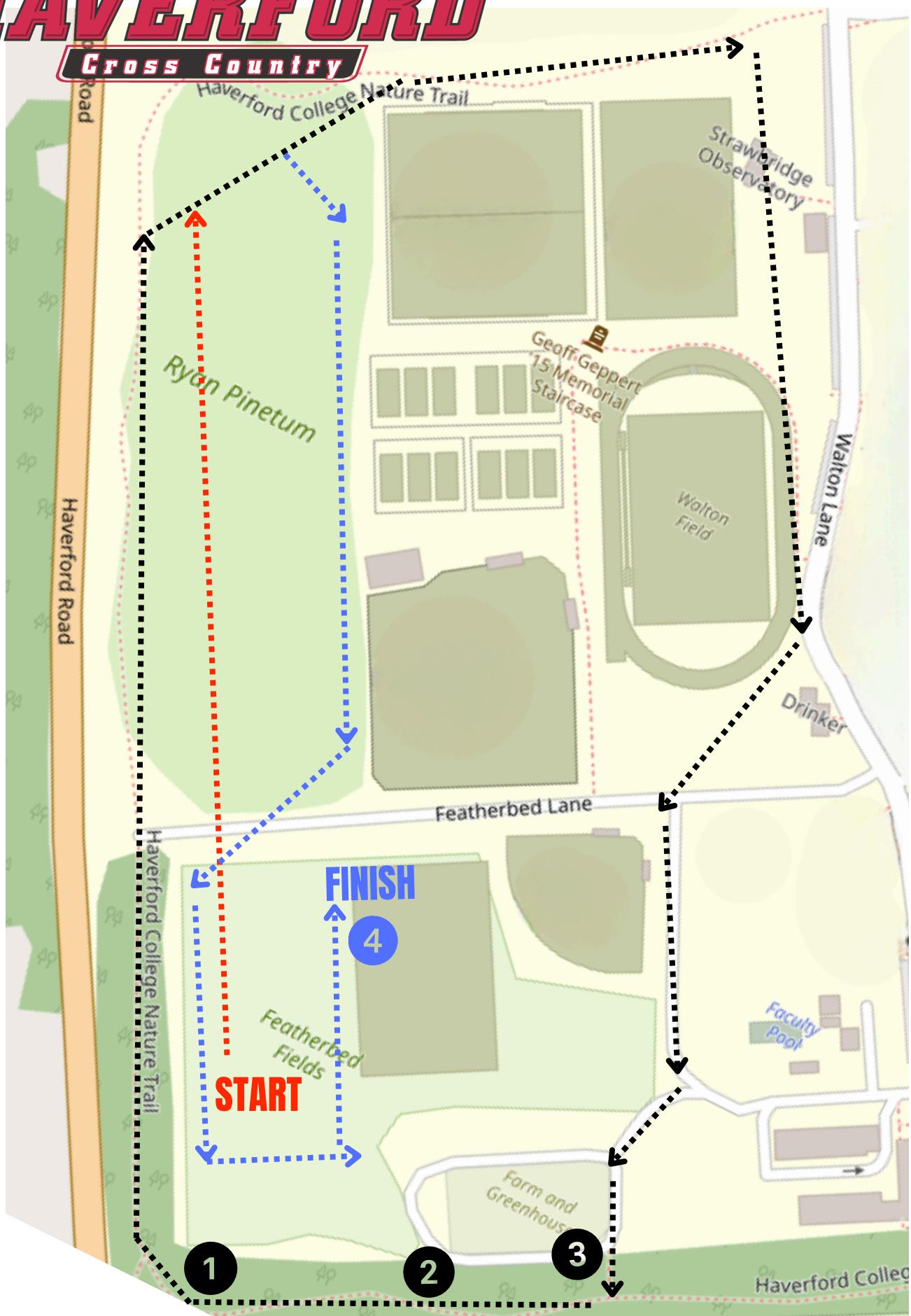


HAVERFORD

Cross Country

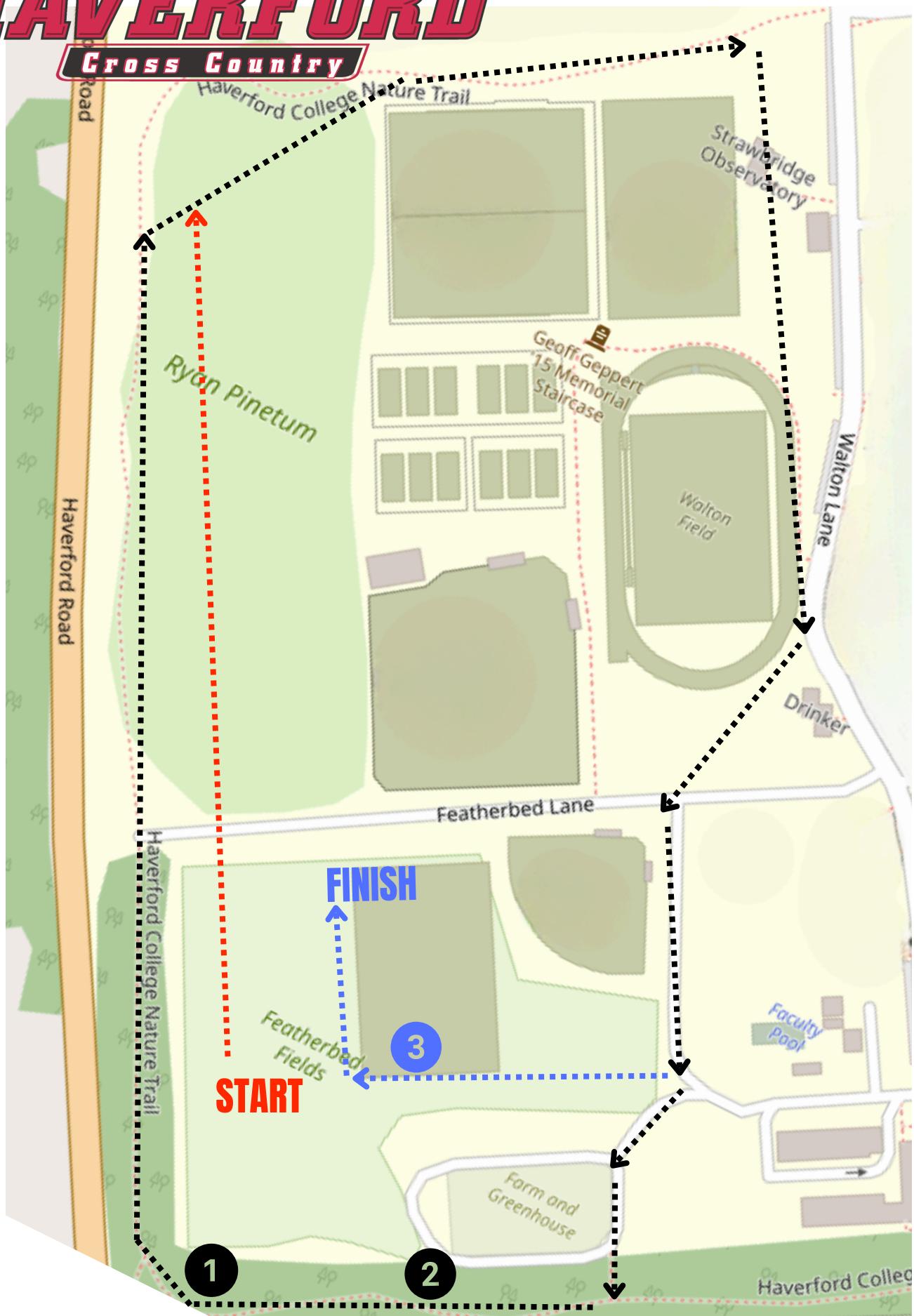


Men's 4 Mile

Run through the Pinetum (red) and then enter the main loop (black) passing mile 1 before running on the main loop two more times to pass mile 2 and mile 3. After the 3rd mile, follow the main loop until turning right onto the blue finish.

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Women's 5K

Run through the Pinetum (red) and then enter the main loop (black) passing mile 1 and looping again to pass mile 2 and continuing on the main loop until turning off to the blue finish passing mile 3 on the way to 5K.