

KNOX LITTLE ATHLETICS CROSS COUNTRY - JELLS PARK (North)



P Parking	Courses	
T Toilets	500m (1 x 500m)	— 500m Loop
F First Aid	1000m (1 x 1000m)	— 1000m Loop
M Course Marshal	1500m (1000m, 500m)	
H Hare Change Point	2000m (500m, 1000m, 500m)	
	3000m (2 x 1500m)	