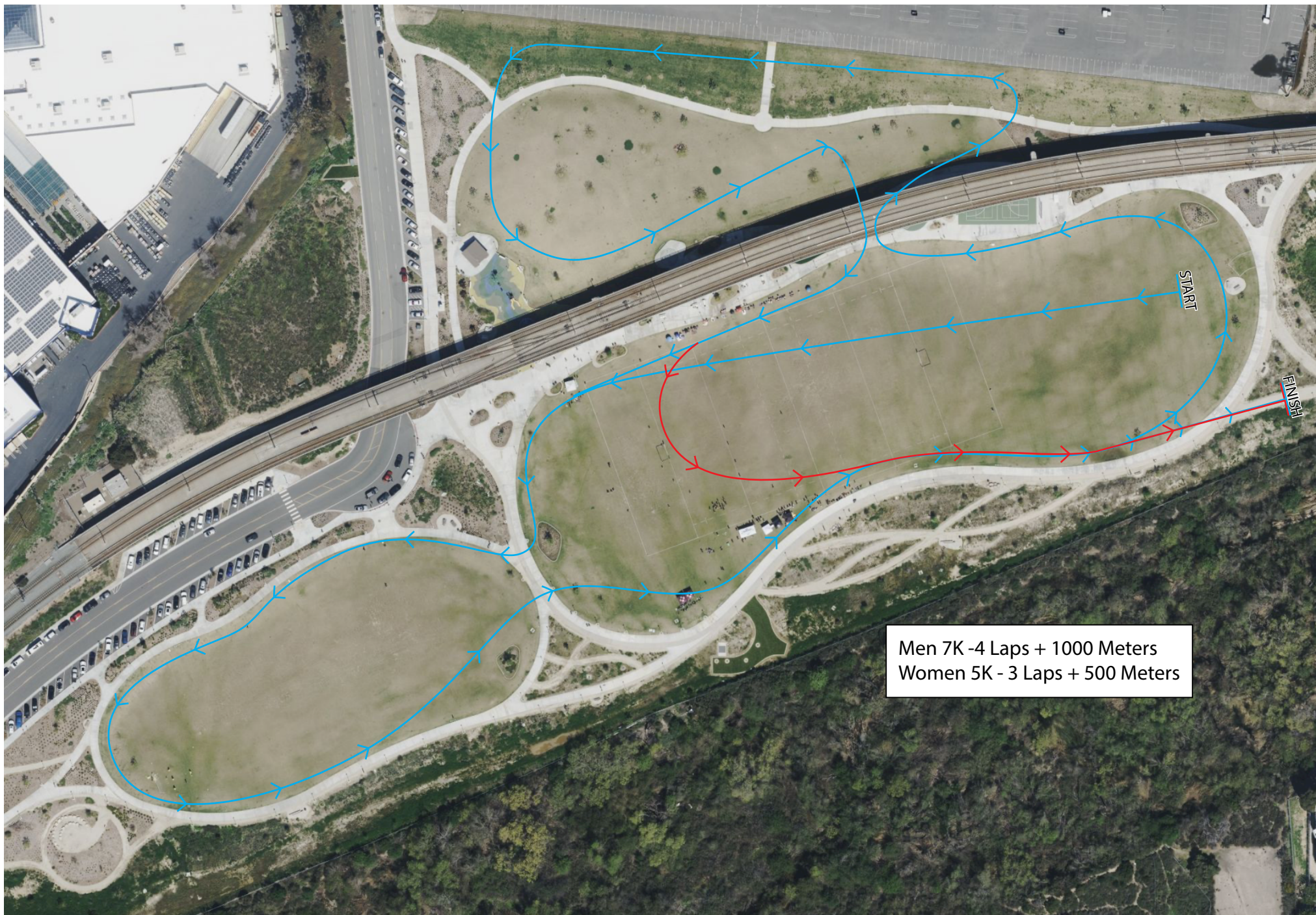




Men 7K - 4 Laps + 1000 Meters
Women 5K - 3 Laps + 500 Meters