

Crystal Springs 5km (3mi, 564') Course

- Start 216' back from regular start
- Run 10km loop (*middle loop*) in first mile
- 1 mile: 178' after 10km 1 mile post
- 2 mile: 740' before HS 2mile post
- 3 mile: 564' before finish line
- Finish: regular finish

8KilD course: measured 12-15-79
by Dave Shrock for 1980 Jr. International Trials

Start - 280' back from H.S./JC Start.

1 mi. - 280' back from H.S./JC 1 mile mark.

2 mi - 280' back from H.S. 2 mile mark

3 mile - 136' back from finish line

4 mile - 5' forward from H.S. 2 mi mark

Finish - Same finish line as H.S./JC & I.O.K.

only 18" of error possible on
course distance computed by
double checks.

Course - 1st mile - Regular route. using 1st, or H.S./JC path.
- 2/3 mile, as per regular back loop up post
- finish.
4 mile - as per regular back loop, finishing
at regular line.

CRYSTAL SPRINGS CROSS COUNTRY COURSE

BELMONT, CALIFORNIA

8 Kilometer course (4.97 miles)

Course: Start: 280' back from the HS/CC start
first mile: regular HS/CC mile
second/third mile: regular HS loop running past normal finish
fourth/fifth mile: running the HS loop once more, finishing at normal finish

Mile Marks: 1 Mile: 280' back from HS/CC mile post
2 Mile: 280' back from HS 2 mile post
3 Mile: 136' back from finish line
4 Mile: 5' forward from HS 2 mile post

Course record as of October 1993:

Tom Downs (*West Valley T.C., 18yrs old*): 24:35.4, Feb. 1980
(*ran with five steeple barriers on course*)

course measured 15 December 1979 by Dave Shrock for 1980 Jr. International Cross Country Trials

4.92 Kilometer Course (3.06 miles)

Course: Start: regular HS/CC start
first mile: run 10k loop (*middle loop*)
second/third mile: regular HS loop, with normal finish

Mile Marks: 1 Mile: 516' after 10k 1 mile post
2 Mile: 524' before HS 2 mile post
3 Mile: 348' before finish line

