



Start

Finish

1 Kilometer

4 Kilometer

2 Kilometer

1 Mile

2 Mile

3 Kilometer

New Course Layout:
Runner will continue to run straight at the 200m mark. This change allows for 400m before the first turn. The practice football field will be run in the opposite direction.

200m and 800m

1st Turn - 400m

Mile 1
Mile 2
Mile 3