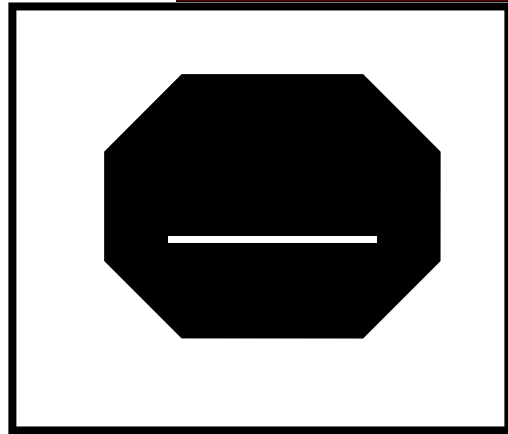
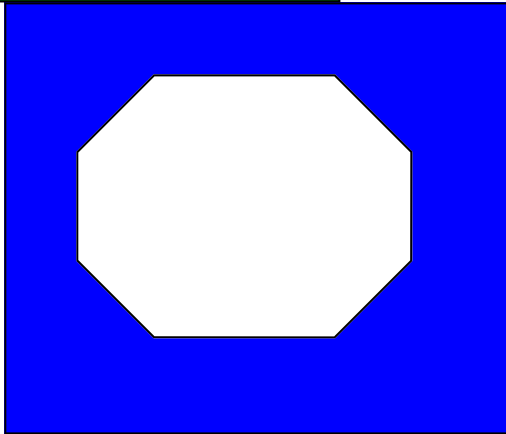
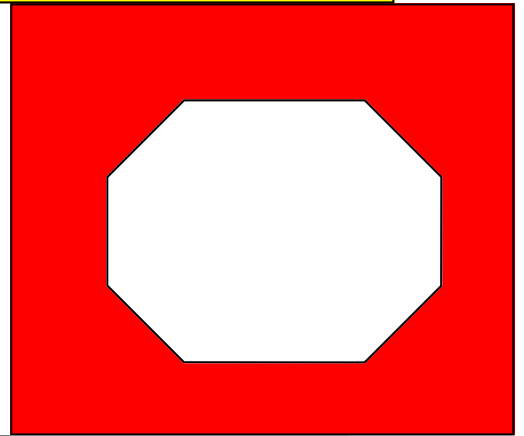
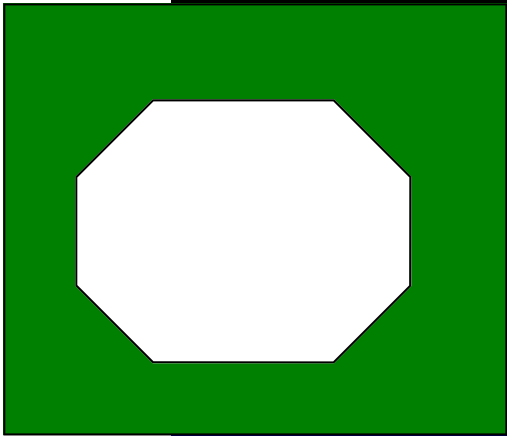
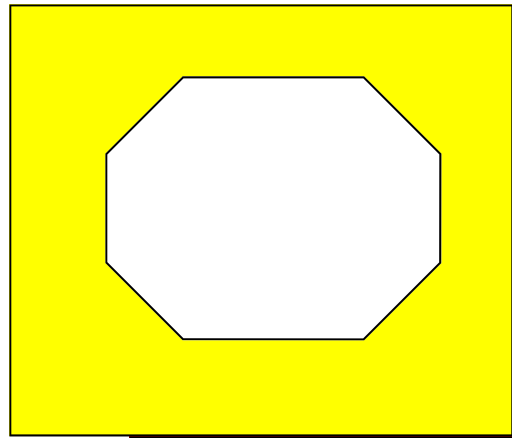
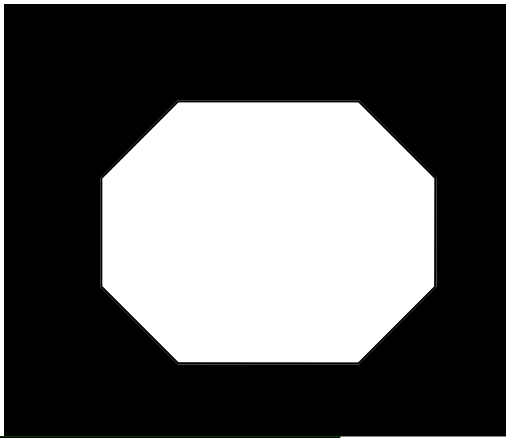


