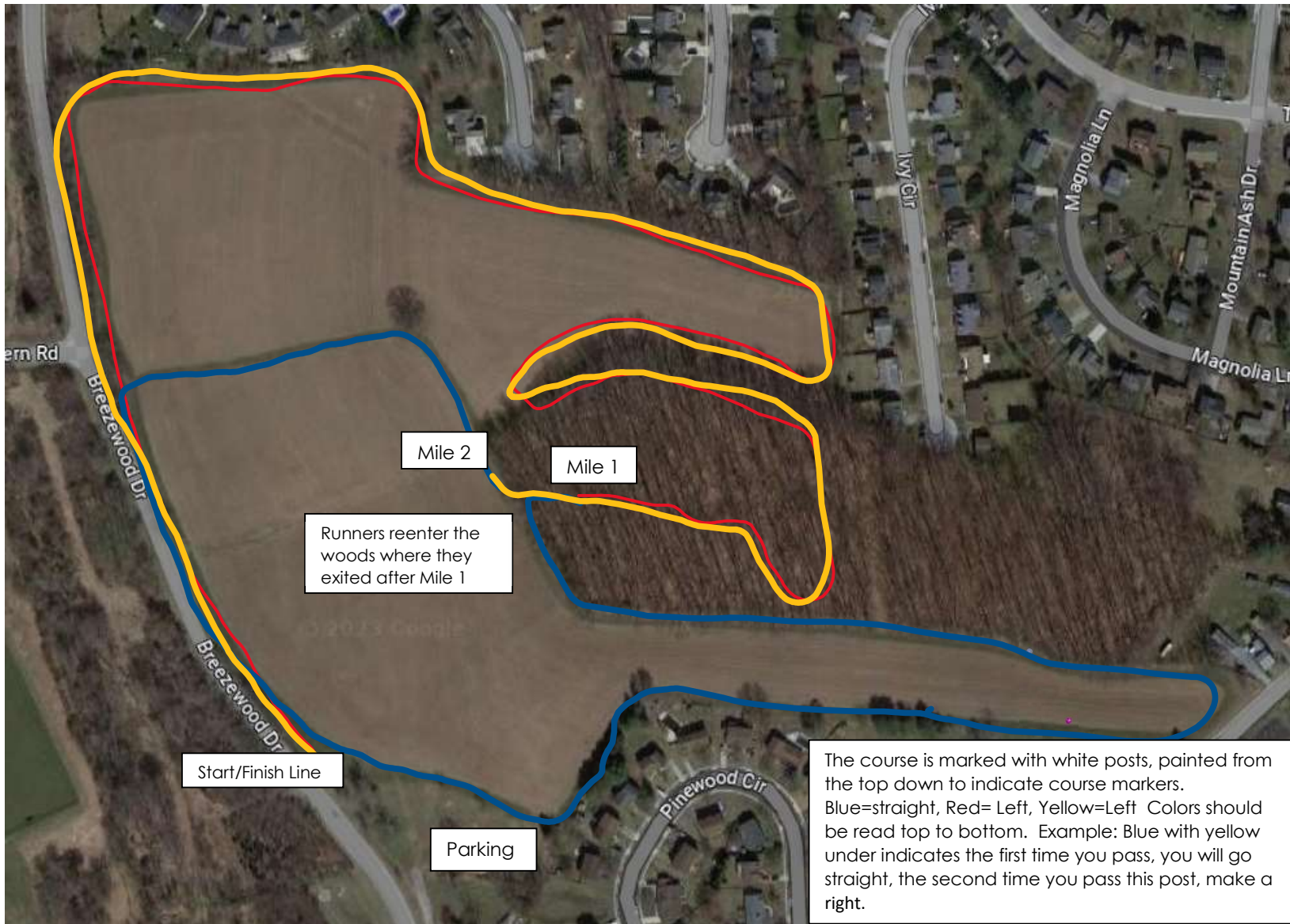


## South Western High School Cross Country Course 5K

1<sup>st</sup> Mile= Red, 2<sup>nd</sup> Mile=Blue, 3<sup>rd</sup> Mile= Yellow The course follows a mowed path around the perimeter of the field. Runners will enter the woods during mile 1 and reenter the woods during mile 3. The path in the woods is cleared and marked.



Cars can also park along Brezewood Dr. The best address if using a GPS is 744 Barrett St. This is a residence address, but will lead you to the entrance of the XC course.