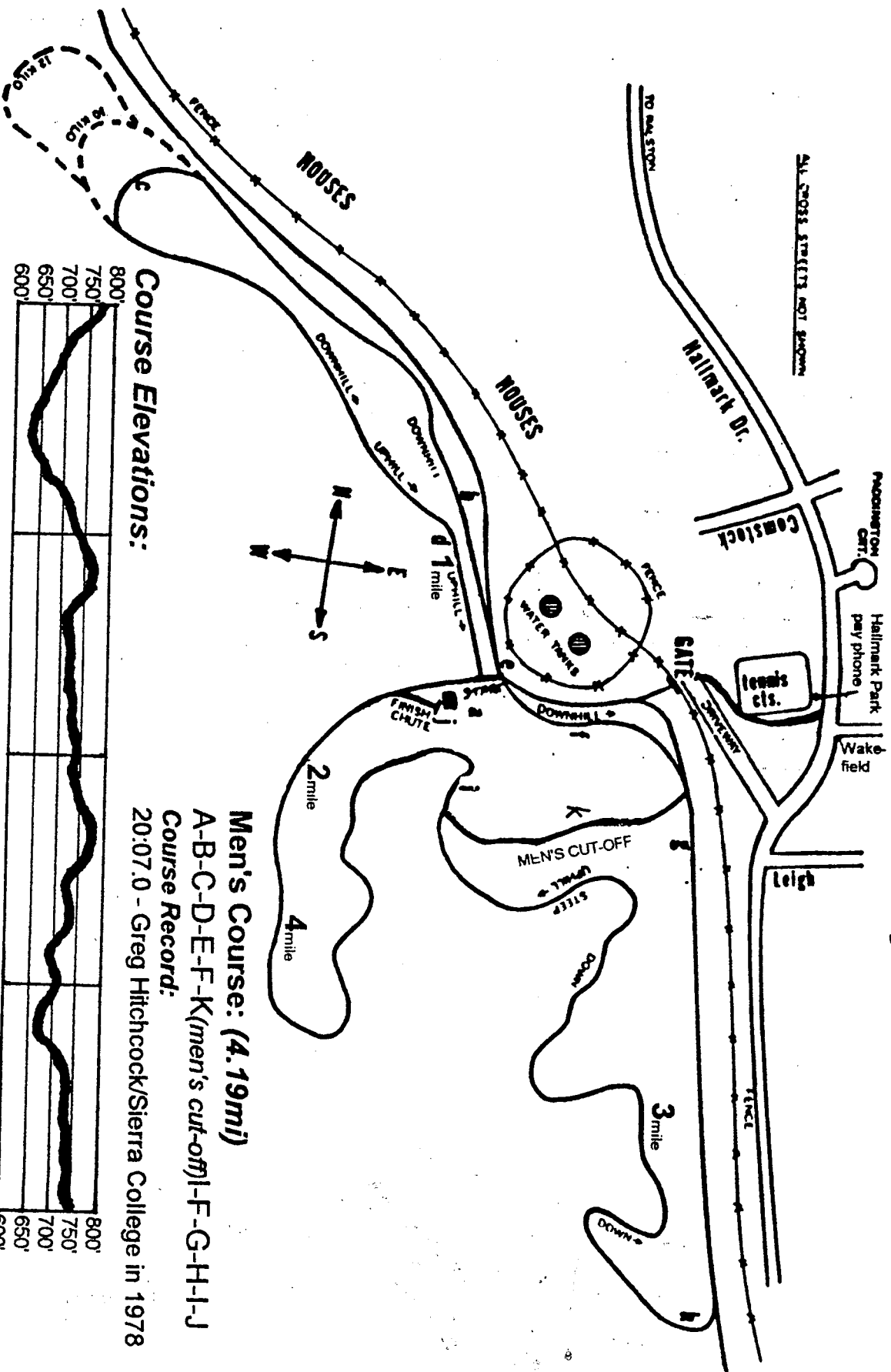
Course Record as of October, 1993:

Patty Young (*U.N.- Reno*): 17:47, 1986

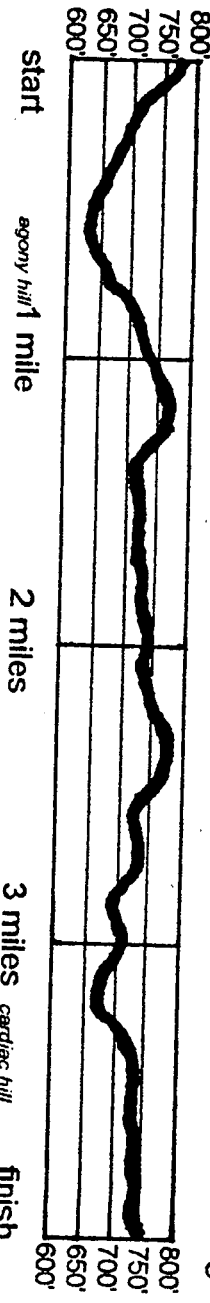
course remeasured on 10 July 1993 by Dave Shrock

