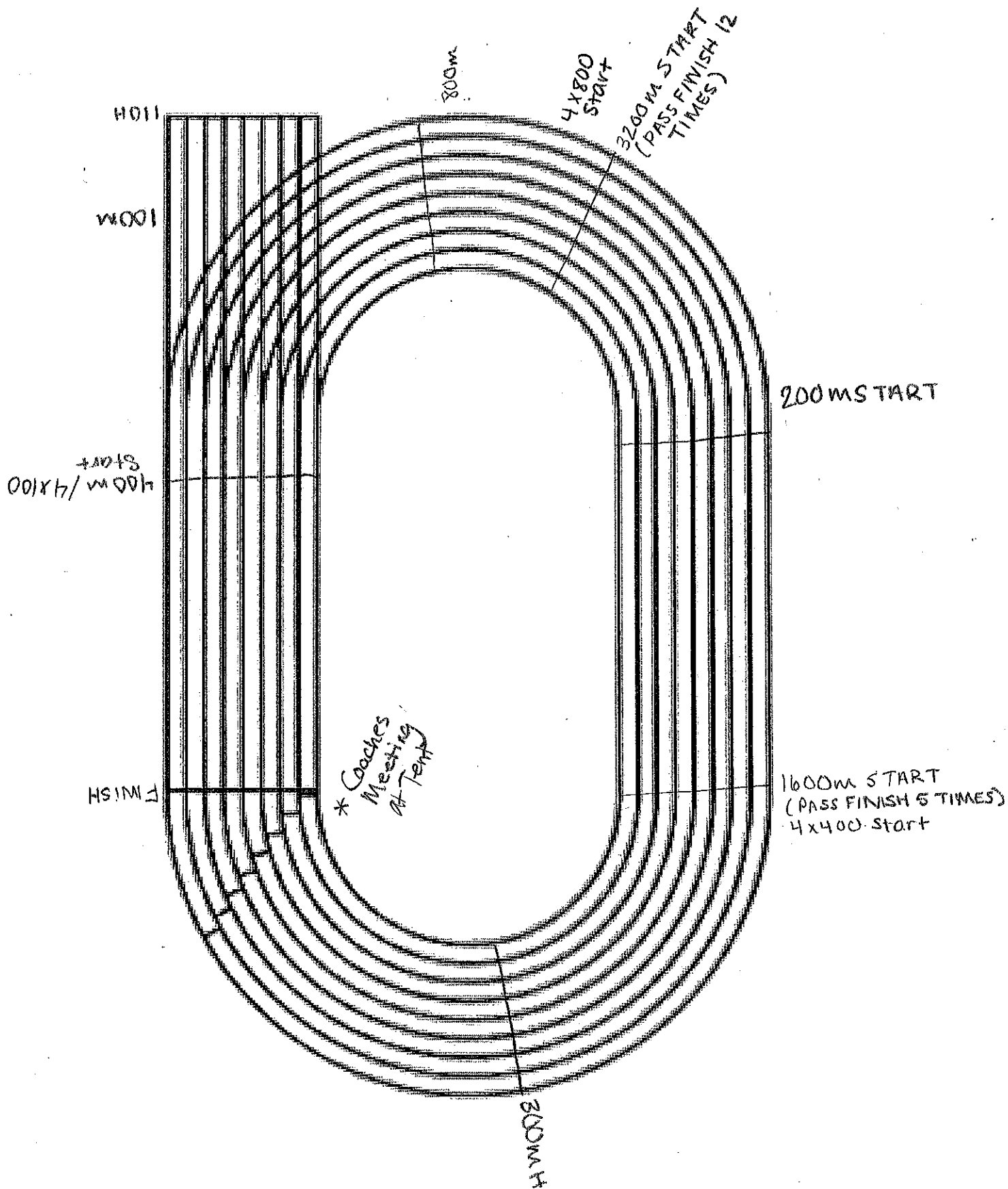
