



IP SHA  
 CROSS COUNTRY  
 3000M COURSE: 2 SMALL LAPS  
 1 LARGE LAP

**RED LINE**

- ① RECORDING AREA
- ② TEAM MARSHALLING AREA
- ③ REFRESHMENTS
- ④ FIRST AID STATION
- ⑤ TOILETS
- ⑥ ANNOUNCER

NOT DRAWN TO SCALE