

**GWDRC 1 MILE AND 2 MILE VIDEOS**

**Girls 2 Mile Video**

<https://youtu.be/0nzXx1UH7bl>

**Boys 2 Mile Video**

<https://youtu.be/Ovu3Q3jjQw>

**Girls 1 Mile Video**

<https://youtu.be/qHbixnTCWM0>

**Boys 1 Mile Video Fast Heat**

[https://youtu.be/wPLKp\\_xdch8 Heat 1](https://youtu.be/wPLKp_xdch8)

**Boys 1 Mile Video**

<https://youtu.be/2We9wuYYI0>

**MS 1 Mile Boys and Girls Combined**

<https://youtu.be/nUKoo1IVDtw>