

S M75S W50S W55S W60S W75L W76S S M65S M75L W45S W65L W70L

Course 8		2.4 km		
▷		☰		┌
1	86 →	☱		◦
2	92	☱		
3	102	☱		
4	105	☱		
5	107	☰		◦
6	99	○		◦
7	100	○		◦
8	112 →	○		◦
9	116	☿		<
10	120	☿		
○		100 m		○

Course 7		3.1 km		
▷		☰		┌
1	83	☱		
2	86 →	☱		◦
3	87	☱		
4	92	☱		
5	97 →	☱		
6	98 ↓	☱	┌	
7	100	○		◦
8	106	☱		
9	129	☱		
10	108	☱	┌	
11	102	☱		
12	112 →	○		◦
13	116	☿		<
14	120	☿		
○		100 m		○

JM4 JW4 LIGHT GREEN				
Course 9		3.1 km		
▷		☰		┌
1	85	☱		
2	92	☱		
3	94	☱		
4	97 →	☱		
5	98 ↓	☱	┌	
6	100	○		◦
7	110	○		◦
8	119	☱		◦
9	129	☱		
10	102	☱		
11	115	☱		
12	116	☿		<
13	120	☿		
○		100 m		○