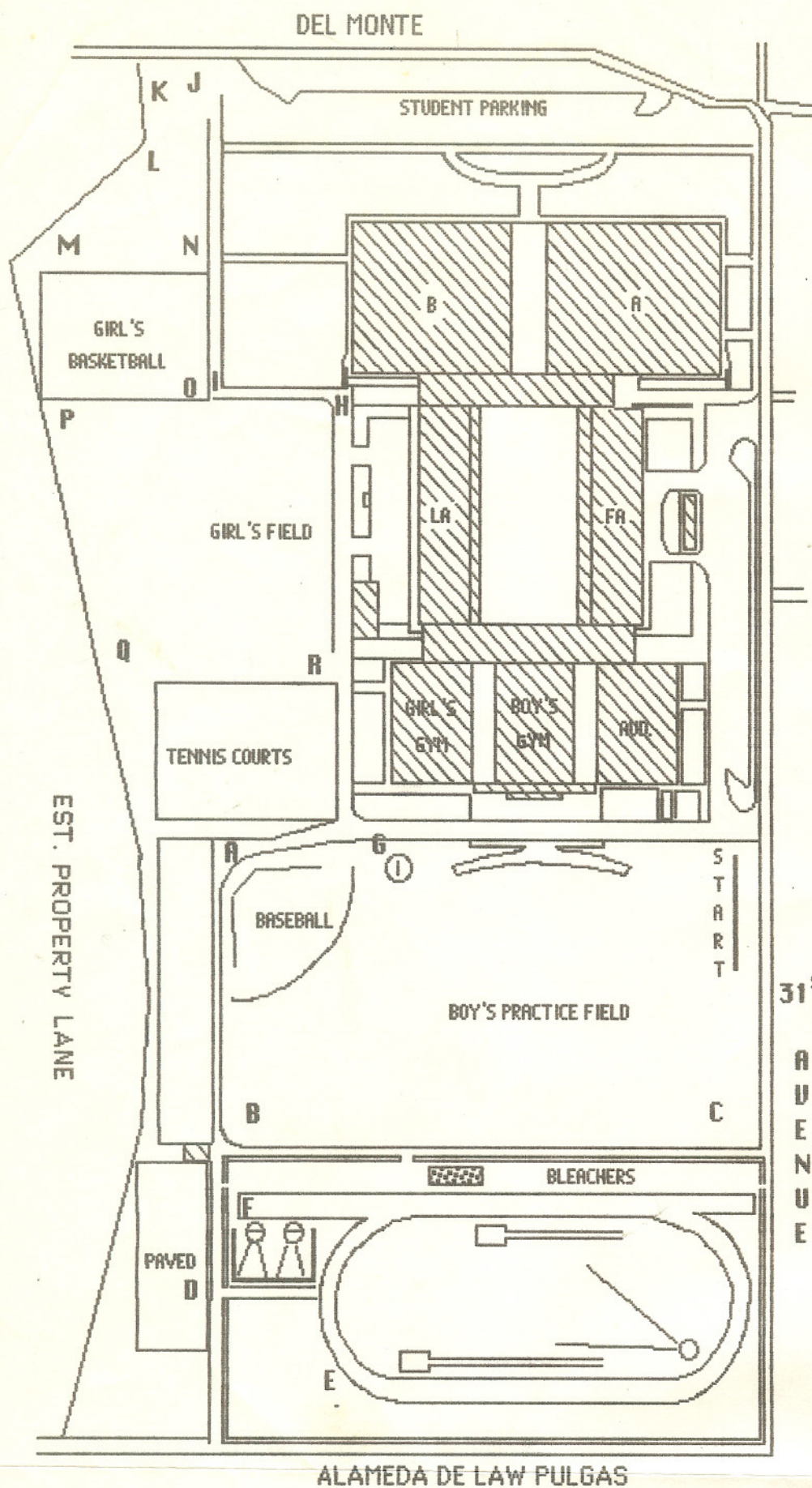


Hillsdale High's Cross Country Course



START and run SOUTH around the
BASEBALL CAGE (A)
 EAST to the fence **(B)**, (cone on
 LEFT)
 turn NORTH to 31st Avenue **(C)**
(440 at the film tower)
 WEST back to the START.
 SOUTH the 2nd time UP/DOWN
 the ramp
 around the **BASEBALL CAGE (A)**
**(880 EAST end 1st base
 dugout)**
 EAST to the fence **(B)**,
(cone on the RIGHT)
 to the **TRACK (D)**,
 from the **GATE** straight to the
TRACK (E),
 around the **TRACK** to the
SHOT PUT RINGS (F)
 EAST to the **GATE (D)**
 WEST to **(B)**
 NORTH toward 31st Avenue **(C)**
**(1 MILE at NORTH end
 bleachers)**
 WEST to the START.
 SOUTH up/down the RAMP
 to the LEFT of the baseball
 pitchers mound **(G)**
 WEST following around **H, I, J,**
K, L, M, N, O, P, and Q (the
 edge of the tennis courts.
1.5 MILES between N & O.
 From here go behind the
BASEBALL CAGE to (A).
 From **(A)** to **(B)**,

FOR THE 3 MILE COURSE do
 the whole thing again since
 you had so much fun...and
 then

FOR THE 2.5 MILE COURSE
 finish now as below...

From **(A)** go to **(B)**, go to **(D)** then
(D) on the track. Run counter
 clockwise around the track to
 the **FINISH** which is the
SOUTH end of **BLEACHERS**.

2 MILES (South end 3rd cement block up ramp after your 1st trip to the upper field and before the 2nd)
2.5 MILES (13 posts SOUTH from drive way on the WEST fence of the TENNIS COURT (just SOUTH of A).

EVERYTHING YOU WANTED TO KNOW ABOUT HILLSDALE'S CROSS COUNTRY COURSE

MOST EVERYTING YOU EVER WANTED TO KNOW ABOUT THE HILLSDALE HIGH SCHOOL CROSS COUNTRY COURSE		
0	start	upper field 4 posts from 31st
1320	440	football filmm tower 1st time by
