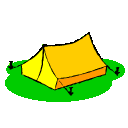
C:\Documents and Settings\The Kenneys\Local Settings\Temporary Internet Files\Content.IE5\M5I7NEL2\MC900410979[1].wmfC:\Documents and Settings\The Kenneys\Local Settings\Temporary Internet Files\Content.IE5\0E6PZYB6\MC900053965[1].wmf[http://t3.gstatic.com/images?q=tbn:ANd9GcTy0qz5D8fJZMdiVMmLqOOtV3vcys7MMRf87iuRnUfrlDJ7OZ1J](http://www.google.com/imgres?q=AED&um=1&hl=en&sa=N&biw=1280&bih=579&rlz=1W1GGLT_en&tbm=isch&tbnid=FkQbhk51CQtLvM:&imgrefurl=http://firstrespondershop.com/index.php?cmd=category&cat_id=6&docid=rbeiL2Qz6J2CNM&w=1965&h=2357&ei=eQpoTsWoOurnsQLjsZWdDg&zoom=1)C:\Documents and Settings\The Kenneys\Local Settings\Temporary Internet Files\Content.IE5\0E6PZYB6\MC900120993[1].wmf![](data:None;base64,)

First Two Laps:

Final extra loop to finish on 3rd lap:

Runners will make this turn towards the finish on the third lap

Runners will make this turn towards the finish on the third lap

400m

TRAINERS

Awards

CAMP AREAS

800m

2 mile

1 mile

*SEVEN LAKES XC SHOWCASE*

*5000m*

FINISH LINE

*SEVEN LAKES XC SHOWCASE*

*3200m*

*on the Aguillon Course*

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START

## TIME SCHEDULE

7:00 a.m. Coaches Meeting at the east room of the concession stand 8:50 a.m. Freshmen Boys 3200m- limit 10

7:20 a.m. Boys Varsity 5k- limit 10 9:05 a.m. Open Division 3200-unlimited-open to boys & girls

7:45 a.m. Girls Varsity 5k- limit 10

8:10 a.m. Jr. Varsity Boys 5k- limit 10 Awards Ceremony-Immediately following the Open Division

8:35 a.m. Jr. Varsity Girls 3200m- limit 10

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First Lap:

Final loop to finish line on 2nd lap:

400m

FINISH LINE

800m

1 mile

*SEVEN LAKES XC SHOWCASE*

*3200m*

Awards

Trainers

CAMP AREAS

START

Runners will make this turn towards the finish on the second lap

7:00 a.m. Coaches Meeting at the east room of the concession stand 8:50 a.m. Freshmen Boys 3200m- limit 10

7:20 a.m. Boys Varsity 5k- limit 10 9:05 a.m. Open Division 3200-unlimited-open to boys & girls

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8:35 a.m. Jr. Varsity Girls 3200m limit 10 Awards Ceremony-Immediately following the Open Division

Start Area of Girls’ Race: Box Assignments

Start Area of Boys’ Race: Box Assignments