

# KNOX LITTLE ATHLETICS

## CROSS COUNTRY - JELLS PARK (North)



<b>P</b>	Parking		
	Toilets		
<b>+</b>	First Aid		
<b>M</b>	Course Marshal		
<b>H</b>	Hare Change Point		
		<b>Courses</b>	
		500m (1 x 500m)	500m Loop
		1000m (1 x 1000m)	1000m Loop
		1500m (1000m, 500m)	
		2000m (500m, 1000m, 500m)	
		3000m (2 x 1500m)	