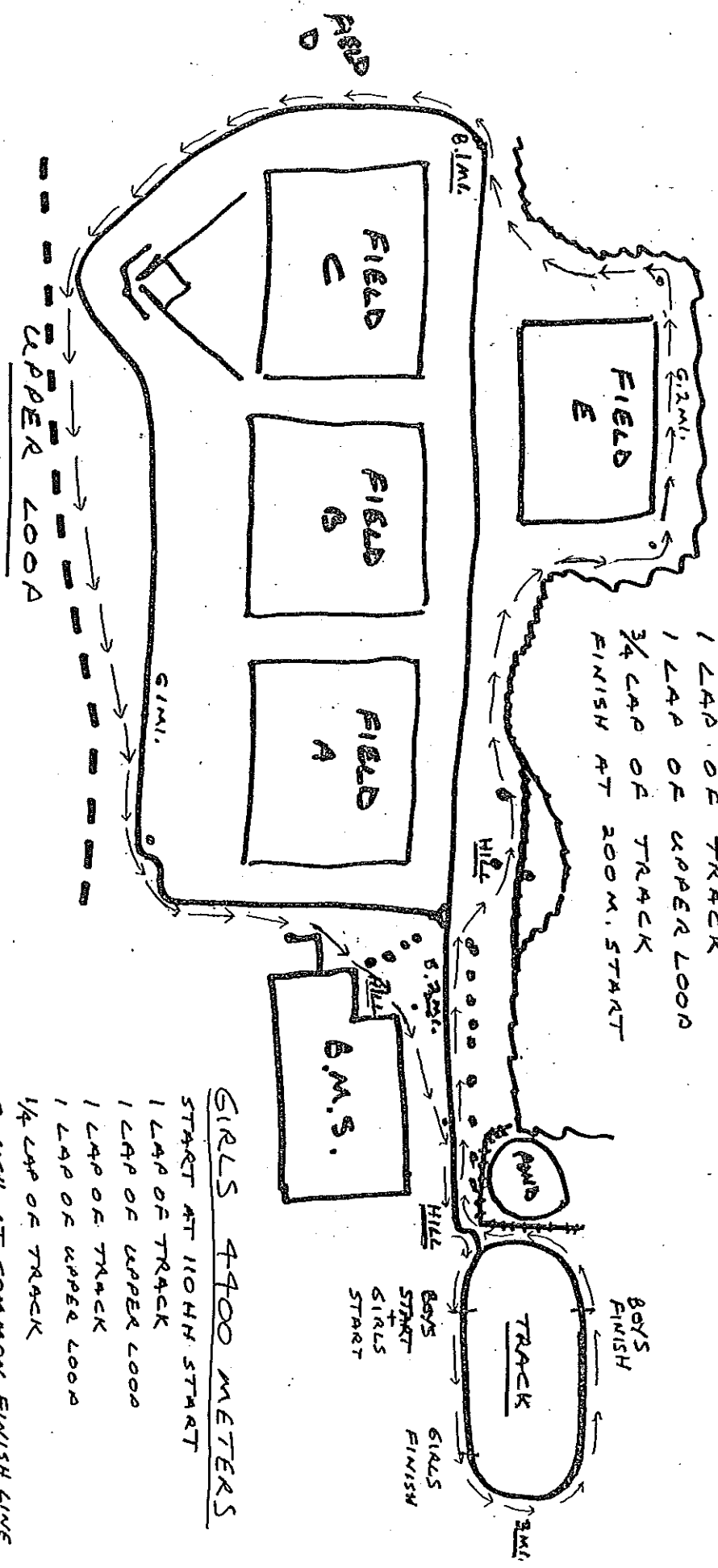


STAPLES CROSS COUNTRY COURSE - BOYS 5000 METERS

- START AT 1100H. START
- 2 LAPS OF TRACK
- 1 LAP OF UPPER LOOP
- 1 LAP OF TRACK
- 1 LAP OF UPPER LOOP
- 3/4 LAP OF TRACK
- FINISH AT ROOM. START



- GIRLS 4400 METERS
- START AT 1100H. START
 - 1 LAP OF TRACK
 - 1 LAP OF UPPER LOOP
 - 1 LAP OF TRACK
 - 1 LAP OF UPPER LOOP
 - 1/4 LAP OF TRACK
 - FINISH AT COMMON FINISH LINE ON MAIN STRAIGHTAWAY.

- NOVICE BOYS & GIRLS 3000 METERS
- START AT 1100H. START
 - 2 LAPS OF TRACK
 - 1 LAP OF UPPER LOOP
 - 3/4 LAP OF TRACK
 - FINISH AT ROOM. START