



- Contour, Form-line
- Hill, Knoll
- Depression, Cup depression
- Pit, Water pit
- Dry Ditch
- Earth Bank
- Impassable Cliff
- Passable Cliff
- Boulder, Big Boulder
- Impassable water
- Crossable Watercourse
- Intermittent Watercourse
- Narrow Marsh
- Indistinct Marsh
- Marsh
- Uncrossable Marsh
- Open Land
- Rough Open Land
- Scattered trees
- Undergrowth, difficult to run
- Forest, Good running
- Forest, Slow running
- Forest, Difficult to run
- Forest, Very Difficult to run
- Distinct Vegetation Boundary
- Vehicle Track
- Footpath
- Small footpath
- Less distinct small path
- Passable Fence
- Impassable Fence
- Large tower
- Man-made Object

Sumas May 2022

Intermediate	2.0 km	85 m	
----- 50 m ----->		△	50 m to start
△		/ / \ \ Y ○	Start: S side of road and path junction
1	60	/ / \ \ Y Q	S edge of road and path junction
2	31	/ / \ \ Y	W end of road and path junction
3	59	/ / \ \ < Q	SW edge of bend in road
4	38	/ / \ \ Y /	NE end of road and path junction
○----- 110 m ----->○			Follow tapes 110 m between controls

5	35	/ / \ \ < ○	N side of bend in path
6	33	/ / \ \ X ○	NE side of path and ditch crossing
7	61	/ / \ \ Y ○	N side of path junction
○----- 170 m ----->○			Follow tapes 170 m between controls
8	32	≡ ○	NW side of marsh
○----- 30 m ----->○			Follow tapes 30 m between controls
9	60	/ / \ \ Y Q	S edge of road and path junction
○ X----- 180 m ----->○			Navigate 180 m to finish