



2011 CROSS COUNTRY CHAMPIONSHIPS



Men's 10k Course:

Lap 1 – 3.7 km

Lap 2 – 2.4 km/6.1k (one full perimeter lap)

Lap 3 – 2.0 km/8.1k (one shorted lap)

Lap 4 – 2.0 km/10.1k FINAL w/ gate to finish (from start area to finish, 2k)

Total Distance 10k