2640	880	East end of 1st base dugout 2nd time past
5280	1 mile	NORTH end of bleachers 2nd time by
7920	1.5 miles	1/2 way between 1st basketball hoop/curb west
10560	2 miles	South end of 3rd cement block going up ramp after your first trip to the upper field and before your 2nd
13200	2.5 miles	13 posts SOUTH from the driveway along the fence by the tennis courts
15363	2.9 miles	FINISH - a line off the rail on the SOUTH end of the BLEACHERS
1)	START and run SOUTH around the BASEBALL CAGE, EAST to the fence, almost, and turn NORTH NORTH to 31st, almost, WEST back to the START	
2)	from the START the second time you go UP and DOWN the RAMP, around the BACKSTOP EAST to the fence, almost, BUT now you go RIGHT down to the track	
3)	from the gate to the track, angle off to the right, STRAIGHT TO THE TRACK, around the track down past the SHOT PUT rings, back to the GATE, then WEST back to the SOCCER FIELD,	
4)	AROUND the first cone.. NORTH to 31st, WEST to the START, SOUTH up the ramp to the pitcher's mound,	
5)	AROUND the cone, WEST up the road all the way 'til you have almost left the school grounds, onto the grass, and the long way around each cone, BEHIND the trees, back to the road, a SHARP RIGHT before you get to the road, to the girl's soccer field, the long way around all the cones, down the ramp, past the tennis court, from the corner of the tennis court, behind the BASEBALL CAGE and EAST to the fence.	
6)	Remember you were here before... in #5, and you had so much fun... DO IT AGAIN,	
7)	NOW that your back here again, turn right, go to the track, around the track (same straight line from the gate), to the FINISH on a line off the rail by the SOUTH end of the BLEACHERS.	
8)	HAYING FUN YET???	