



Women's 5000 meter course:

A, B, C, D, E, F, G, H, I, A, B, C, D, E, F, G, H, I, J

Two big loops.

Mile parks in pink with black numbers

Men's 8000 meter course:

A, B, C, D, B, C, D, E, F, G, H, I, A, B, C, D, E, F, G, H, I, J

One small loop then 3 big loops.

Mile marks in blue with white numbers