



Lake Chipican

START

FINISH

Para 12:15 / Novice Boys 12:45 / Novice Girls 1:15 (4050m)

Start.....LARGE BLUE loop.....RED loop.....Finish

Junior Boys 1:45 / Junior Girls 2:20 (5030m)

Start.....2 x LARGE BLUE loop.....RED loop.....Finish

Senior Boys 3:00 / Senior Girls 3:45 (6150m)

Start.....SMALL BLUE loop.....2 x RED loop.....Finish