



- 1st M.R
- 2nd Mile
- 3rd Mile (2.95 total)

Handwritten signature or initials.

Palmerton Cross Country Course Directions for 2015...2.95 Miles

- 1.) Begin by running from the corner of the football field to the track near the tennis court. Then run 1.5 track loops from that point till you exit the stadium.

- 2.) Upon exiting the track, turn right and begin the first of THREE loops around the school.

- 3.) Follow the arrows and cones around the baseball field which will take you behind the Junior High School complex. Once around the other side of the building follow the path into the ADJACENT lot aside of the teachers parking lot.

- 4.) Upon finish of the adjacent lot section, continue straight along the roadway INSIDE of the fence until you arrive at the discus cage at which point you will turn left around a cone and back to where you exited the stadium.

- 5.) At this point, you will now run TWO(2)loops around the school. The difference now is that you will ELIMINATE the ADJACENT LOT. You will simply go left before entering that section and head to the tree at the end of the fence line. Continue back to the stadium exit. THEN on Loop 3, you will make a right down the macadam pathway below the school and turn around at the Cone and come back up before completing the rest of the school loop minus the adjacent lot.

- 6.) After the 2 successive loops are completed, enter the stadium and finish with 1 MORE LAP around the track in the same direction and finish at the same point that you started.