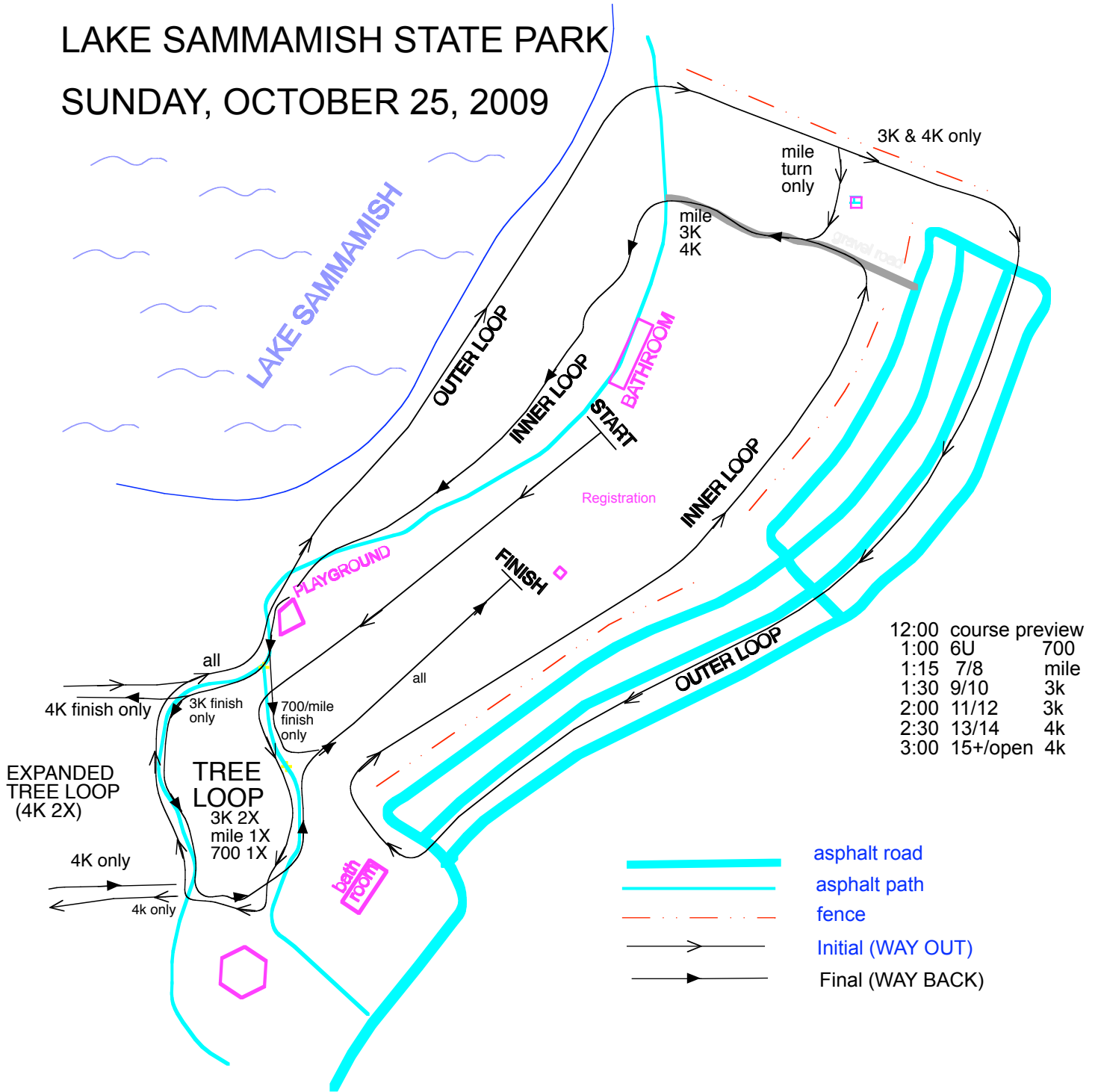


# ISSAQUAH GLIDERS CROSS COUNTRY MEET

LAKE SAMMAMISH STATE PARK

SUNDAY, OCTOBER 25, 2009



12:00	course preview	
1:00	6U	700
1:15	7/8	mile
1:30	9/10	3k
2:00	11/12	3k
2:30	13/14	4k
3:00	15+/open	4k

700	MILE	3K	4K
START TREE LOOP right turn FINISH	START TREE LOOP 1/2 OUTER LOOP 1/2 INNER LOOP FINISH	START TREE LOOP OUTER LOOP INNER LOOP REVERSE TREE LOOP FINISH	START EXPANDED TREE LOOP OUTER LOOP INNER LOOP REVERSE EXPANDED TREE LOOP FINISH