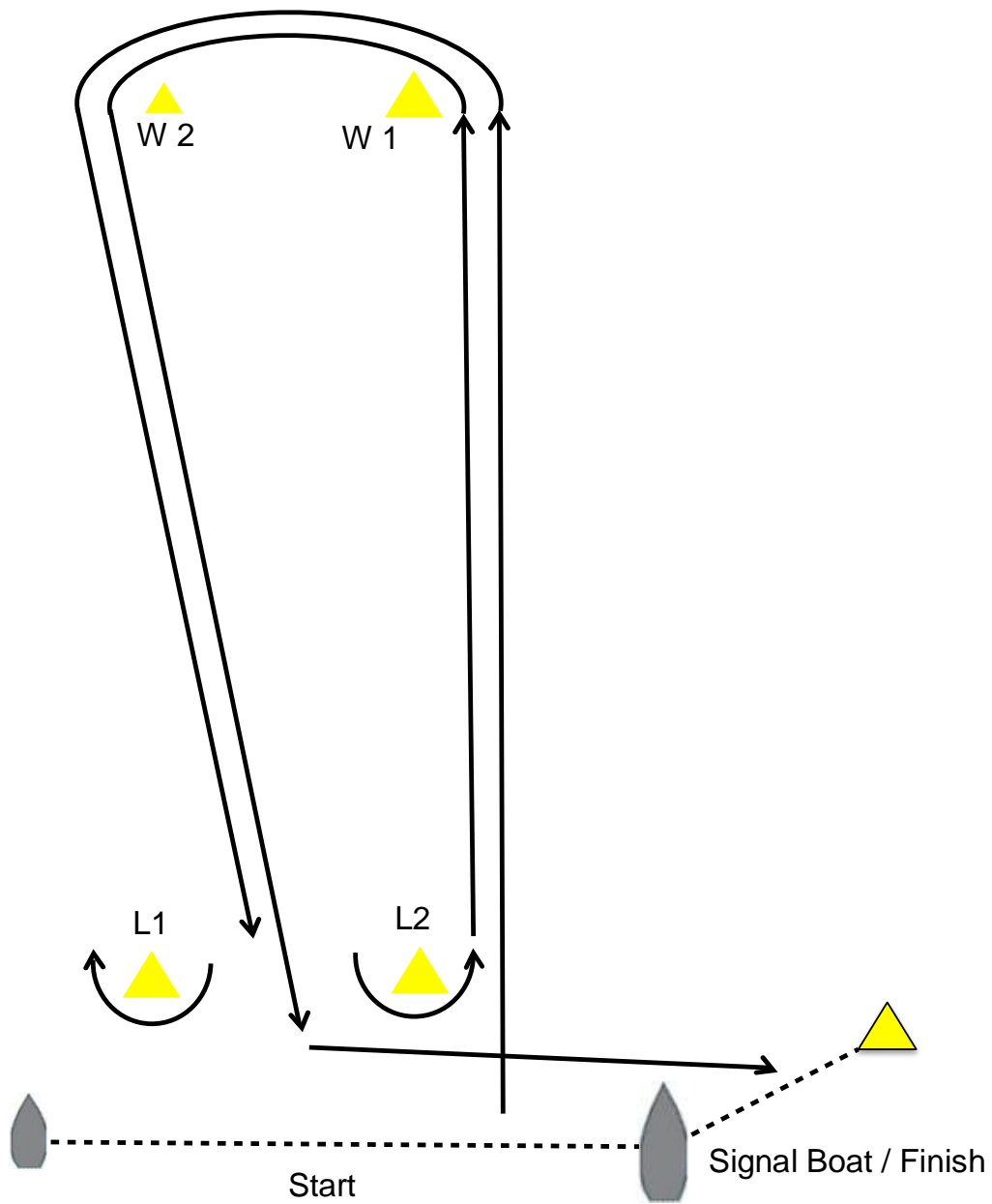# APPENDIX A

Course:

Two Laps: Start, W1, W2, between L1 & L2, W1, W2, between L1 & L2, Finish

One Lap: Start, W1, W2, between L1 & L2, Finish