

2009 XC Junior National Championships

Proposed Course



5K - 10K Freestyle Technique


Wednesday, March 11th

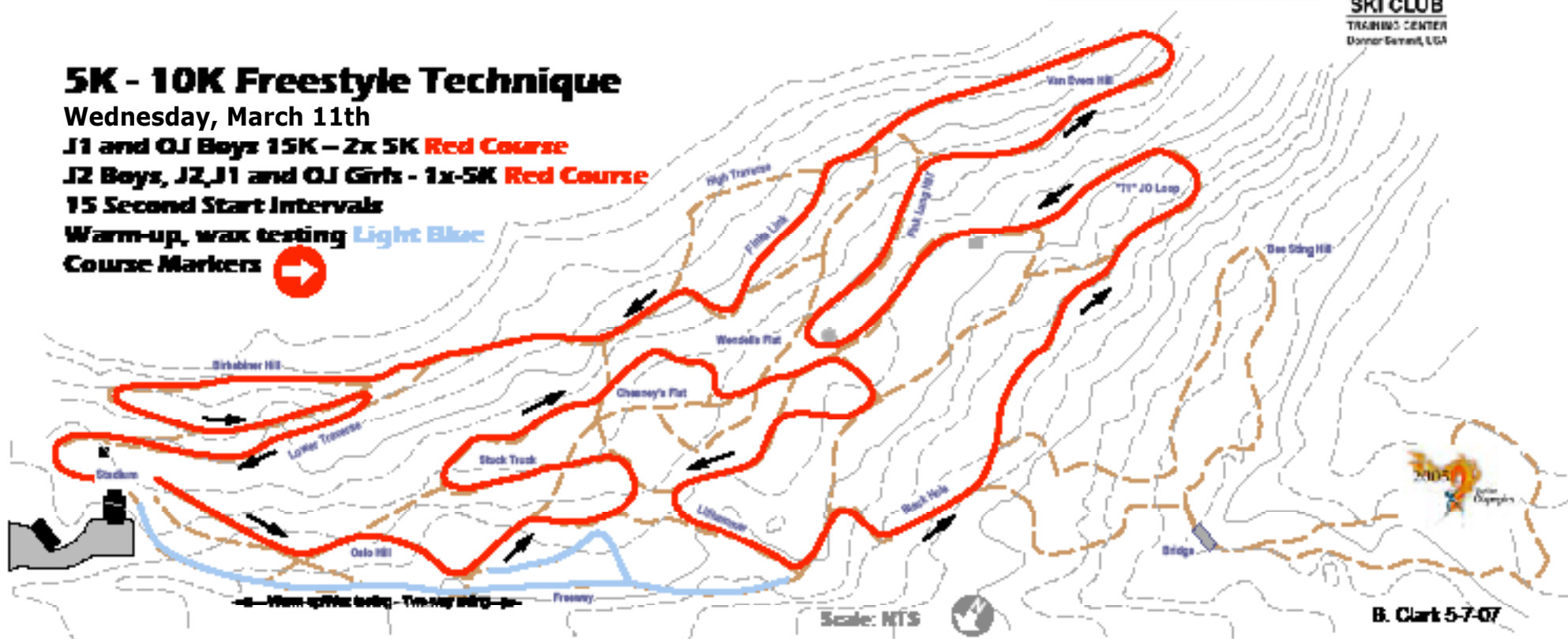
J1 and OJ Boys 15K - 2x 5K **Red Course**

J2 Boys, J2, J1 and OJ Girls - 1x 5K **Red Course**

15 Second Start Intervals

Warm-up, wax testing **Light Blue**

Course Markers 



Scale: NTS

B. Clark 5-7-07

TECHNICAL DATA

Measured Length 6675M:

Height Difference (HD):

Total Climb (TC):

Maximum Climb (MC):

Climb per Km:

High Point:

Low Point:

Contour interval shown: 5M

PROFILE PENDING