



MCHS Cross Country Course

***Modified 2013 for the NIB XII Meet**

2.97 miles (measured 9/23/13)

Terrain: Grass and a dirt trail through the woods

The course consists primarily of two 1.25-mile loops. The start is now towards the north end of campus. Participants will run from the start line (the diagonal dash) to the northwest corner of campus and then run one complete loop (running through the woods and passing by the 1 mile mark). A second complete loop (through the woods and passing the 2 mile mark) will again bring athletes to the northwest corner of campus (the red dot top/right). The final stretch of the course is south towards the other diagonal dashed line, where athletes will run across a practice field towards the finish line.