

Tony Munson Invitational Cross Country Meet

3200 meter course

As a rule, stay off hard surfaces and run on grass. There will be multiple places you will cross a hard surface. These will be clearly marked. Along the pond, stay on the grass between the walkways and the water. Follow the arrows on the ground. Do not cut corners marked by flags or dashed white lines.

As you walk the course, look for uneven surfaces and tree roots and remember these during the race. There will be signage at approximately 1600 & 2400 meters. As you near the end of the pond, note the lanes for the 5000 and 3200 meter courses. The 3200 meter lane will be to the left of the 5000 meter lane. The 5000 meter course will stay straight. The 3200 meter course will turn right on the hard surface over the drainage ditch before heading to the finish line.

