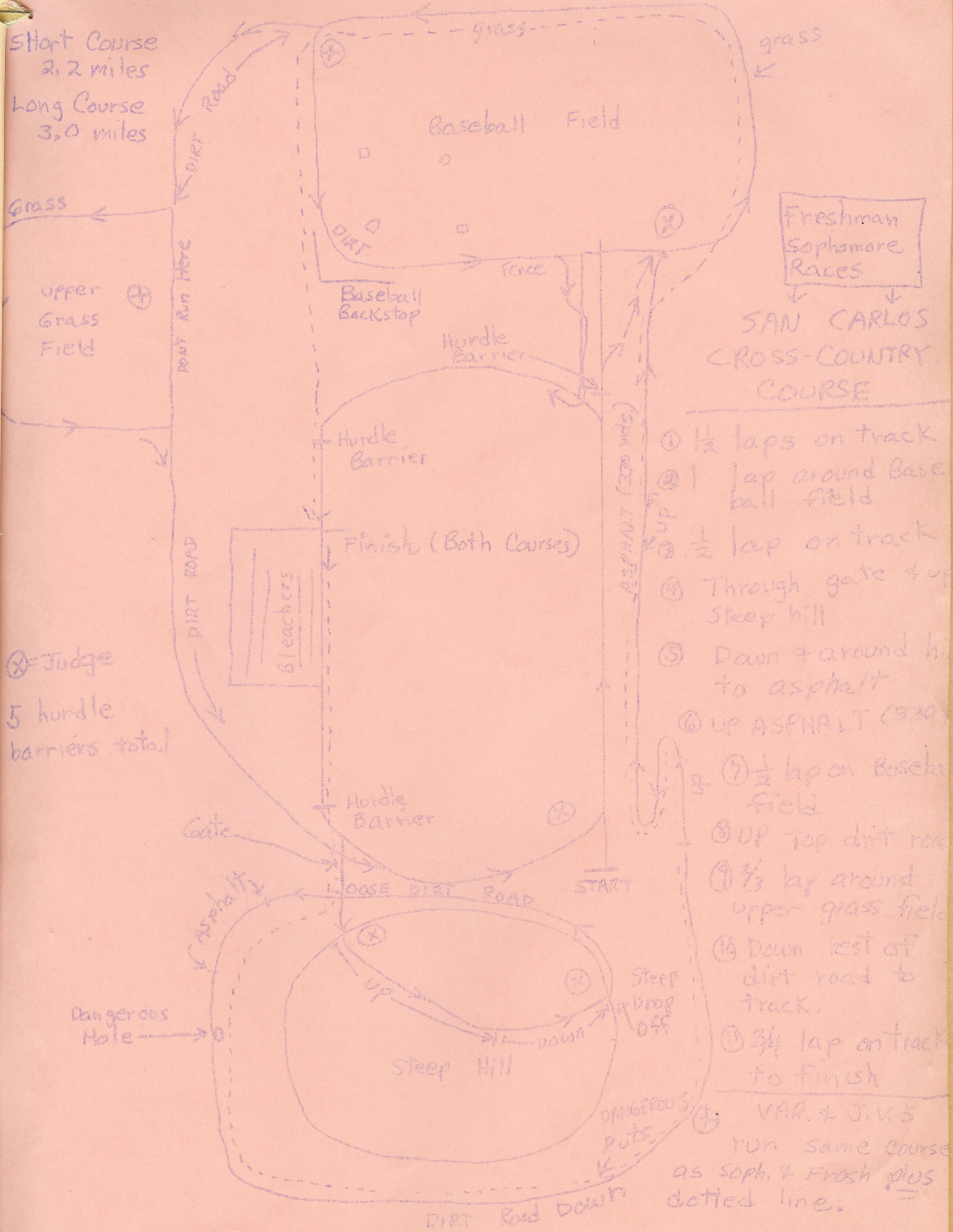


Short Course
2.2 miles
Long Course
3.0 miles



Freshman
Sophomore
Races
↓
SAN CARLOS
CROSS-COUNTRY
COURSE

- ① 1/2 laps on track
- ② 1 lap around Baseball field
- ③ 1/2 lap on track
- ④ Through gate & up steep hill
- ⑤ Down & around hill to asphalt
- ⑥ UP ASPHALT (300 yds)
- ⑦ 1/2 lap on Baseball field
- ⑧ UP top dirt road
- ⑨ 1/3 lap around upper grass field
- ⑩ Down rest of dirt road to track.
- ⑪ 3/4 lap on track to finish

VAR. & J.V.'s
run same course
as soph. & Fresh plus
dotted line.

⊕ = Judge
5 hurdle barriers total