Crystal Springs Cross Country Course

America's only purpose built Cross Country Course



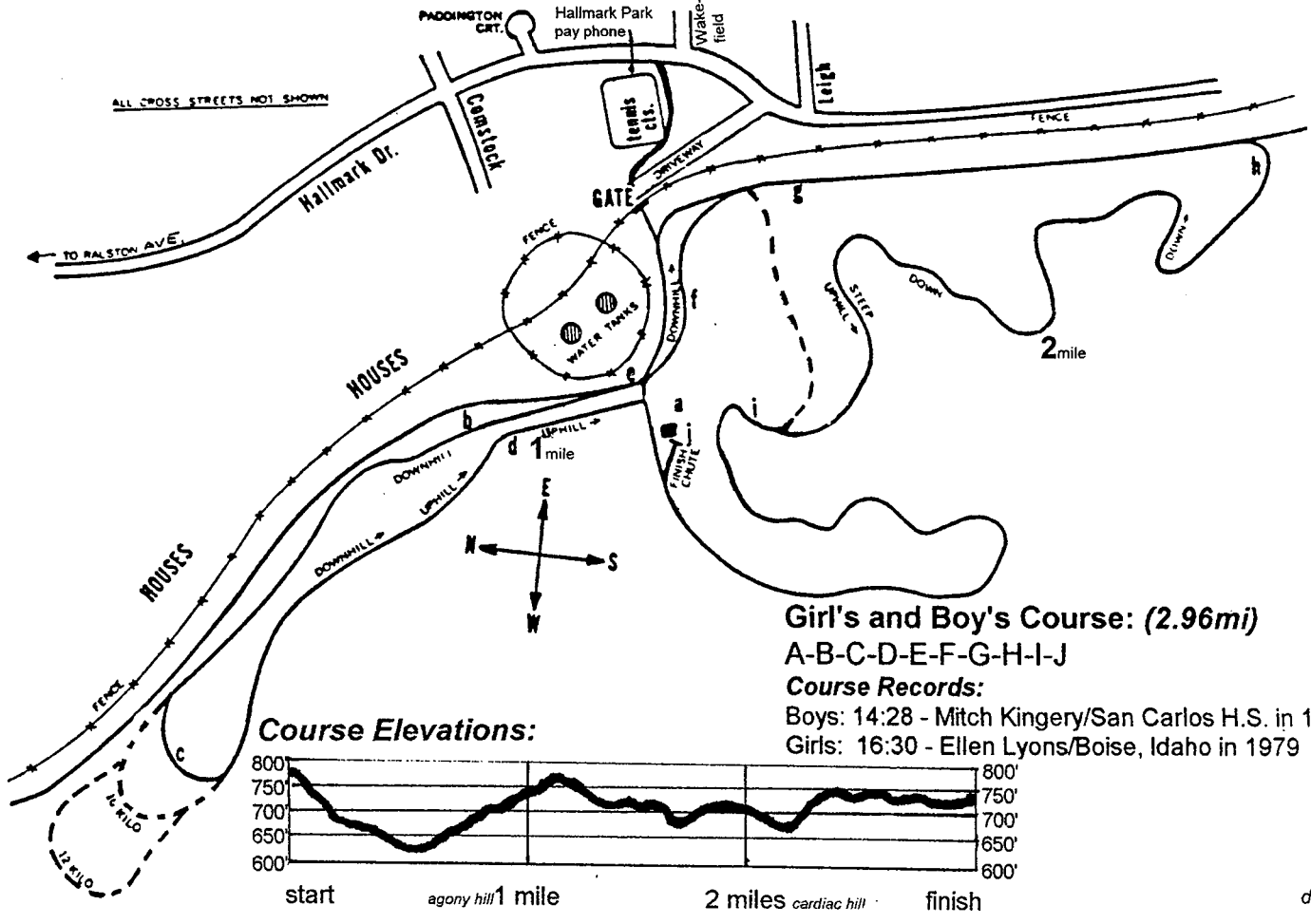
Course Elevations:



Men's Course: (4.19mi)
A-B-C-D-E-F-K(men's cut-off)-F-G-H-I-J
Course Record:
20:07.0 - Greg Hitchcock/Sierra College in 1978

