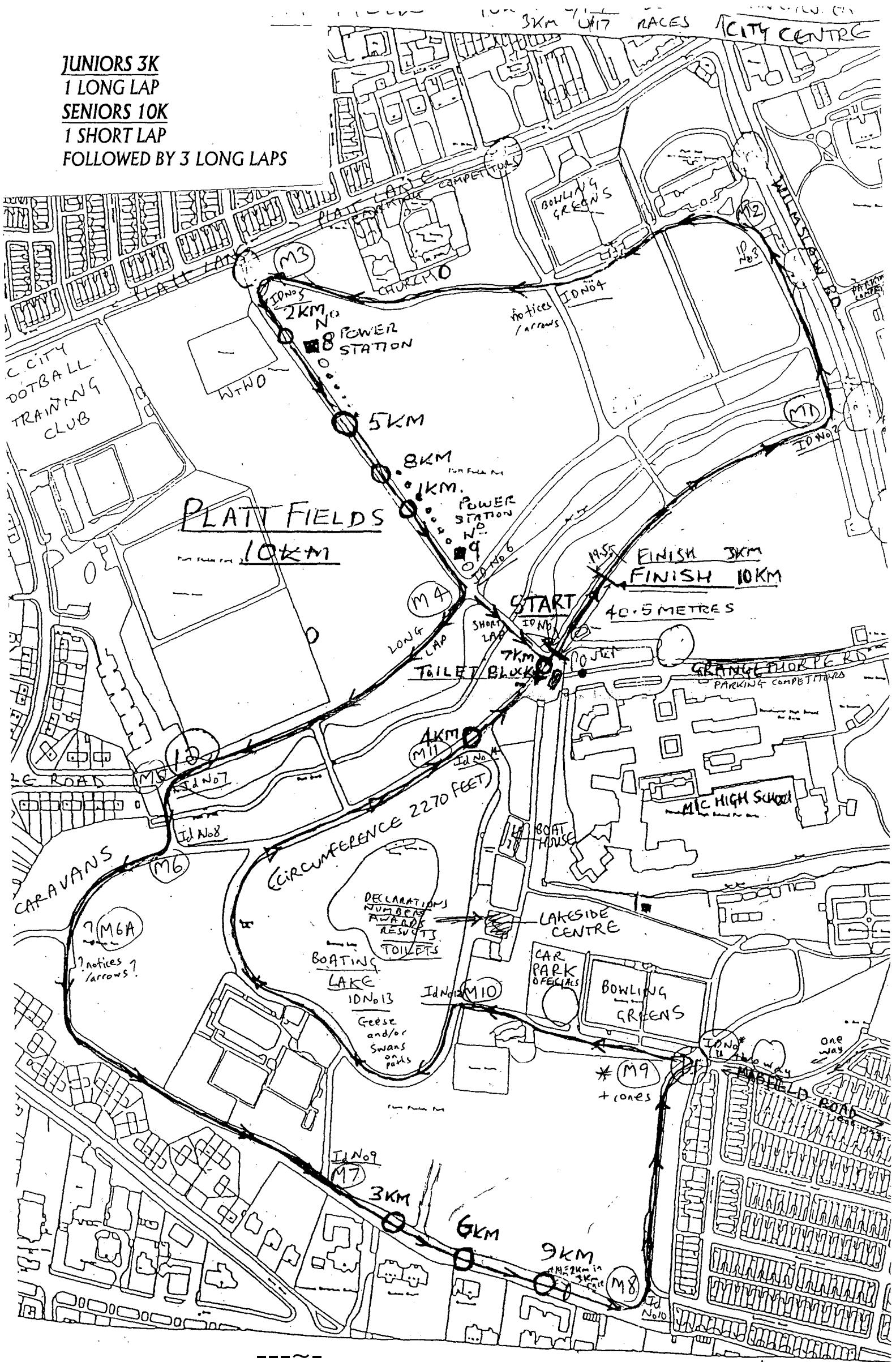


JUNIORS 3K
1 LONG LAP
SENIORS 10K
1 SHORT LAP
FOLLOWED BY 3 LONG LAPS



1:11.11.11
 11.11.11