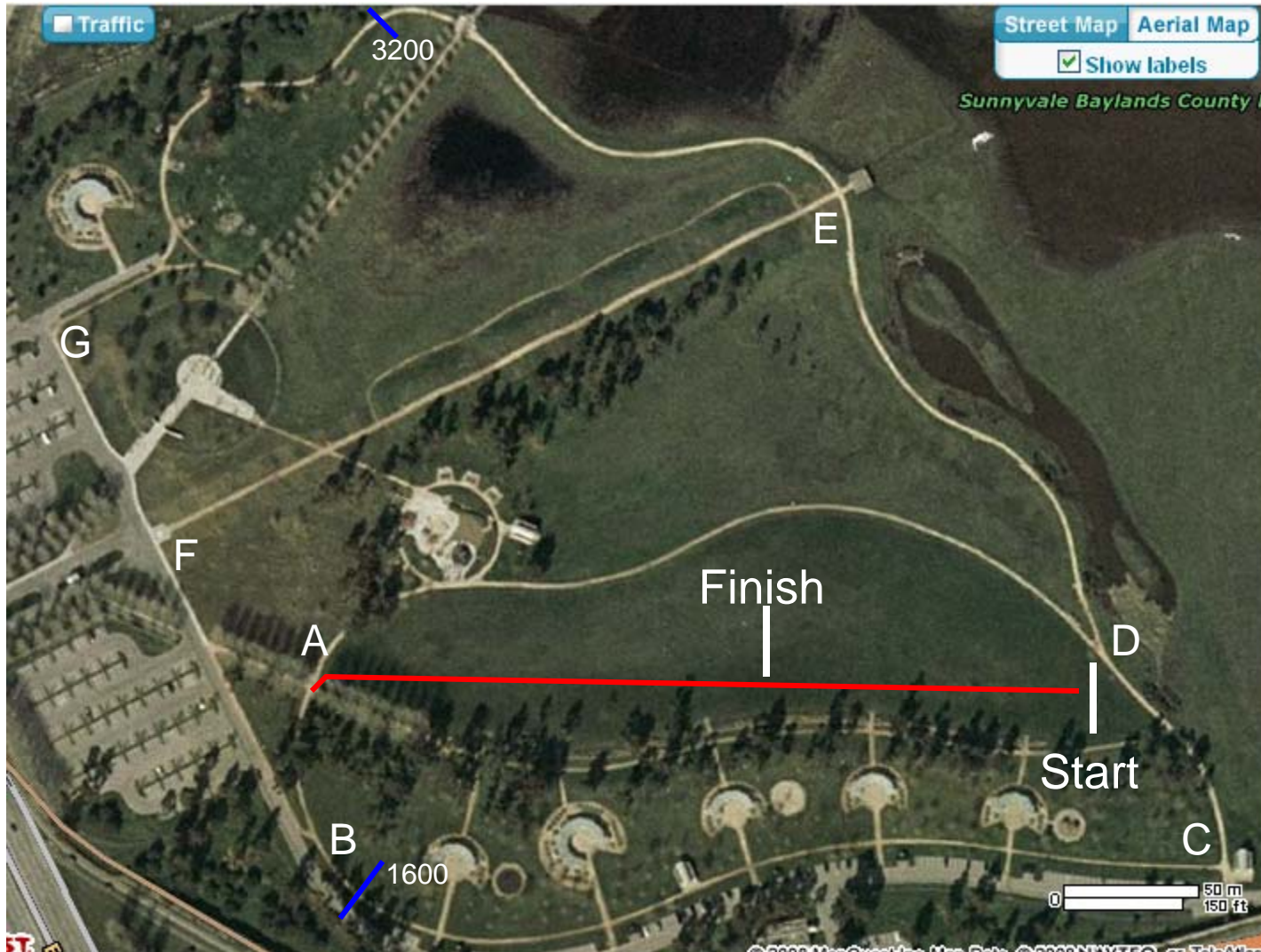
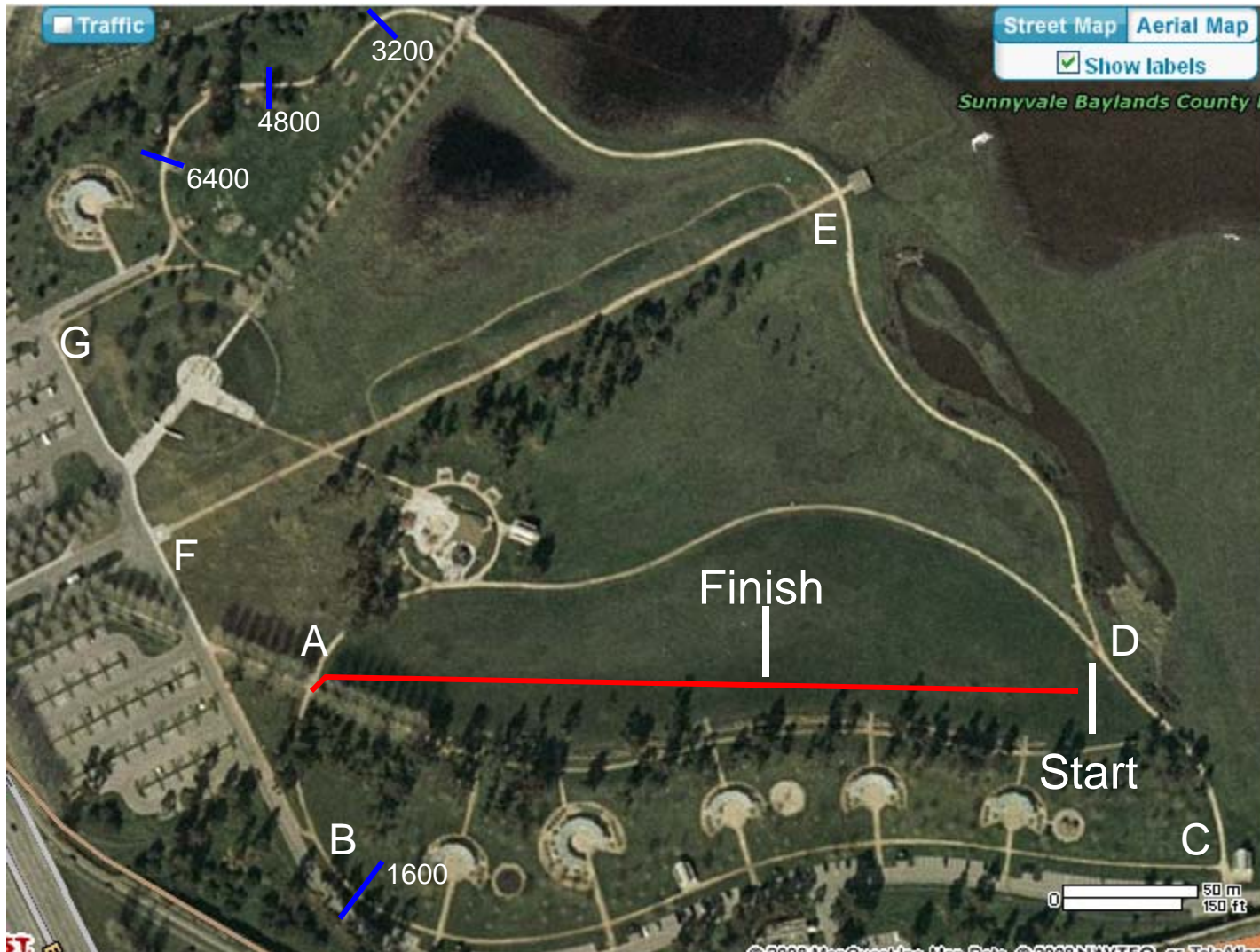


5000 METERS



Start-A-B-C-D-A-B-1600-C-D-E-F-G-3200-E-D-C-B-A-D-Finish

8000 METERS



Start-A-B-C-D-A-B-1600-C-D-E-F-G-3200-
E-D-C-B-F-G-4800-E-D-C-B-F-G-6400-E-D-C-B-A-Finish