

KNOX LITTLE ATHLETICS

CROSS COUNTRY - TIRHATUAN PARK



TIRHATUAN PARK

— 500m Loop
— 1000m Loop

P Parking
♿ Toilets
+ First Aid
M Course Marshal
H Hare Change Point
● Exercise Station

Courses
500m (1 x 500m)
1000m (1 x 1000m)
1500m (1000m, 500m)
2000m (500m, 1000m, 500m)
3000m (2 x 1500m)