**Tamanawis Park League Race #1 2023**

**Race Notes:**

* Maps posted below
* All athletes will be given an individual time and place
* Results will be posted at https://southfraserxc.weebly.com/
* Athletes will race with numbered bib
* Athletes must be pre-signed up
* Course will be marked, marshalled, flagged and have a lead biker
* Course not suitable for spikes, there are paved sections.

**Para-Cross Country Race Notes:**

* Athletes will run in the Junior race, all grades, and levels welcome.

**Finishing Chute Race Notes:**

* Boys on the left, girls on the right
* After the finish line stay in order until excused, do not pass someone after the finish line

**Para Race - 1.6km - 1 large loop**

**Junior Race - 3.2km - 2 large loops**

**Senior Race - 3.7km - 1 small loop, followed by 2 large loops**

**LONG LOOP - 1.6KM**

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**SHORT LOOP - 500M**

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