

UPDATED AND FINAL COURSE MAP!



Men's 8k race:

Start-A-B-1K-B-A-C-2.5k-B-A-C-4k-B-A-C-5.5k-B-A-C-7k-A-B-Finish

Notes:

The men's race will consist of four 1500m loops and two 1k loops.

First 1k loop=Yellow

Four 1500 loops=Black

Last finishing 1k loop=Blue



Women's 5k race:

Start-A-B-1k-B-A-C-2.5k-B-A-C-4k-A-B-Finish

Notes:

The women's race will consist of two 1500m loops and two 1k loop.

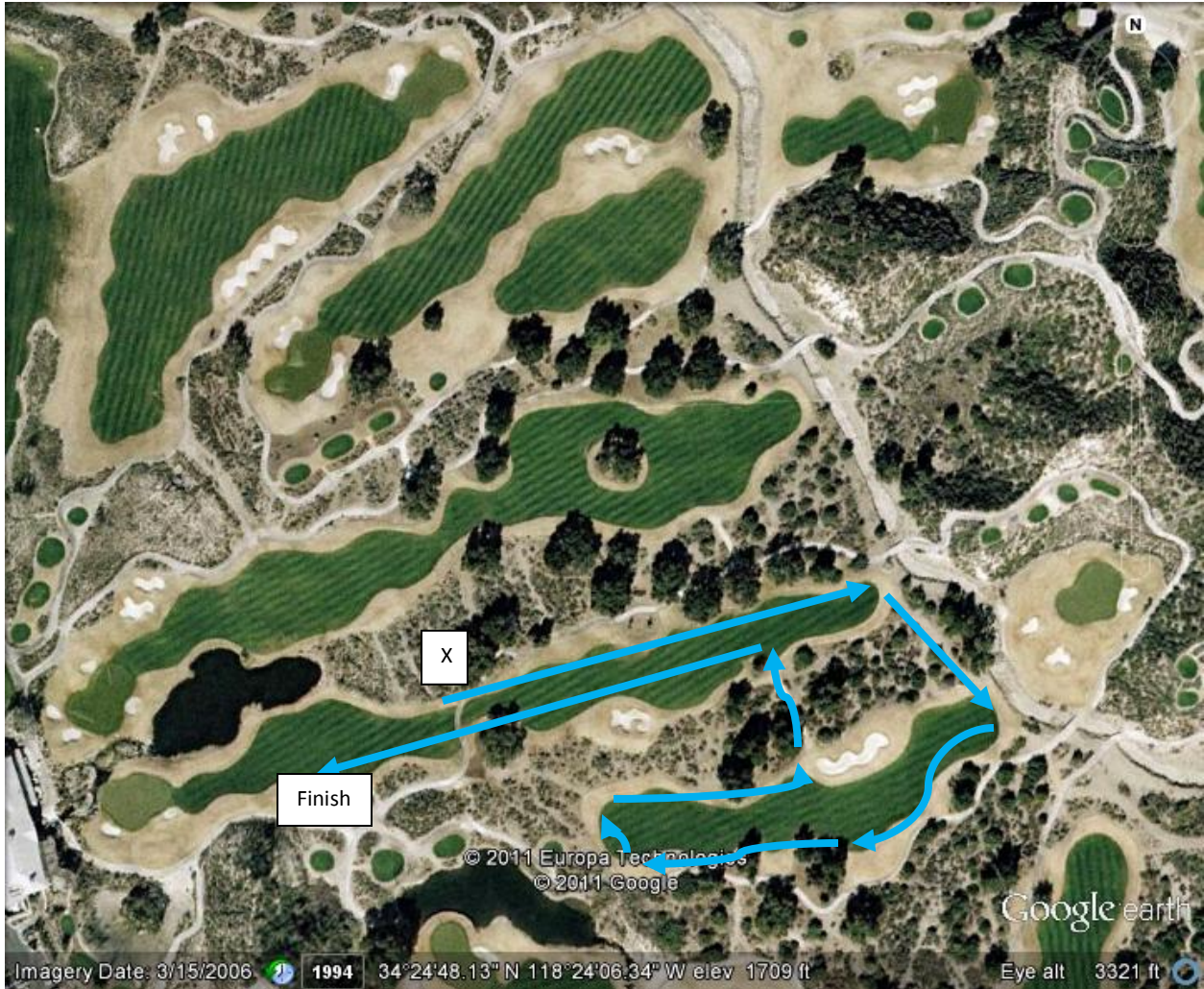
- Start loop=Yellow
- Middle 1500m=Black
- Finish loop=Blue



1500m loop

8K-4 loops in the middle of race

5k-2 middle loops



Start/Finish loop-1k
X-Finish=1k