

MEET OF CHAMPIONS

North Rock Creek



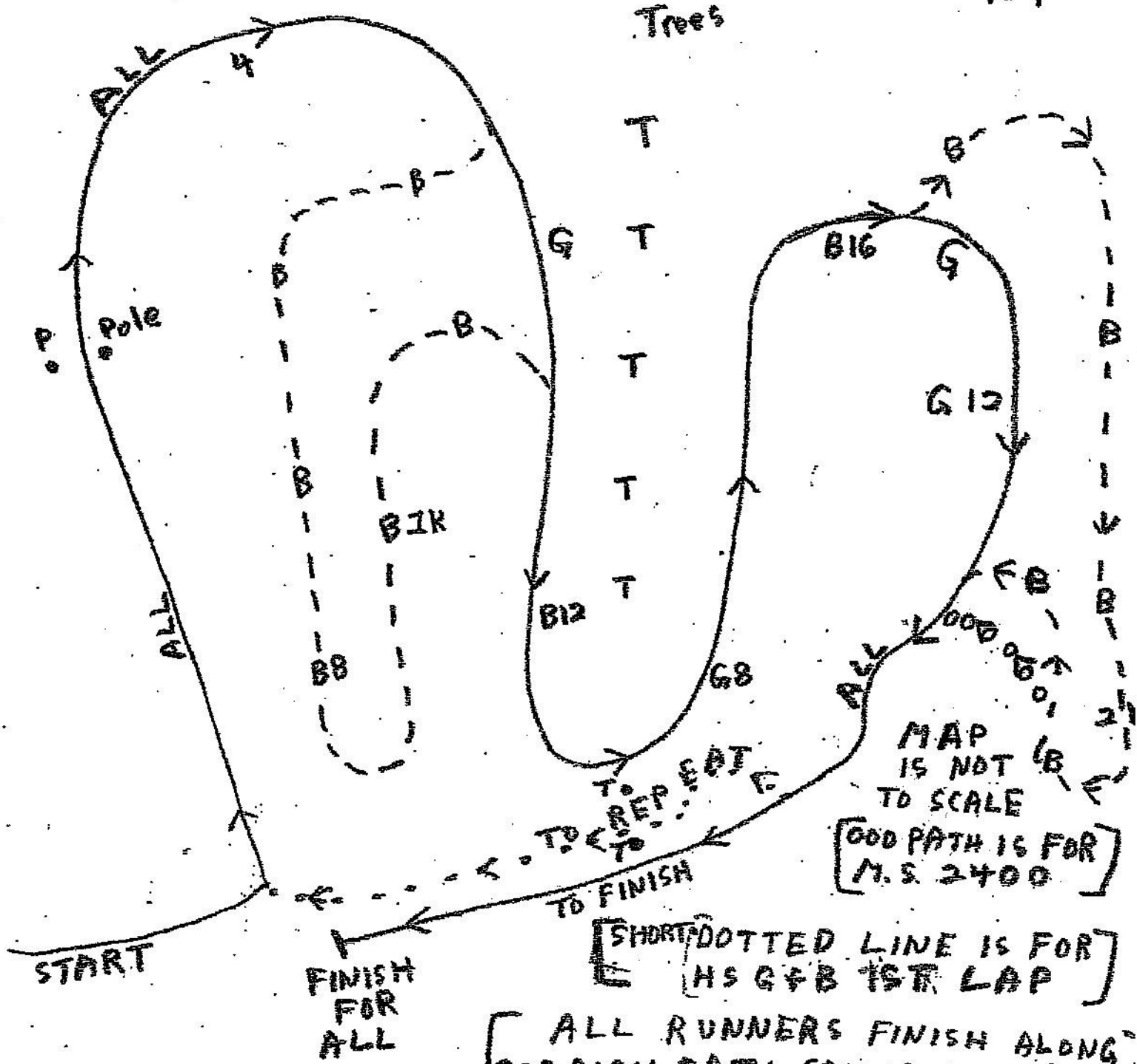
5000m Course is 2 laps

Lap 1, runners will "exit" to the right running parallel to the finish stretch and rejoin the original 2500m loop.

N ↑

NRC CC MAP

N ↑



START

FINISH FOR ALL

MAP IS NOT TO SCALE
 GOOD PATH IS FOR M.S. 2400

[SHORT-DOTTED LINE IS FOR HS G & B 1ST LAP]

[ALL RUNNERS FINISH ALONG STRAIGHT PATH (SOLID LINE)]

3200m is 2 Laps on G course. Use "repeat" on 1st Lap.

G COURSE = 1600M/LAP

B COURSE = 2500M/LAP

[5K is 2 Laps on B course. Use "repeat" lane on 1st Lap only.]

PAVEMENT

↓ BUILDINGS ↓