For the Students

Cross Country Level Markers

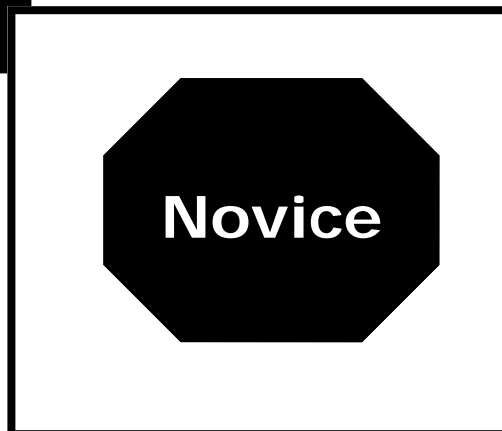
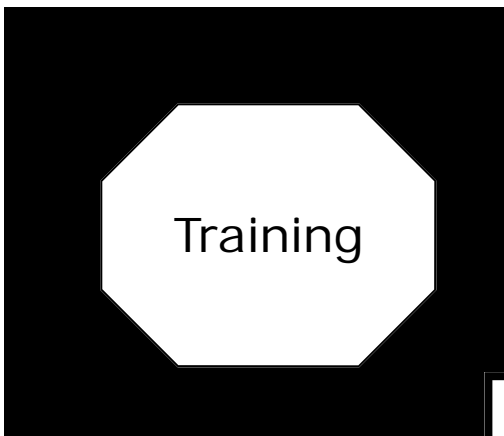
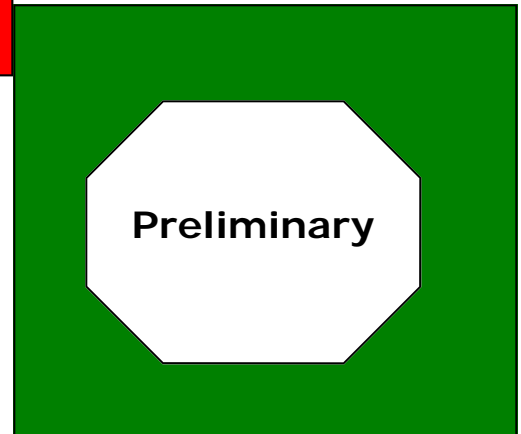
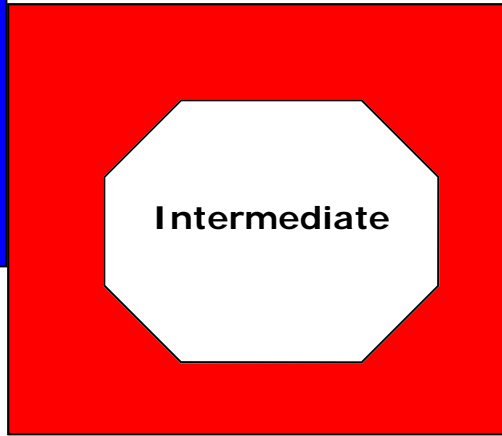
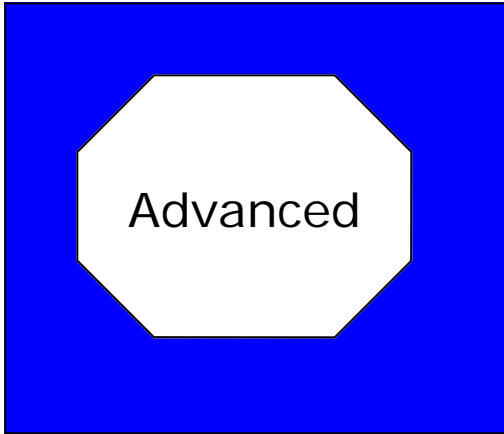


Cross Country Level Markers



For the Instructor

Cross County Level Markers



Thanks to Shore
Riders PC,
Delmarva
Region for
providing this
Lesson Plan.