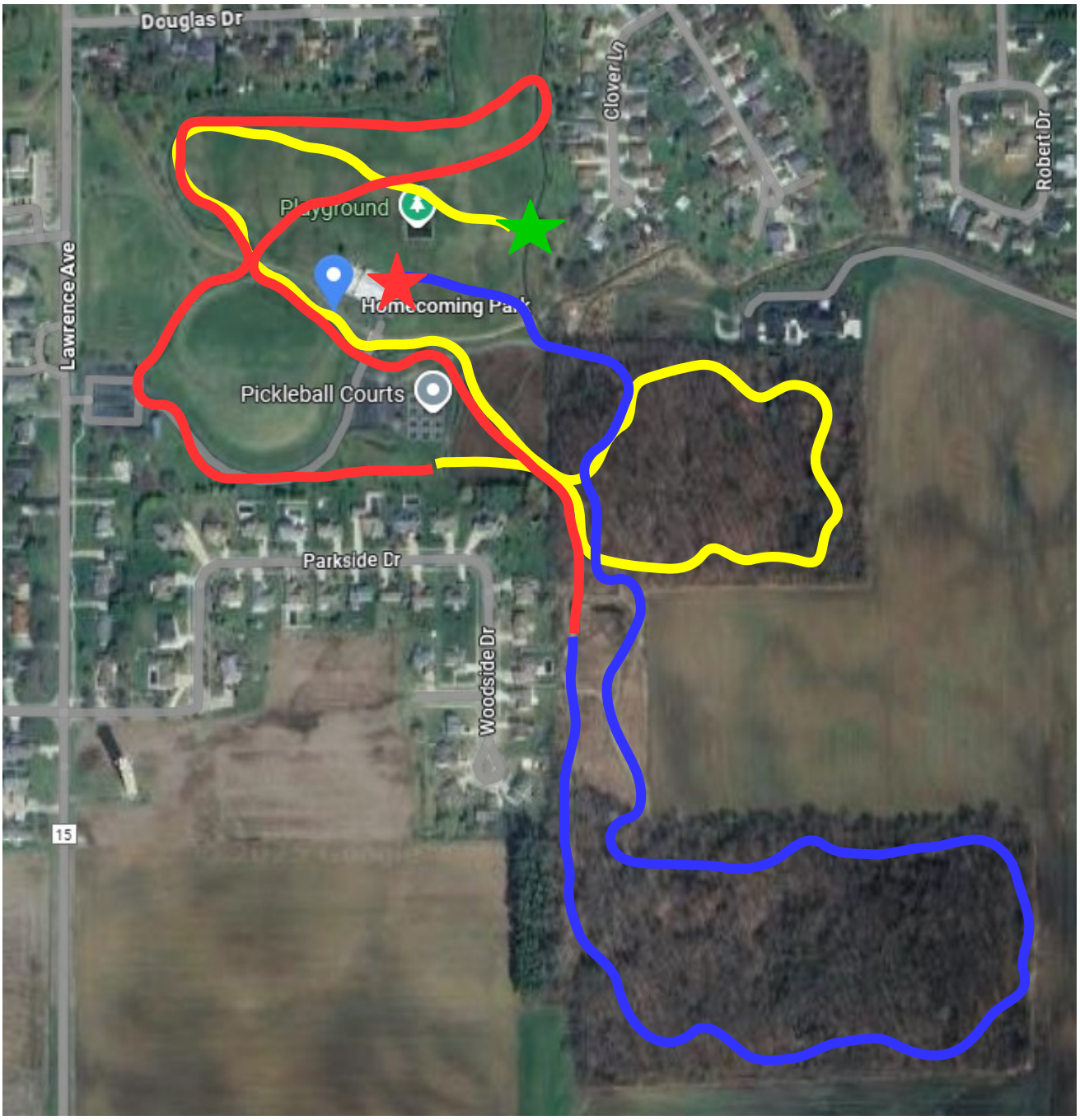
2025 NWOAL HS CROSS COUNTRY COURSE



GREEN STAR – START
RED STAR - FINISH
1ST MILE – YELLOW; 2ND MILE – RED; 3RD MILE - BLUE