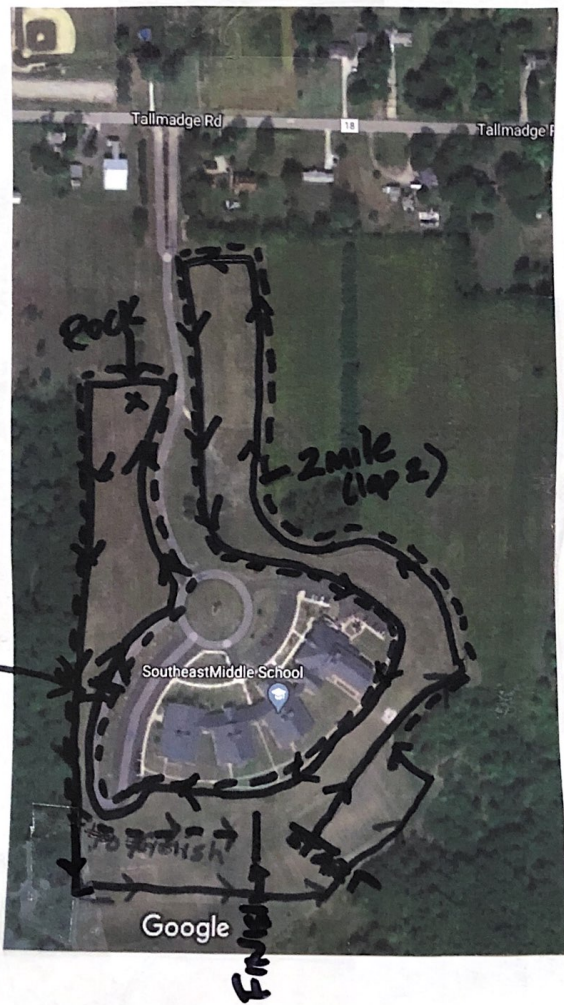


HIGH SCHOOL



1 mile
lap 1
(inside loop
on way up
to the rock)

Notes:

This is a 2-loop course,
following the perimeter.

Loop 1 begins on the
football field, and is
drawn with the solid
line.

Loop 2 begins at the
picnic tables/tree and
is drawn with the ---
line. It is a repeat
of lap 1.

start and finish lines are
close together. Parents/
spectators can bring chairs
for easy viewing as runners
will pass 4 times.