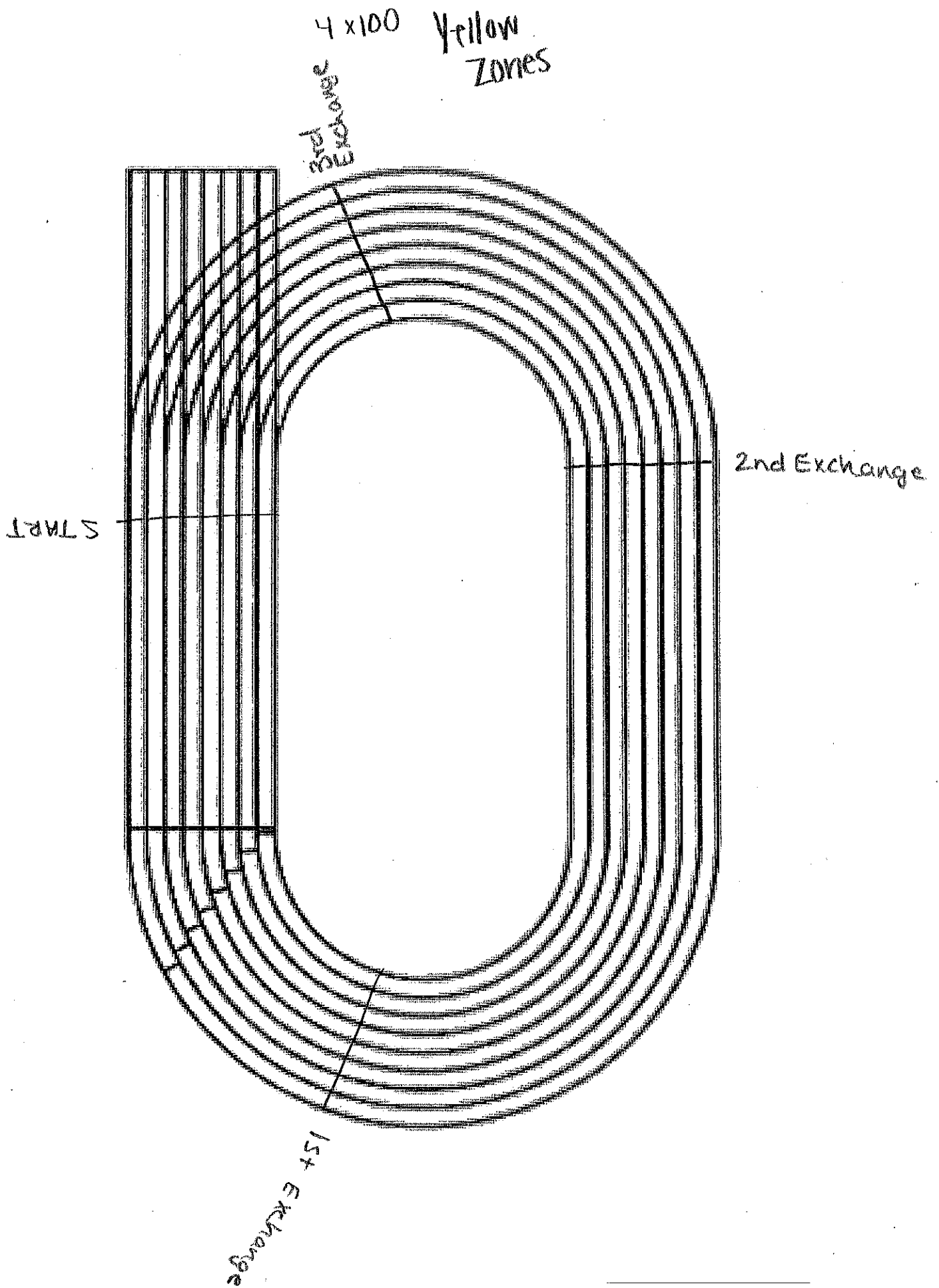




