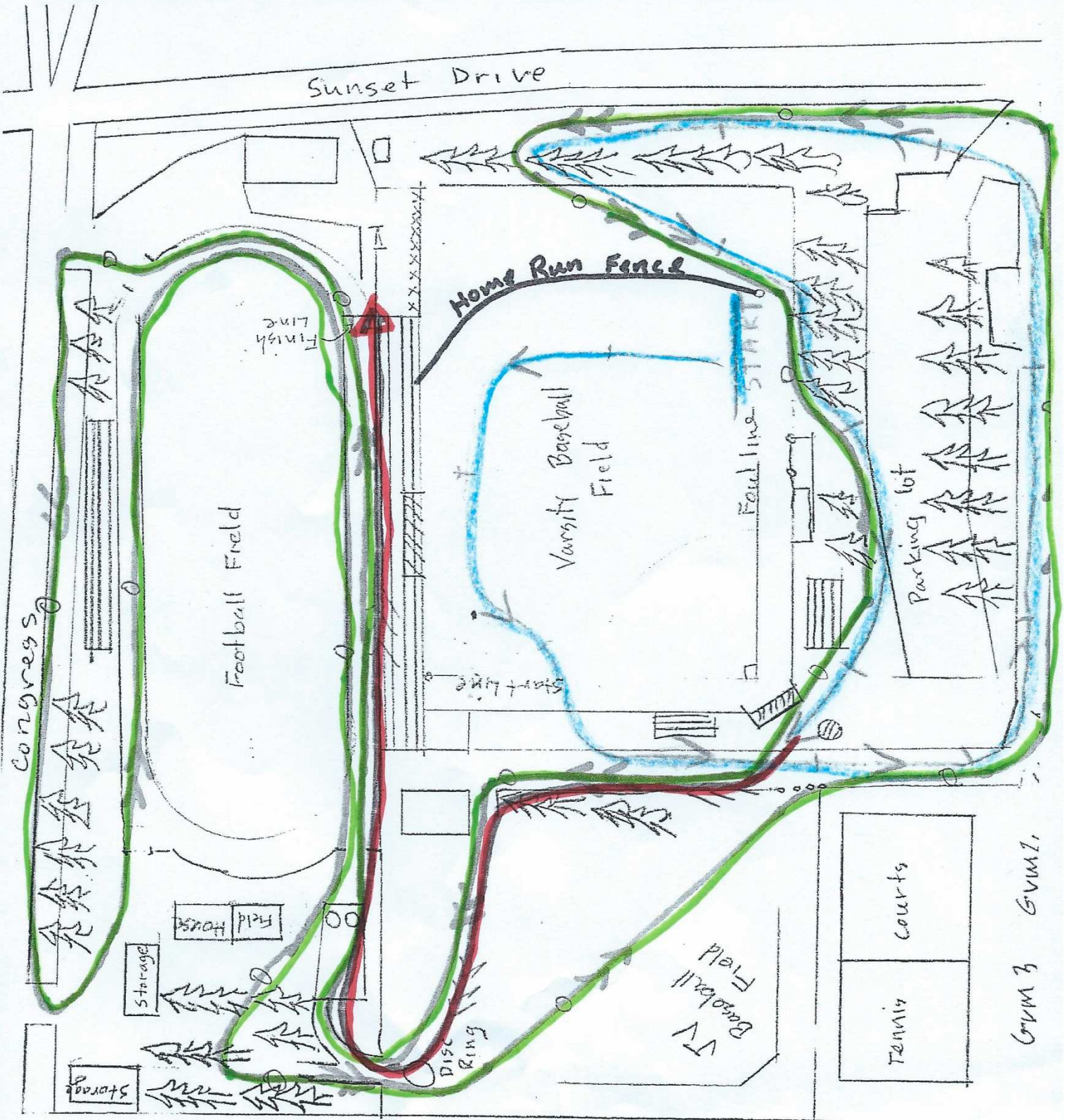


The PGHS XC course map is as follows. The start line is on the varsity baseball field on the right field foul line (yellow home run pole). We begin by running a smooth curve around the field and out the gate by the home team's dugout. Next, the runners will do the upper part of the course which is marked in blue on you map. When the upper part is completed (blue) the runners will begin the big loop (marked in green). The green loop is to be completed twice. When the runners get back to the baseball home plate area after two laps of the big loop, there will be just a short sprint to the finish line which is marked in red on your course map.



GVM 3 GVM 1