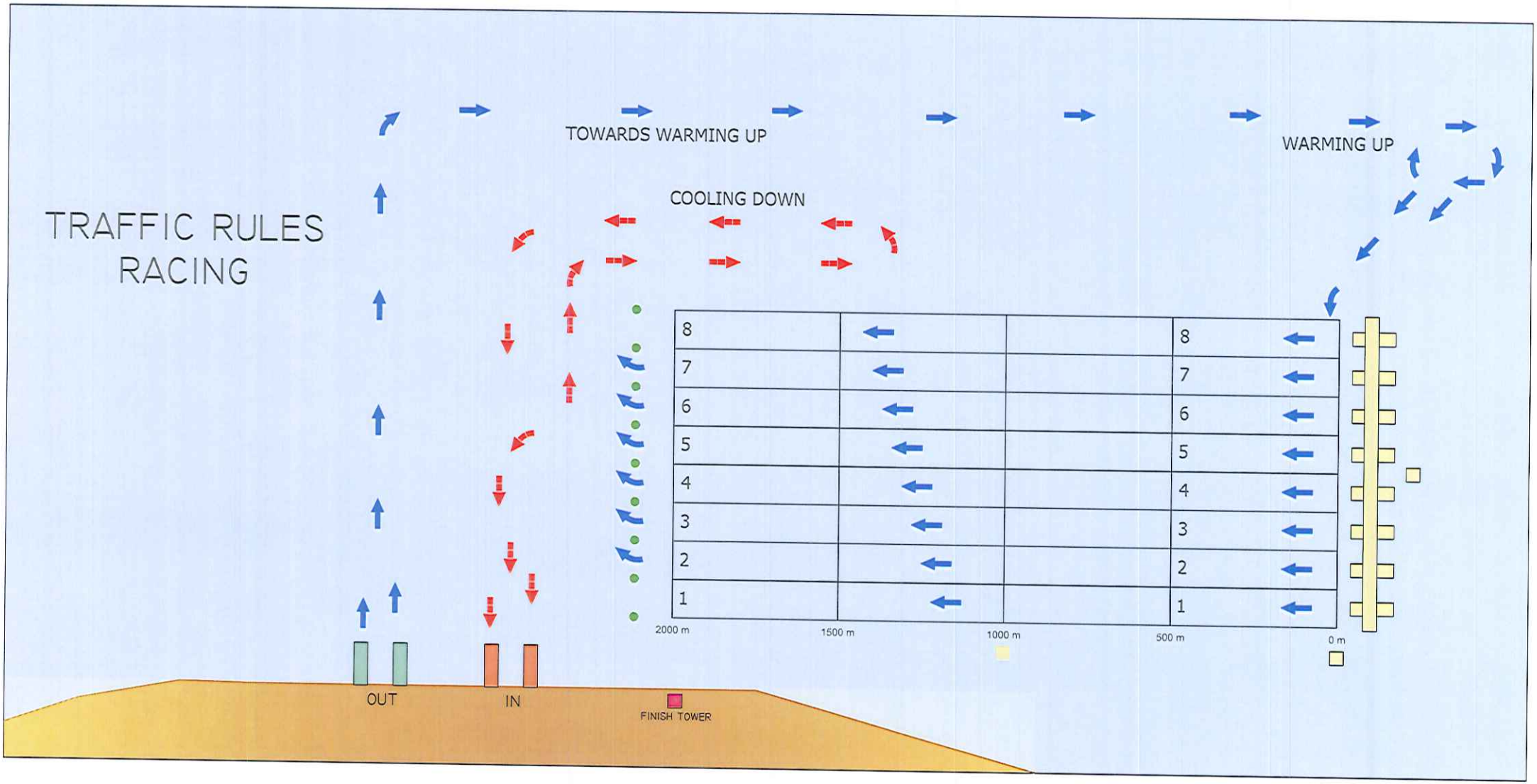
TRAFFIC RULES
RACING
TOWARDS WARMING UP
COOLING DOWN
WARMING UP
8
7
6
5
4
3
2
1
2000 m
1500 m
1000 m
500 m
0 m
OUT
IN
FINISH TOWER