



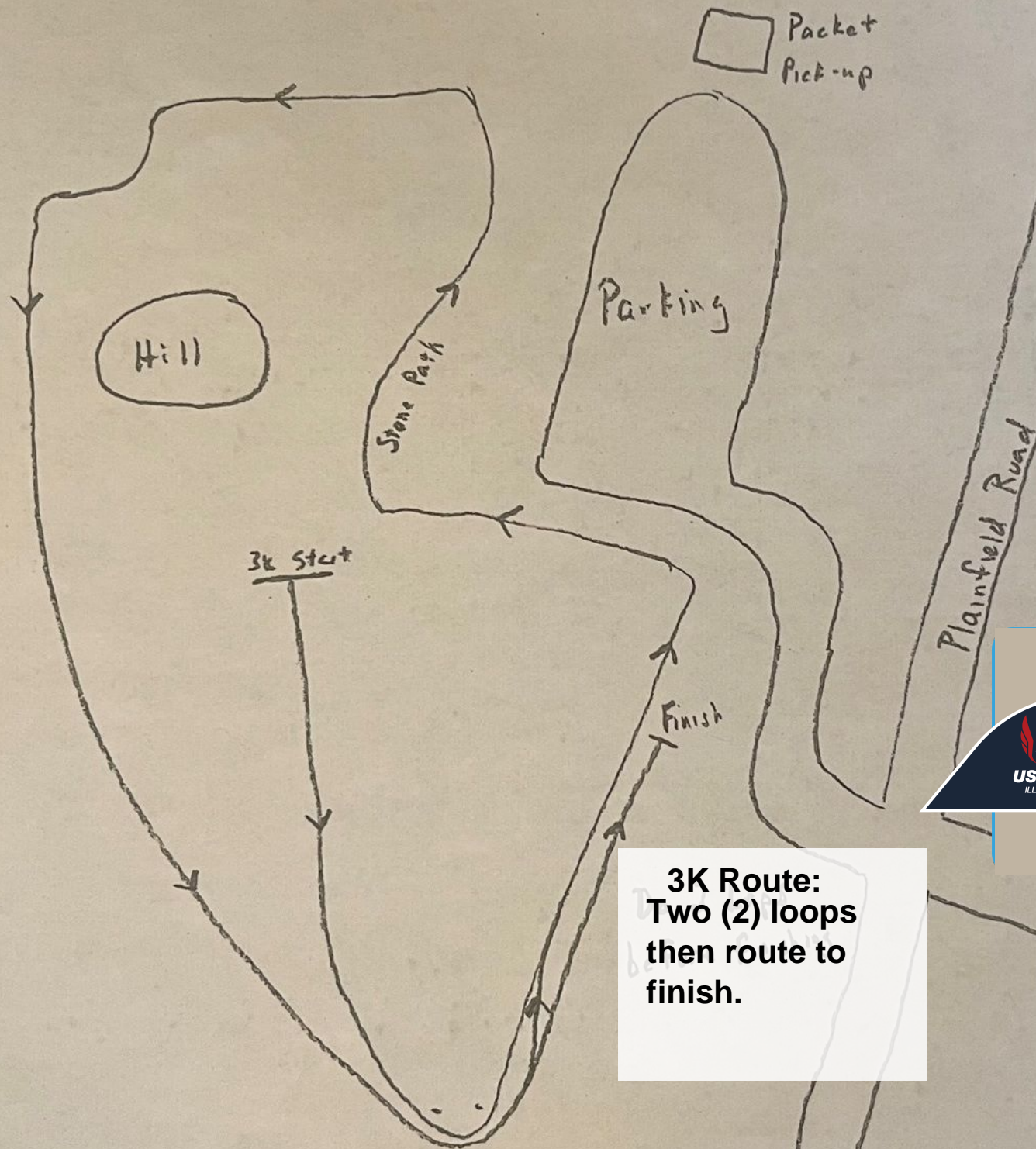
2K Route:
*** One lap start to Finish**



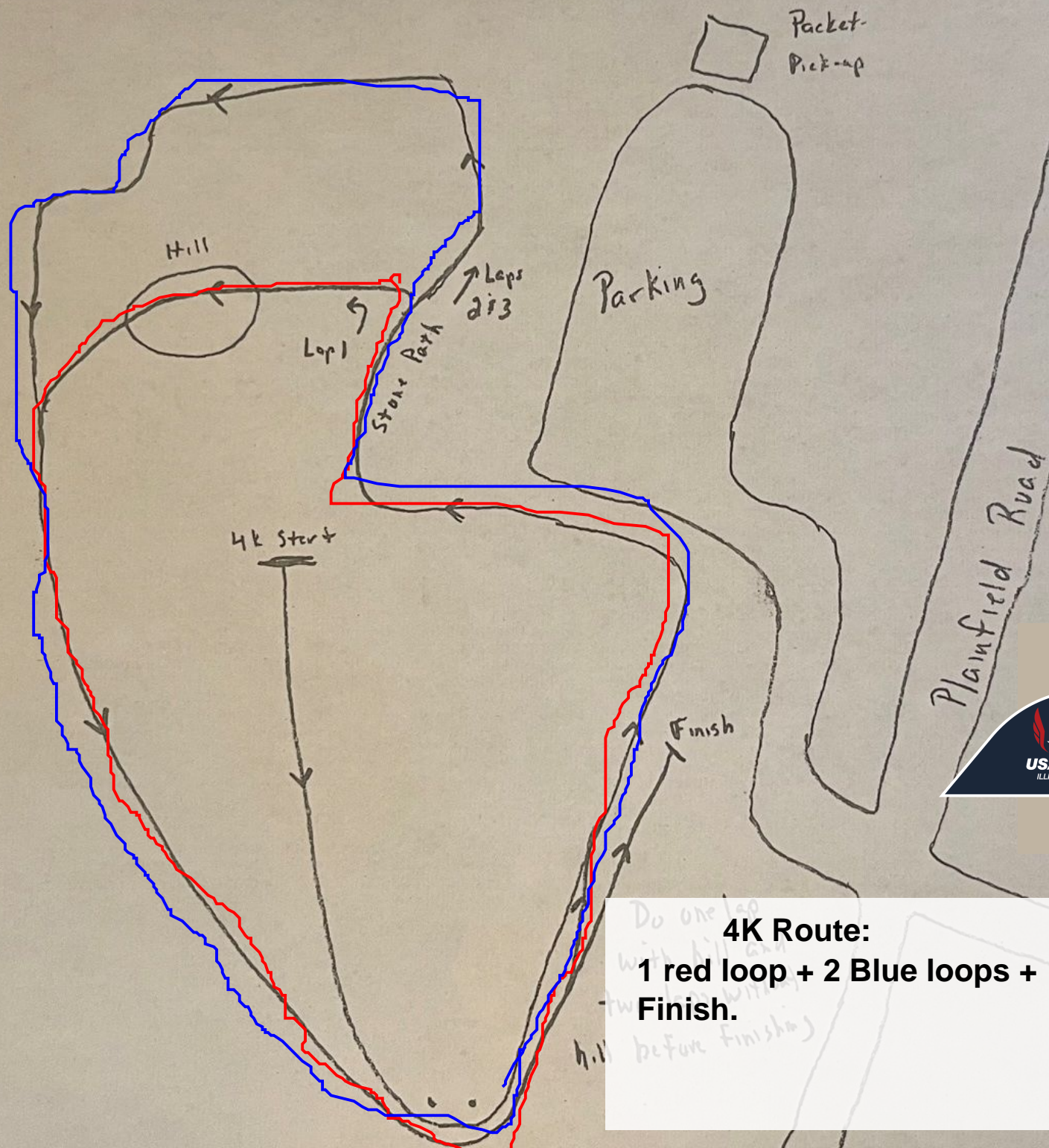
USATF
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2023
**JUNIOR OLYMPIC
CROSS COUNTRY
CHAMPIONSHIPS**
OSWEGO, IL

