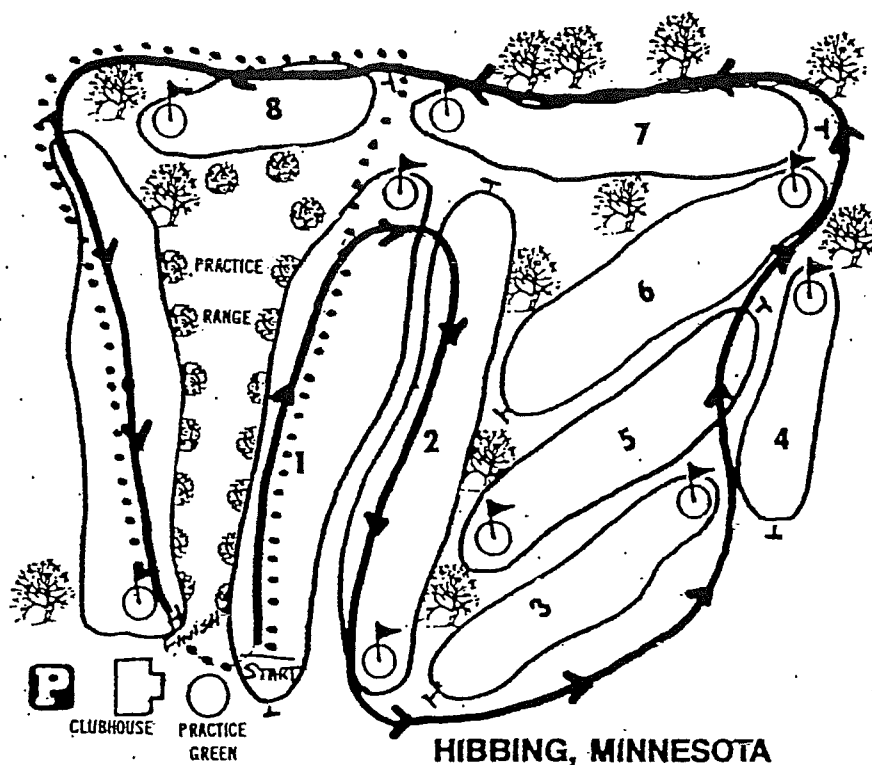


3000 M COURSE
JR HIGH GIRLS AND BOYS



1ST LAP = SMALL LOOP (DOTTED)

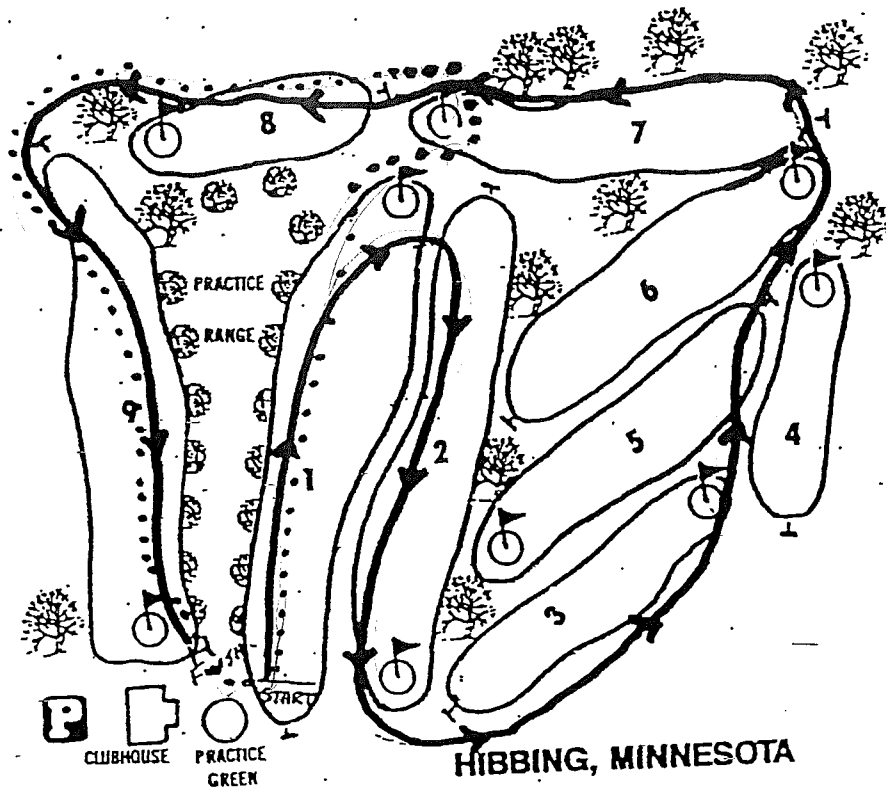
2ND LAP = BIG LOOP (SOLID)

- YELLOW FLAG..... RIGHT TURN
- RED FLAG..... LEFT TURN
- BLUE FLAG..... STRAIGHT AHEAD
- ORANGE CONES..... RUN BETWEEN

WATCH YOUR COURSE MARKINGS!!!!!!

5000 M COURSE

VARSITY/JV



1ST LAP = SMALL LOOP (DOTTED)

2ND, 3RD LAPS = BIG LOOPS (SOLID)

YELLOW FLAG..... RIGHT TURN

RED FLAG..... LEFT TURN

BLUE FLAG..... STRAIGHT AHEAD

ORANGE CONES..... RUN BETWEEN

WATCH YOUR COURSE MARKINGS!!!!!!