

SHENANDOAH CSD

ACTIVITIES DEPARTMENT



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HS Course

[Video Link of Shenandoah XC Course](#) - ground level

[2nd Link of Shenandoah XC Course](#) - Flyover

****Videos made for 2022 XC SQM**

Running Order
1st Mile: Red
2nd Mile: Blue
3rd Mile+: Yellow

MILE 2

START

Shenandoah High School

FINISH

MILE 1

MILE 3

GO MUSTANGS/FILLIES

EXCELLENCE IN EVERY ENDEAVOR