

**USATF Youth
Cross Country
Course
Nov. 14, 2009**

**Hosted at
Plainfield
Central
High School
24120 W.
Fort Beggs Dr.
Plainfield, IL
60544**

**Common Start
and Finish Lines
for all races**

1500M Course
1 lap of inside
loop. Turn right
at **BLUE**
finish turn line
go to finish.

3000M Course
2 laps of inside
loop. Turn right
at **RED**
finish turn line
go to finish.

4000M Course
2 laps of
outside loop
and around
rock. Turn right
at **YELLOW**
finish turn line
go to finish.

