

Race Category	Directions
U6 (1 km)	Follow orange. Turn back at point A.
U8 (1.5km)	Follow orange. Turn back at point B.
U10 (2 km)	Follow orange then pink. Turn back at point C.
U12 (2 km)	Follow orange then pink. Turn back at point C.
U14 (3.5 km)	Follow orange then pink. Turn back at point D. Flags are green on way back.
U16 (4.5 km)	Follow orange, pink, then green. Turn back at point D on 1 st lap and point B on 2 nd lap.
U18 (5 km)	Follow orange, pink, then green. Turn back at point D on 1 st lap and point C on 2 nd lap.
Senior (7 km)	Follow orange, pink then green to do whole loop twice. (Turning back at point D.)

