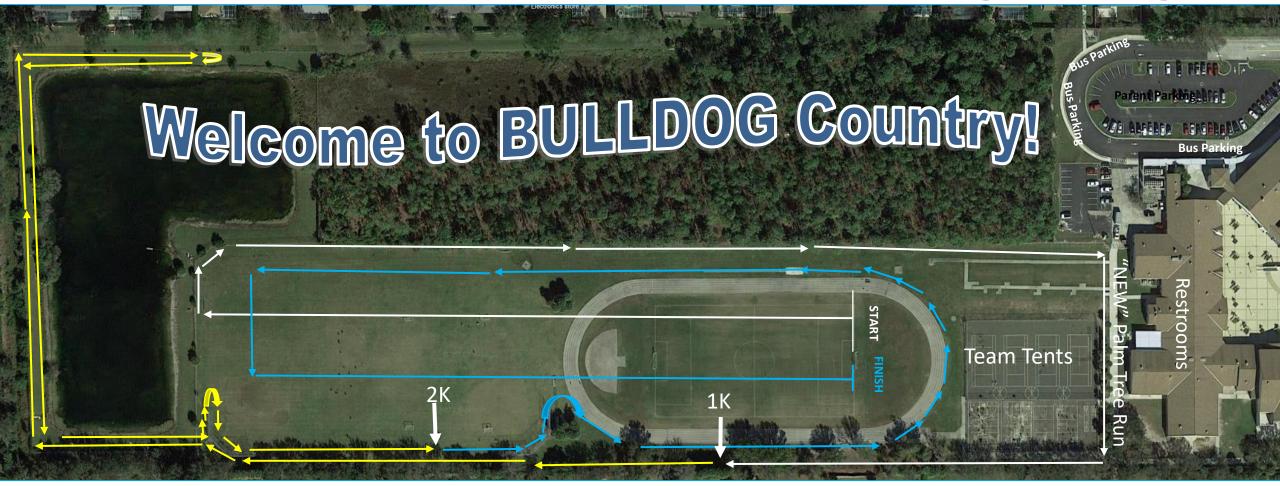
CCAC 2022 Middle School XC Championship



Hi Coaches, the course is essentially the same, except for the turn around at the lake and we are now running through the new Palm Tree Run when passing behind the tennis courts, so runners should stay between the sidewalk and the fence. We have a few trees down just before the turn around at the lake, so we will turn sooner. The changes move the 1K mark by just a few meters, the 2K mark is also moved and the final sprint to the finish starts out further and is bit longer to accommodate the shortage at the lake turn around.

