

EHHS Cross Country Course

- All teams start on the track and run 100M and then straight out off the track. Once out of the gate turn left to run behind the bleachers into the woods.
- Athletes will complete four laps around the campus/woods. **(Follow White loop around the perimeter again)**
- After the 4th lap, continue back on the track and finish with a 100 meter straight away to the finish line. **(Follow Yellow Line with red arrows)**
- Course is 3.12 miles

