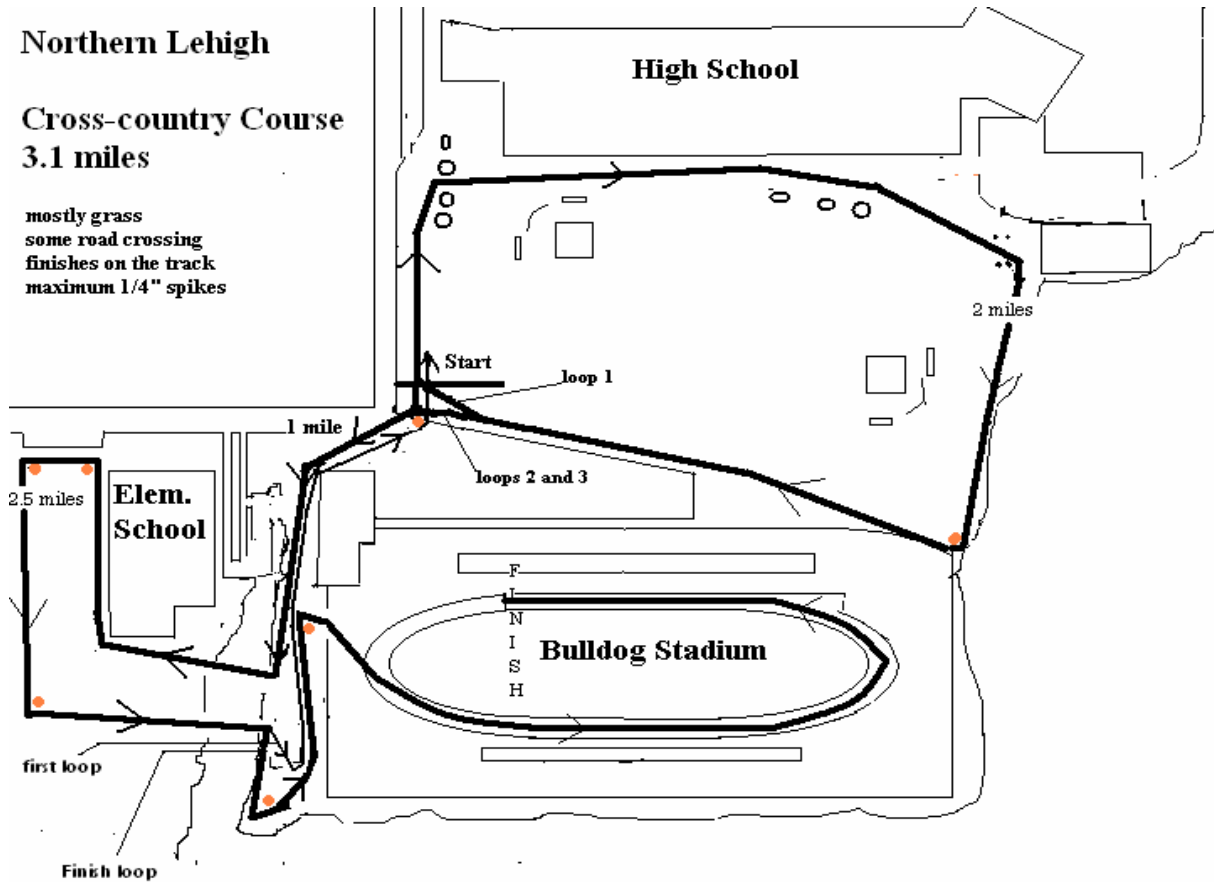


## Northern Lehigh

### Cross-country Course 3.1 miles

mostly grass  
some road crossing  
finishes on the track  
maximum 1/4" spikes



### Course Directions

1. Start on lower fields.
2. Run lower loop twice.
3. Cross the parking lot, go behind the bus garage, take the first path through the woods.
4. Run upper elementary loop.
5. Enter the 2nd path through the woods, exit the 2nd path from the woods, go around the backstop, and head behind the bus garage toward the start line.
6. Run through the start line and run lower loop again.
7. Cross the parking lot, go behind the bus garage, take the first path through the woods.
8. Run upper elementary loop again.
9. Enter the 2nd path through the woods, exit the 2nd path from the woods, go around the cone in the corner of field, go around the backstop, take a hard right around the cone, and enter the back gate to the stadium.
10. Enter the gate to the track and complete 1 lap to the finish line.