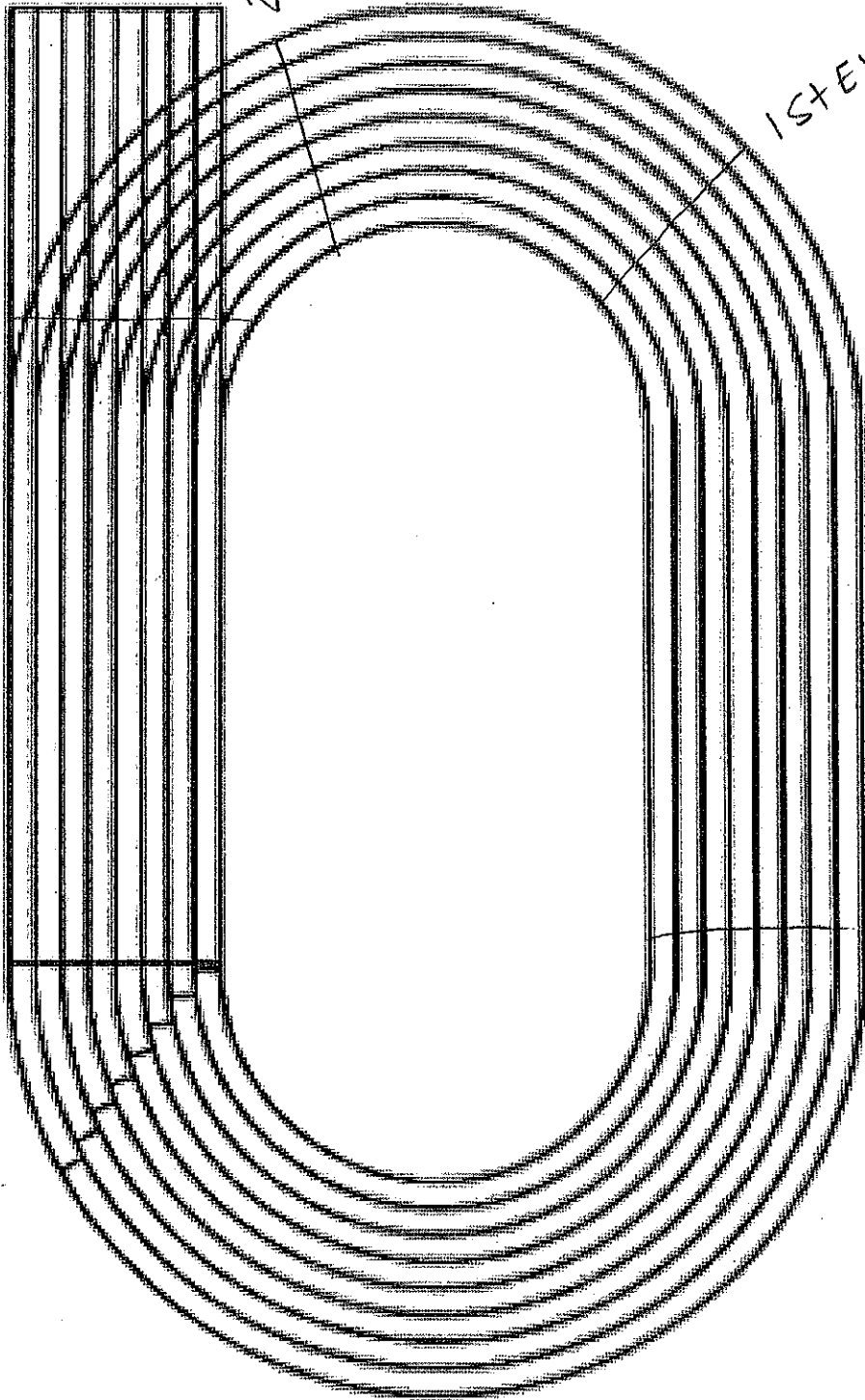


4 x 400 Bright Blue

2nd Exchange

1st Exchange

3rd Exchange



START

4 x 800 Black Arrows / Green Lines

800m START
3RD EXCHANGE

4x800
Stagger
Start
or 3200m

1st
Exchange
Black
Arrows

2nd Exchange
Black Arrows

