

**Course description:**

- Each race will have course sweepers
- The 2K race will have course guides (AKA "rabbits")
- There are 3 courses - 2K, 3K and 4K. Courses unchanged from previous years.
- Each course is comprised of 2 loops, the "Alpha" loop and the "Crush" loop
- Each loop has 3 key intersections (athletes will be directed by course monitors)
  - Intersection 1 - Top of hill at the end of the lacrosse field
  - Intersection 2 - Middle of course, gateway to "Crush" loop
  - Intersection 3 - Near starting line. For all courses:
    - Loop 1, go straight
    - Loop 2, go left to Finish Line
- Course signage
  - 400m / 200m to finish, common to all races
  - 800m / 1-mile, unique to each race

Race	Loop	Intersection		
		1	2	3
<b>1:00 pm</b> 8 & Under – Combined 2K course	1	Go straight	Go left	Go straight
	2	Go straight	Go left	Go left to finish
<b>1:30 pm</b> 9-10 – Girls 3K course	1	Go straight	Go left	Go straight
	2	Go left	Go right	Go left to finish
<b>2:00 pm</b> 9-10 – Boys 3K course	1	Go straight	Go left	Go straight
	2	Go left	Go right	Go left to finish
<b>2:30 pm</b> 10-11 – Girls 3K course	1	Go straight	Go left	Go straight
	2	Go left	Go right	Go left to finish
<b>3:00 pm</b> 10-11 – Boys 3K course	1	Go straight	Go left	Go straight
	2	Go left	Go right	Go left to finish
<b>3:30 pm</b> 13-14,15-16,17-18 – Girls 4K course	1	Go left	Go right	Go straight
	2	Go left	Go right	Go left to finish
<b>4:00 pm</b> 13-14,15-16,17-18 – Boys 4K course	1	Go left	Go right	Go straight
	2	Go left	Go right	Go left to finish