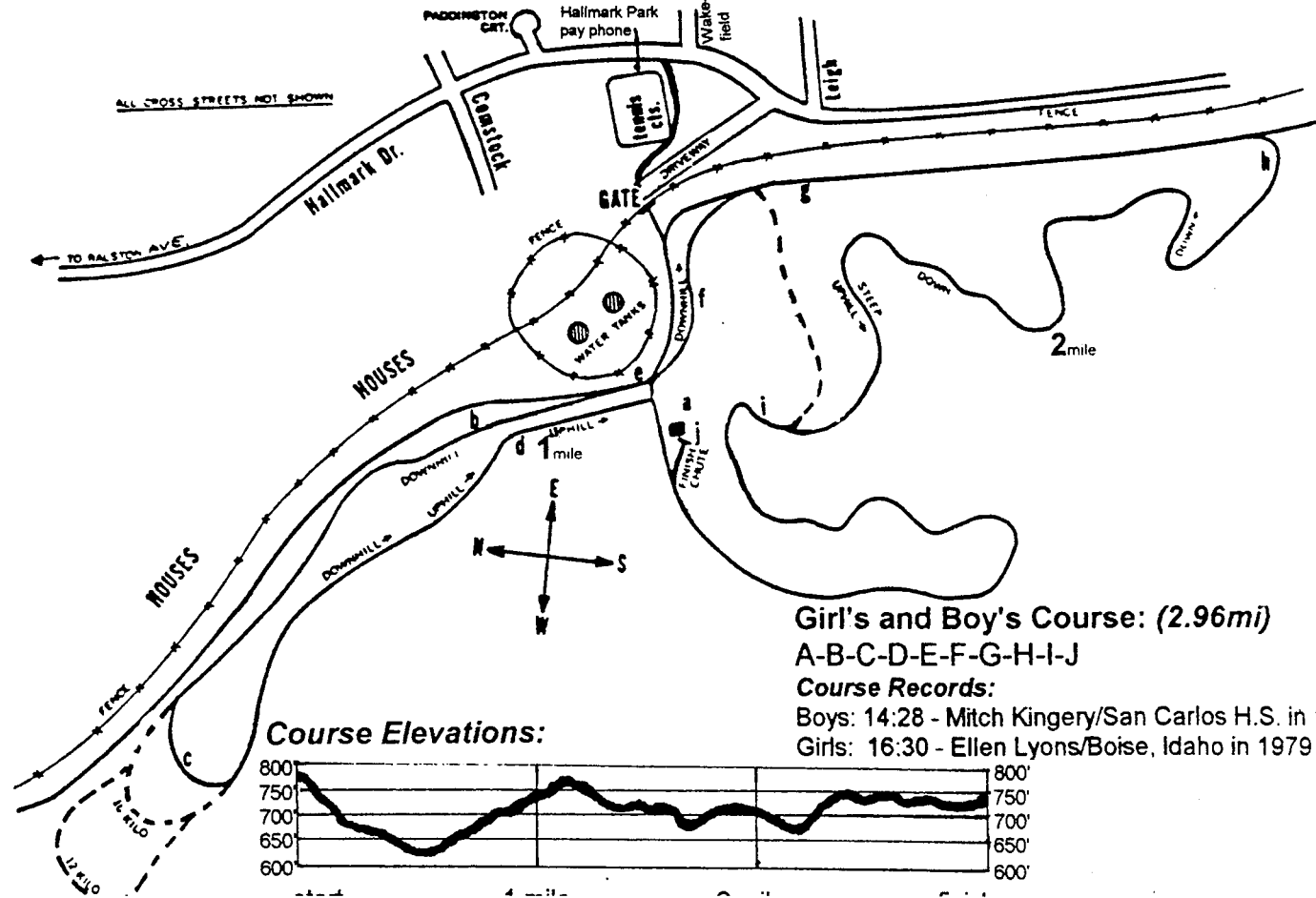
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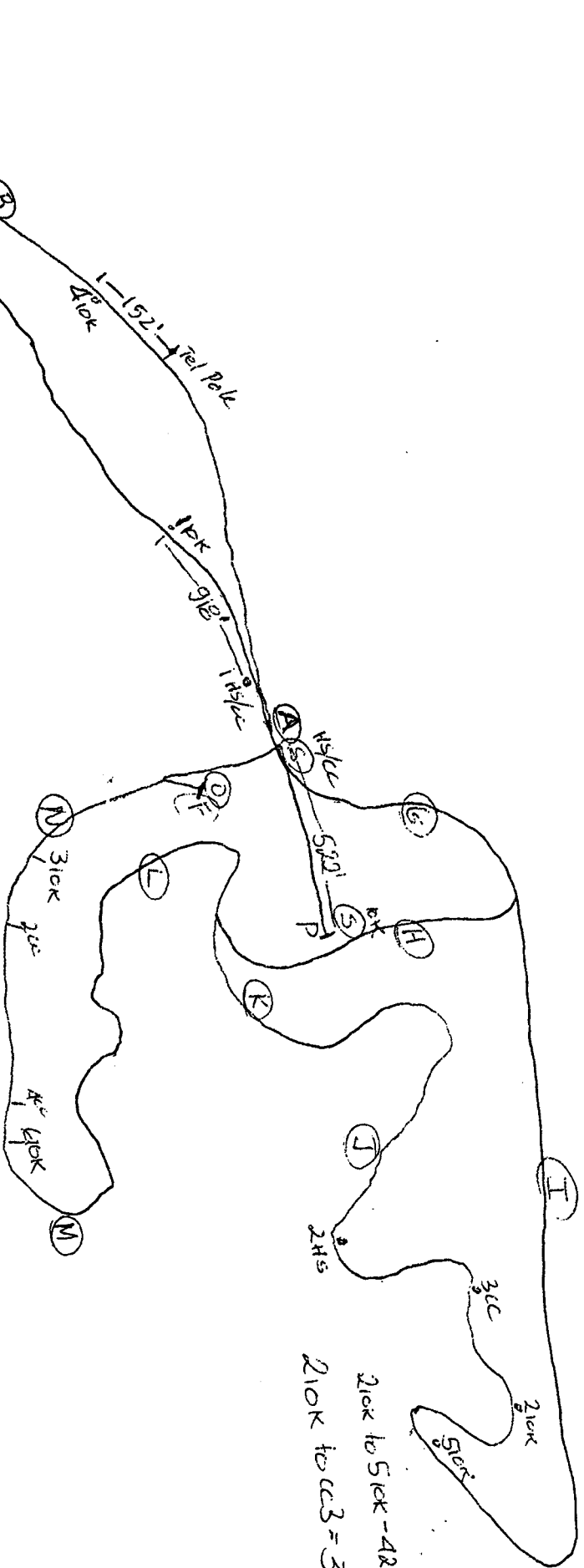
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10K course - 6.24 mi
 CC course - 4.19 mi
 HS course - 2.95 mi