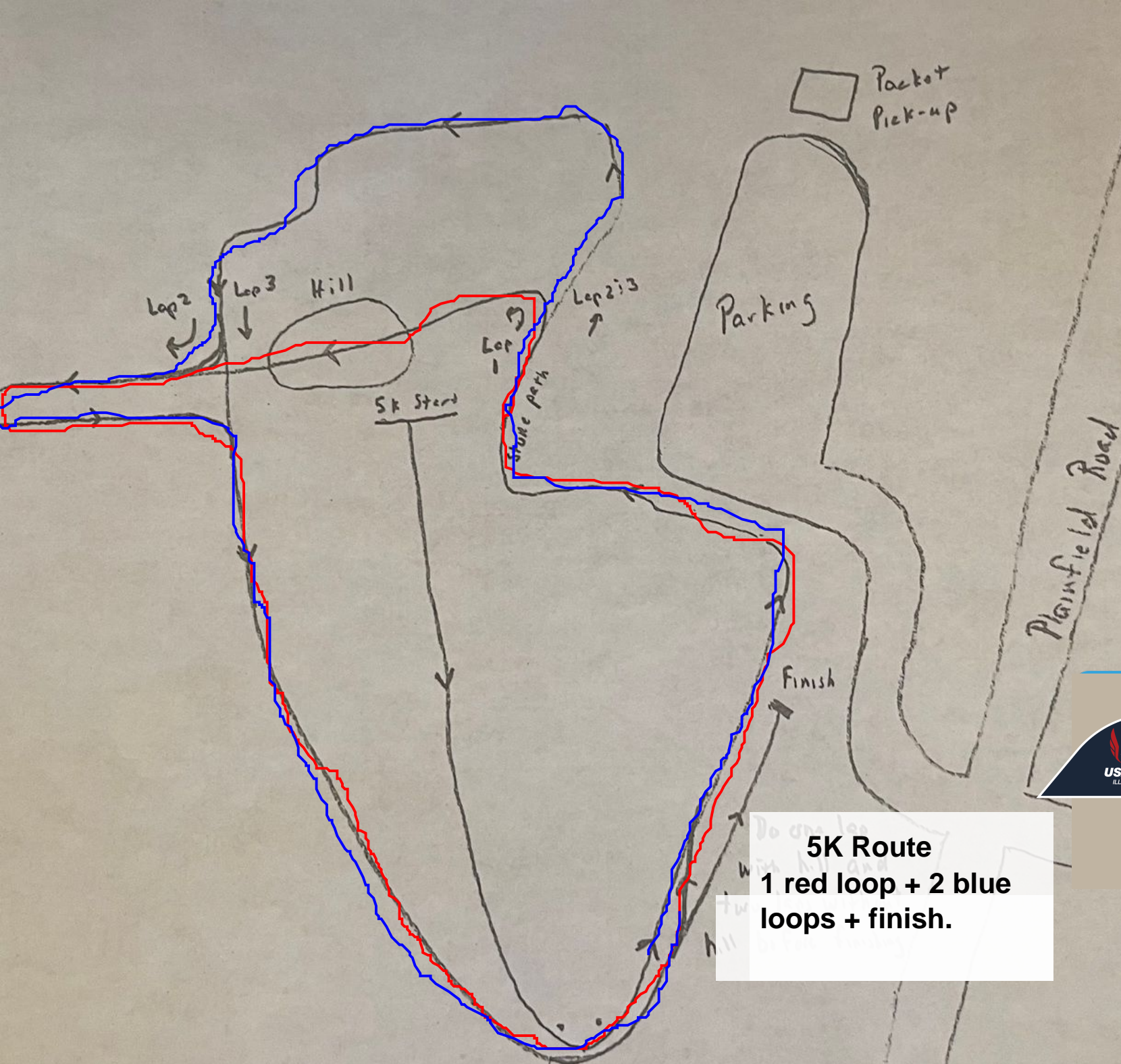


**3K Route:
Two (2) loops
then route to
finish.**



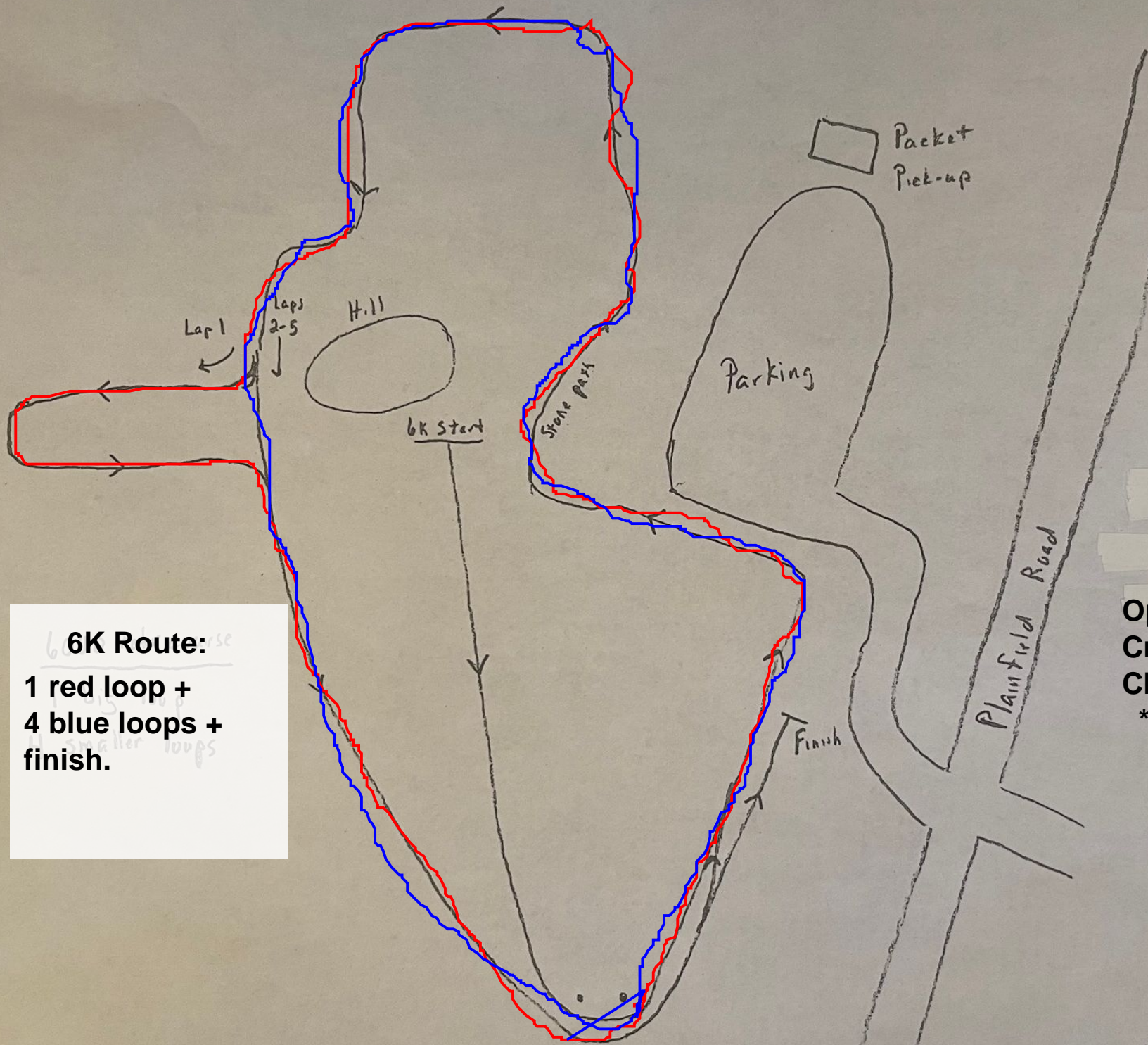
Do one lap
with hill
two laps
before finishing

**4K Route:
1 red loop + 2 Blue loops +
Finish.**



5K Route
1 red loop + 2 blue loops + finish.





6K Route:
 1 red loop +
 4 blue loops +
 finish.



USATF
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2022

Open & Masters
 Cross Country
 Championships
 WOMEN



USATF
ILLINOIS

2022

Open & Masters
Cross Country
Championships
****MEN****

10K Route
10,000 meters
4 red loops + 2 blue
loops + finish.
2 smaller loops