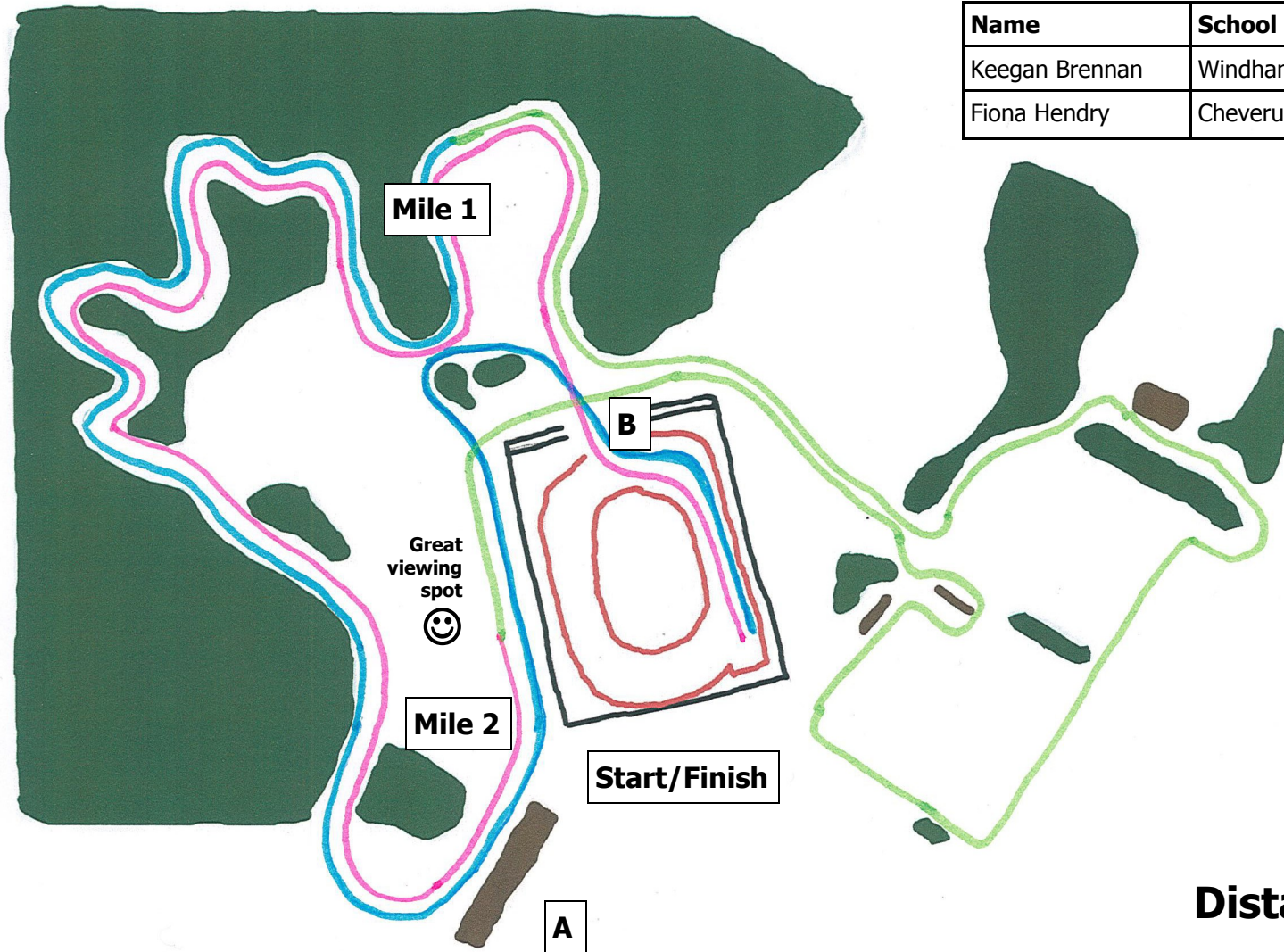


Windham High School Cross Country Course

Name	School	Time	Date
Keegan Brennan	Windham High School	16:57	09/28/2011
Fiona Hendry	Cheverus	18:32	09/28/2011



Distance = 2.93 miles

WHSXC Course Description:

The course starts and finishes on the track. The course is marked with a solid white line, large boulders and cones. Start: you exit the track and go straight across the gravel road and around the pond, keeping it on your left. Go through the opening in the trees and head out on the gravel road to the primary school [A]. Circle through the primary school court and head up the hill, keep the trees on your left as you go down along the edge of the fields, through a small section of trees and enter the woods. At rivers edge you will take a right and head up towards the switchback hill and continue the course. Exit the woods and continue up the hill, as you are nearing the top you take a left at the big pine trees. Run the perimeter of field 8, go behind the shot put area and up the hill, [B] staying on the grass turn left up the hill. Cross the road and continue up the hill, cross the far bridge and keeping the trees on your left head out to the library, follow the arrows next to the library and exit tree area and continue to run perimeter of the upper fields, circling around the dugout and heading across the second bridge and back down the gravel road to point [A] where you will repeat the woods/Field 8 loop to point B. At point [B] you will head straight back onto the track the same way you exited and finishing where you started. **Good Luck and we hope you enjoy the course! WHSXC**