mile marker placement
 notes: replaced + measured
 June '93 by Dave Shreck



HS (2.95 mi) A-B-C-F-G-I-J-K-L-M-N-O
 CC (4.19 mi) A-B-C-F-G-H-L-M-N-A-G-I-J-
 K-L-M-N-O

10K (6.24 mi) P-A-B-D-F-G-I-J-K-L-M-N-A
 F-D-B-G-I-J-K-L-M-N-O

8K (4.97 mi) A-B-C-F-G-I-J-K-L-M-N-N-
 A-G-I-J-K-L-M-N-O

5K-1/2 mi: A-R-D-F-A-G-T-T-K-L-M-N-O

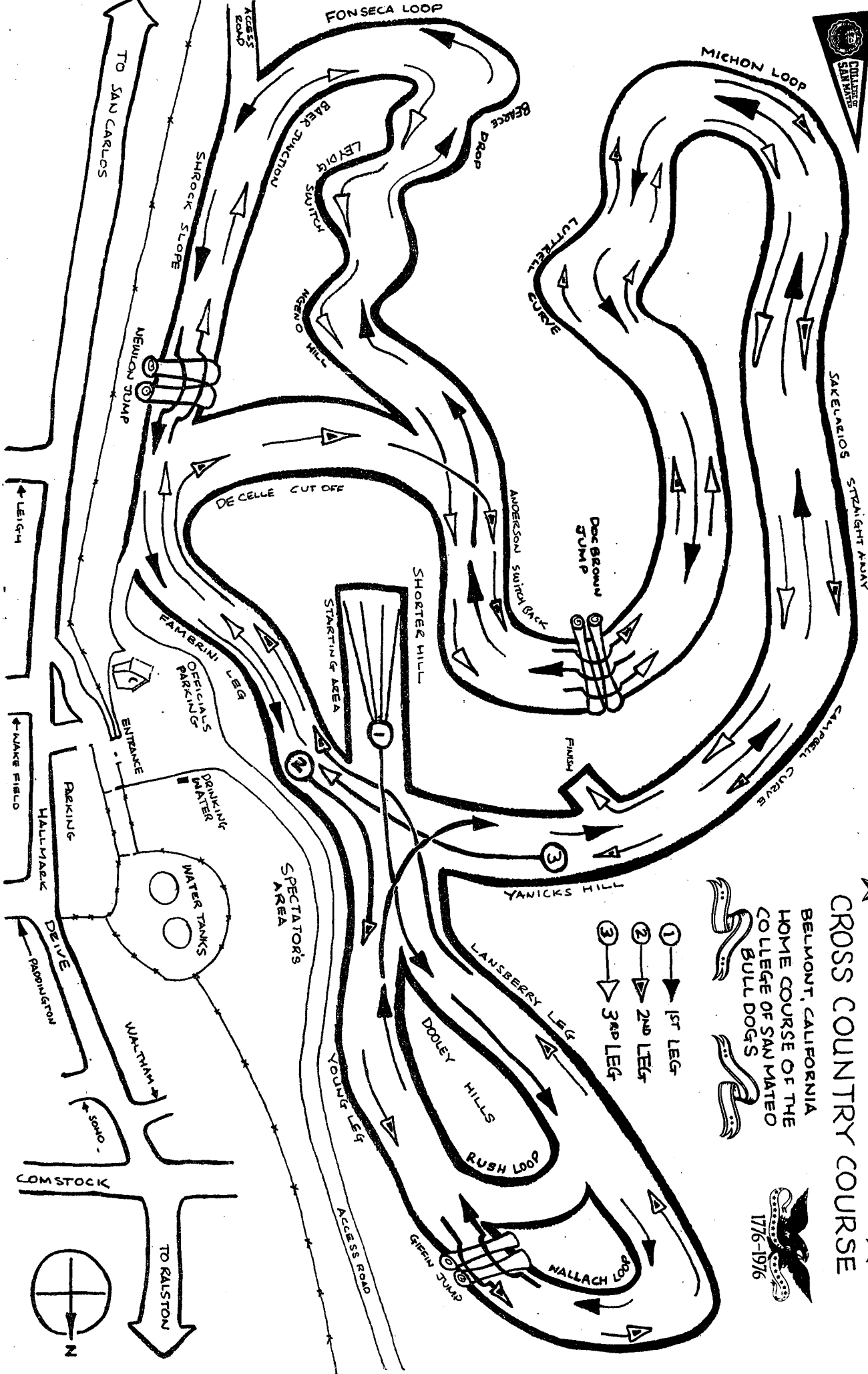
CC 2mi → cc 4mi - 304'

610K → 310K - 427'

610K → cc 4mi - 100'

210K to 510K - 427'
 210K to CC3 = 341'

mile marks: start - 280' back from HS/k
 1mi: 280' back from HS/k
 2mi: 280' back from HS 2m
 3mi: 136' back from finish.
 4mi: 0'



★ **CRYSTAL SPRINGS** ★
CROSS COUNTRY COURSE

BELMONT, CALIFORNIA
 HOME COURSE OF THE
 COLLEGE OF SAN MATEO
 BULL DOGS



- ① → 1st LEG
- ② → 2nd LEG
- ③ → 3rd LEG

