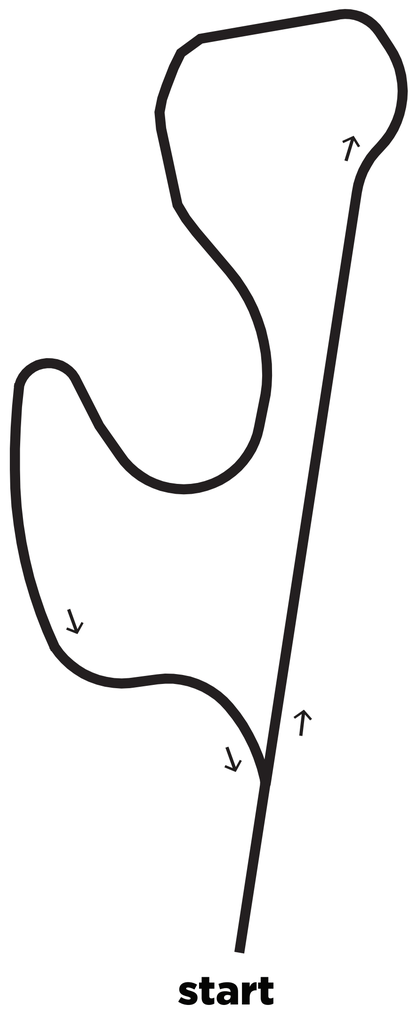
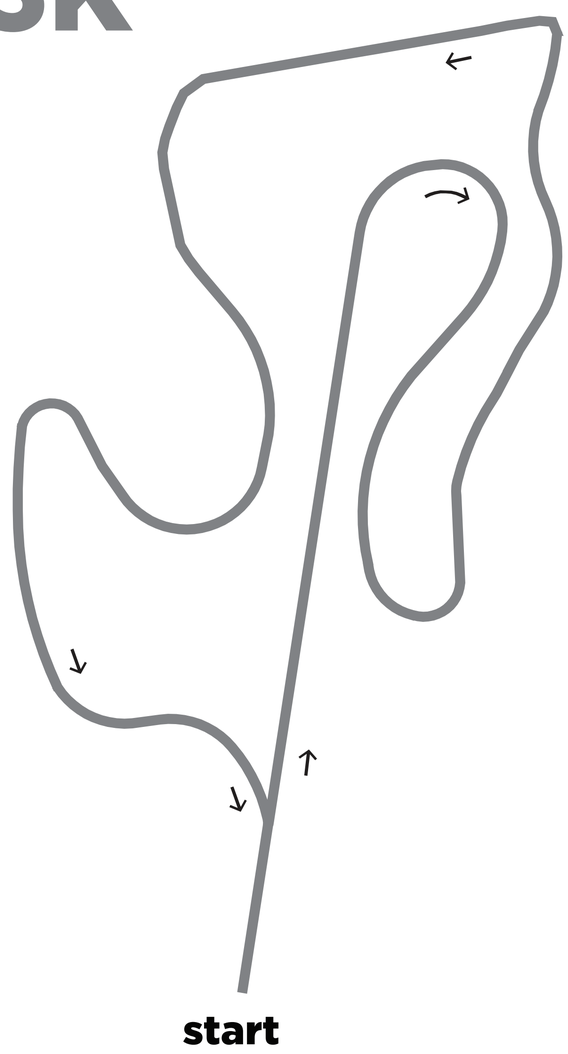
2K

