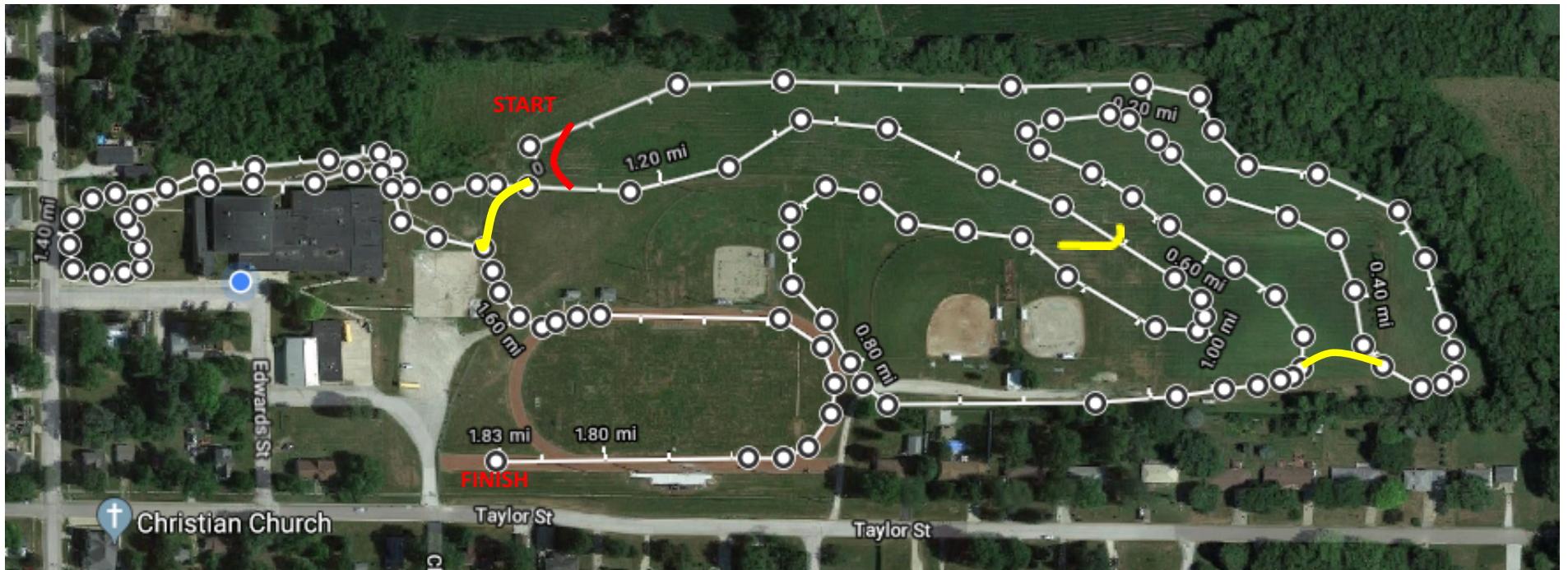


Cross Country Route @ Middle School in Redfield



High School:

- Runners must look main big part twice (1.25 miles per loop)
- Runners continue to route around the school after second time around big part (end part around north side of the school to finish on track is 0.6 miles)

Middle School:

- Runners will run outside of main part of the campus twice using the yellow lines (0.9 miles per loop). They will not run the first inside finger.
- Runners then cut down towards the track to finish same spot as high school (from starting line to finish line is 0.2 miles)

Cross Country Route @ Middle School in Redfield