

**Long Course** will enter the track and complete 4 laps on the track before crossing the Finish Line.

**Medium and Intermediate Courses** will enter the track and complete 2 laps on the track before crossing the Finish Line.

**Short Course** will enter the track area and proceed to the Finish Line.

\*\* PLEASE NOTE: Athletes are responsible for keeping track of their own number of laps. Consider stationing a helper adult along the track viewing area to help your child count laps if you are concerned that they may need assistance. \*\*

