

SL M45S M50S W21S W45L W50S W55L W35S W40S W55L W60L JM5S JW5S

Course 5		4.2 km		
▷		☰		┌
1	83	∩		
2	90	∩		
3	98	↓ ∩	┌	
4	119	┌		○
5	110	○		○
6	121	⊖		
7	122	→ ⊖		
8	95	∩		┌
9	100	○		○
10	102	∩		
11	112	→ ○		○
12	115	∩		
13	118	☰		
○	240 m		○	

Course 6		3.7 km		
▷		☰		┌
1	83	∩		
2	85	∩		
3	87	∪		
4	90	∩		
5	100	○		○
6	97	→ ∩		
7	122	→ ⊖		
8	123	☰		○
9	125	∩		
10	129	∩		
11	104	∩		
12	102	∩		
13	115	∩		
14	118	☰		
○	240 m		○	

SM40SM55LM60LW35LW40LJM5MJW5L

Course 4		5.9 km		
▷		☰		┌
1	81	☰		
2	87	∪		
3	90	∩		
4	100	○		○
5	99	○		○
6	80	☰	1M	┌
7	111	↓ ∩		┌
8	123	☰		○
9	126	∩		
10	128	↑ ∩		
11	129	∩		
12	104	∩		
13	113) (
14	115	∩		
15	116	☰		<
○	290 m		○	