

E. J. Herrmann Cross-Country Invitational

Elite / Varsity / Junior Varsity Course

– 5 km –



A. Starting Line

B-G. Right and left turns on grass surface

G. Left turn onto path to **H**

H-I. Back onto grass surface

J. Downhill on grass.

K. Cross road; road will be matted.

K-M. On path along creek. 1 km mark is along this segment

M. Left turn across bridge

N. Left turn onto trail after crossing the bridge

N-O. Uphill segment on trail. An official will read times at the 1 mile mark near point **O**

O. Right turn to begin a long, sweeping, gradual downhill back to the bridge at point **N**. 2 km mark is along this segment

N-M. Back across bridge. Turn right onto the trail. Creek is on runners' right

L-P. On a path, uphill as runners approach **P**

P-Q. Gradual downhill

Q-R. On path. 3 km mark is along this segment

R-S. Runners will cross an access road and turn right following the path to the left of the access road. An

official will read times at the 2 mile mark in this segment

S. Runners will turn left on the path and cross two bridges. Uphill rise approaching point **T** and onto path to point **P**

P. Right turn back onto trail to **L**

L. Right turn, across road at **K**, back onto grass at **J**

J. Left turn on grass path to **W**. Trees will be on the runners' left

W. Right turn; on grass to point **X**

X. Right turn onto grass straight to finish line at **Y**. Segment **X-Y** is 160 meters on grass