

# E. J. Herrmann Cross-Country Invitational

## Junior High Course

– 1.5 mi –



**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. Left turn after crossing the bridge

**M-P.** Stay on the path to point **P**

**P.** At **P**, cross the road and up a small hill to point **X**

**X.** Turn right to finish at **Y**. Segment **X-Y** is 160 meters on grass