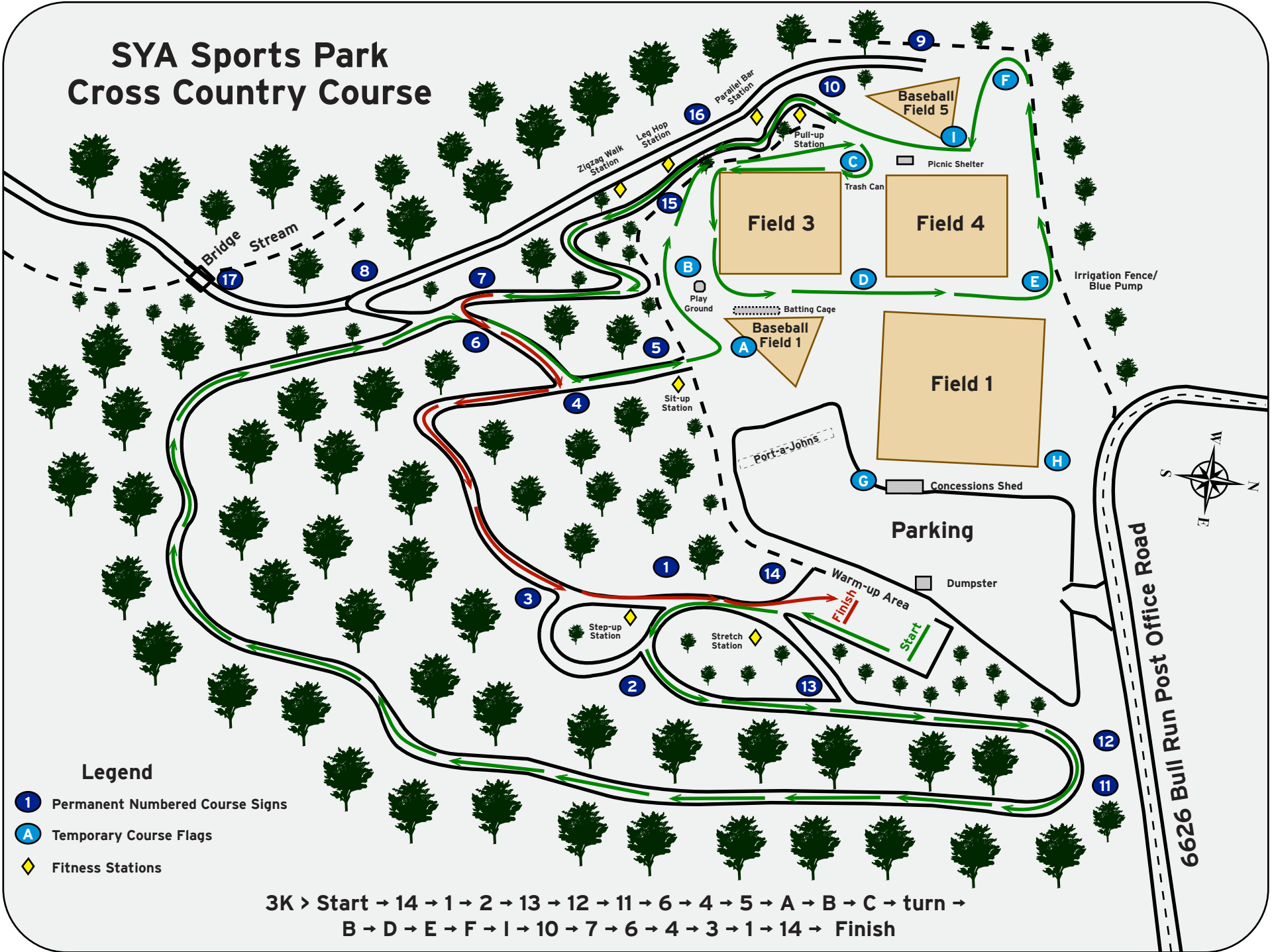


SYA Sports Park Cross Country Course



Legend

- 1 Permanent Numbered Course Signs
- A Temporary Course Flags
- ◆ Fitness Stations

3K > Start → 14 → 1 → 2 → 13 → 12 → 11 → 6 → 4 → 5 → A → B → C → turn →
 B → D → E → F → I → 10 → 7 → 6 → 4 → 3 → 1 → 14 → Finish