

# GIOHealth NATIONAL INTERMEDIATE & MASTERS CHAMPIONSHIPS

#### **START (ALL RACES)**

### ENTRANCE GATE

## FINISH STRAIGHT (ALL RACES)

#GIoNatsXC

MASTER WOMEN – 2 LAPS MASTER MEN O.65 – 2 LAPS MASTER MEN – 4 LAPS INTERMEDIATE WOMEN – 3 LAPS INTERMEDIATE MEN – 5 LAPS

**FINISH (ALL RACES) MASTERS LAP INCLUDES A-B-C INTERMEDIATE LAP INCLUDES A – C ONLY** 

## GloHealth cross country championships