

Northern Lehigh Cross Country Course



spikes longer than 1/4 inch are prohibited.

Northern Lehigh Cross Country Course

Detailed Course Directions

1. Start on the lower field
2. Run the lower loop once and continue to run it a second time for approximately 7/8 of the loop
3. Enter the stadium South Gate and run the outer transition phase (behind visitor bleachers) from the lower loop to upper loop
4. Exit the stadium Northwest Gate and take the West path through the woods
5. Run the upper loop next to the elementary school
6. Enter the East path through the woods and enter the stadium Northeast Gate and run onto the track.
7. Run counter clockwise on the track for about 300 meters and exit the stadium South Gate
(Middle school runners stay on the track and complete the lap on the track to the finish) 3000 meters
8. Turn left on the grass around the edge of the parking lot and run through the start line and continue the lower loop until you get back to the South Gate
9. Enter the stadium South Gate and repeat the outer transition phase (behind visitor bleachers) from the lower loop to upper loop
10. Exit the stadium Northwest Gate and take the West path through the woods again
11. Repeat the upper loop next to the elementary school
12. Enter the East path through the woods and enter the stadium Northeast Gate and run onto the track.
13. Complete one lap on the track and finish

Distance: 5000 meters

Course Directions Basic Summary

Run:

Lower loop twice

Transition to upper loop

Upper loop

Transition to lower loop

Lower loop again

Transition to upper loop

Upper loop

Lap on the track to finish