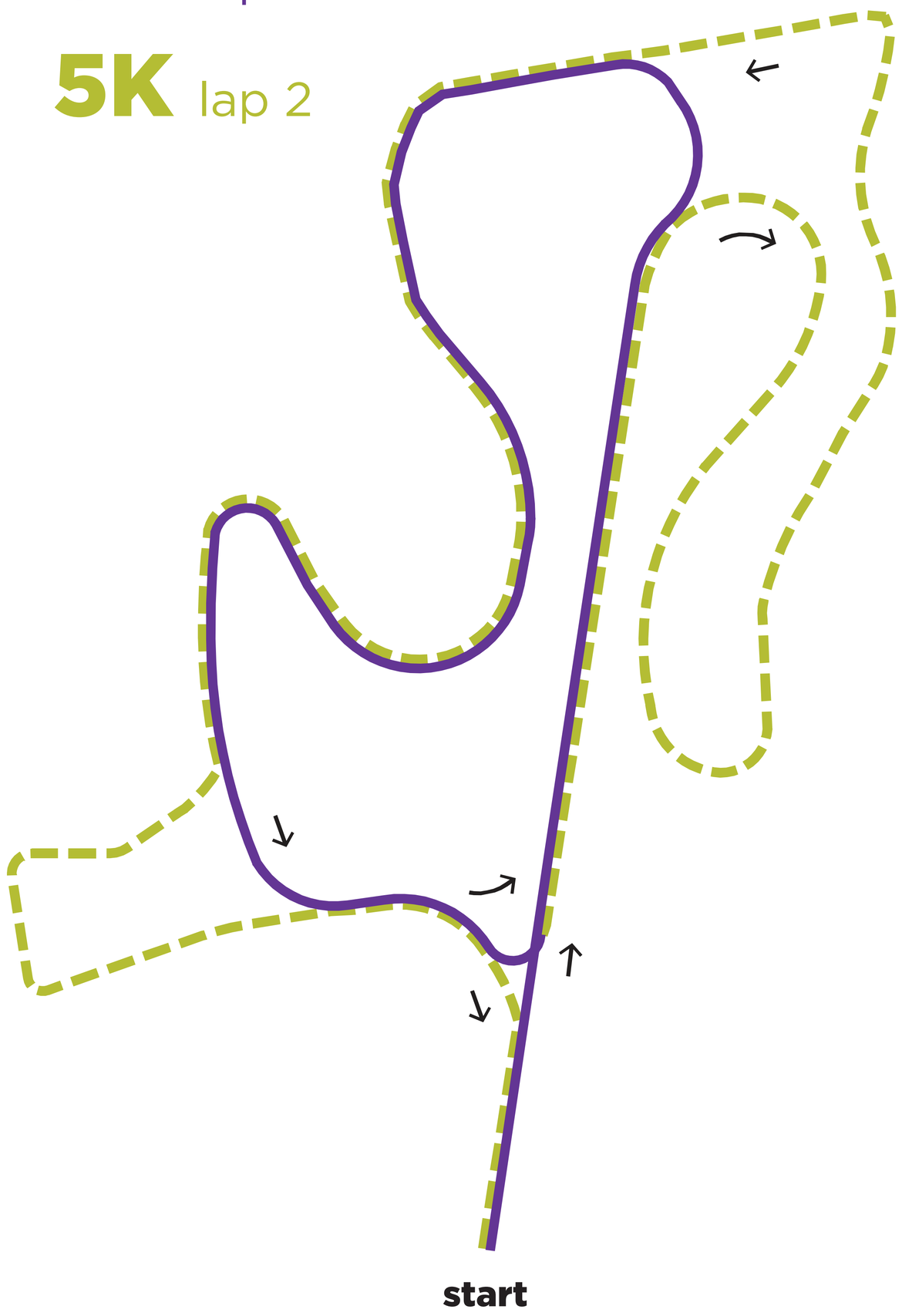


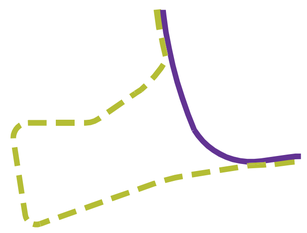
3K



5K lap 1

5K lap 2





Extension Loop

On any multi-lap run, add this section of the course to your second and all subsequent laps, to make up for the distance lost by not running the entry/exit chute

MGA KNIGHTS

Georgia Premier
Cross Country Course

Middle Georgia State University