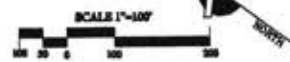


**COURSE SUMMARY**

Course Segment	Surface	Gradient	Remarks
• 0.00 km to 0.06 km	Grass	> 2%	Flat
0.06 km to 0.07 km	Grass	25% - 30%	Steep Downhill Embankment
0.07 km to 0.19 km	Grass	> 2%	Flat
0.16 km to 0.35 km	Grass	4% - 6%	Downhill
0.35 km to 0.39 km	Grass	> 2%	Low Flat (Notat)
0.39 km to 0.69 km	Grass	2% - 6%	Uphill
0.69 km to 0.77 km	Grass	6% - 10%	Moderate Uphill
0.77 km to 0.82 km	Grass	2% - 4%	Crest of Hill
0.82 km to 0.92 km	Grass	6% - 10%	Moderate Downhill
0.92 km to 1.00 km	Grass	2% - 4%	Slight Uphill
• 1.00 km to 1.13 km	Grass	0% - 4%	Flat to Slight Uphill
1.13 km to 1.29 km	Grass	2% - 6%	Uphill
1.29 km to 1.44 km	Grass	> 2%	Crest of Hill
1.44 km to 2.00 km	Grass	2% - 10%	Slight to Moderate Downhill
• 2.00 km to 2.15 km	Grass	> 2%	Low Flat (Notat)
2.15 km to 2.32 km	Grass	6% - 10%	Moderate Uphill
2.32 km to 2.93 km	Grass/Asphalt	> 2%	Flat
2.93 km to 2.95 km	Grass/Asphalt	4% - 10%	Downhill
2.95 km to 2.96 km	Grass	25% - 30%	Steep Downhill Embankment
2.96 km to 3.00 km	Grass	2% - 6%	Downhill
• 3.00 km to 3.35 km	Grass	> 2%	Flat
3.35 km to 3.55 km	Grass	4% - 10%	Slight to Moderate Uphill
3.55 km to 3.76 km	Grass	2% - 6%	Downhill
3.76 km to 4.00 km	Grass	0% - 4%	Slight Downhill
• 4.00 km to 4.17 km	Grass	4% - 10%	Uphill
4.17 km to 4.23 km	Grass	> 2%	Crest of Hill
4.23 km to 4.30 km	Grass	6% - 10%	Moderate Downhill
4.30 km to 4.55 km	Grass	2% - 6%	Downhill
4.55 km to 4.75 km	Grass	> 2%	Low Flat (Notat)
4.75 km to 4.85 km	Grass	4% - 6%	Uphill
• 4.85 km to 5.00 km	Grass	> 2%	Flat

**5,000 METER COURSE**



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RUNNING/JOGGING/WALKING TRAIL