

| Course 1 (1.6km easy) | | |
|------------------------------|-------------|-----------|
| Control | Description | Code |
| 1 | Post | MX |
| 2 | Gate | NQ |
| 3 | Post | WR |
| 4 | Post | HC |
| 5 | Post | RT |
| 6 | Post | VL |
| 7 | Post | QG |
| 8 | Post | KM |
| 9 | Post | LP |
| 10 | Post | TD |
| 11 | Post | EQ |
| 12 | Post | MH |
| 13 | Post | JH |

| Course 2 (1.9km medium) | | |
|--------------------------------|-------------|-----------|
| Control | Description | Code |
| 1 | Bench | YH |
| 2 | Log | AK |
| 3 | Gate | NQ |
| 4 | Post | WR |
| 5 | Post | HC |
| 6 | Post | RT |
| 7 | Gate | XD |
| 8 | Gate | JG |
| 9 | Post | QG |
| 10 | Post | KM |
| 11 | Post | TD |
| 12 | Post | CD |
| 13 | Post | MH |
| 14 | Post | JH |

| Course 3 (2.2km medium) | | |
|--------------------------------|-------------|-----------|
| Control | Description | Code |
| 1 | Post | MX |
| 2 | Log | AK |
| 3 | Post | KM |
| 4 | Post | QG |
| 5 | Gate | JG |
| 6 | Gate | XD |
| 7 | Post | VL |
| 8 | Post | HC |
| 9 | Gate | NQ |
| 10 | Post | LP |
| 11 | Post | TD |
| 12 | Bench | KX |
| 13 | Post | MH |
| 14 | Post | JH |

| Course 4 (2.5km hard) | | |
|------------------------------|-------------|-----------|
| Control | Description | Code |
| 1 | Log | AK |
| 2 | Post | MX |
| 3 | Bench | SR |
| 4 | Gate | NQ |
| 5 | Post | HC |
| 6 | Gate | XD |
| 7 | Gate | JG |
| 8 | Bench | KX |
| 9 | Post | CD |
| 10 | Post | LP |
| 11 | Post | QG |
| 12 | Post | TD |
| 13 | Post | MH |
| 14 | Post | JH |