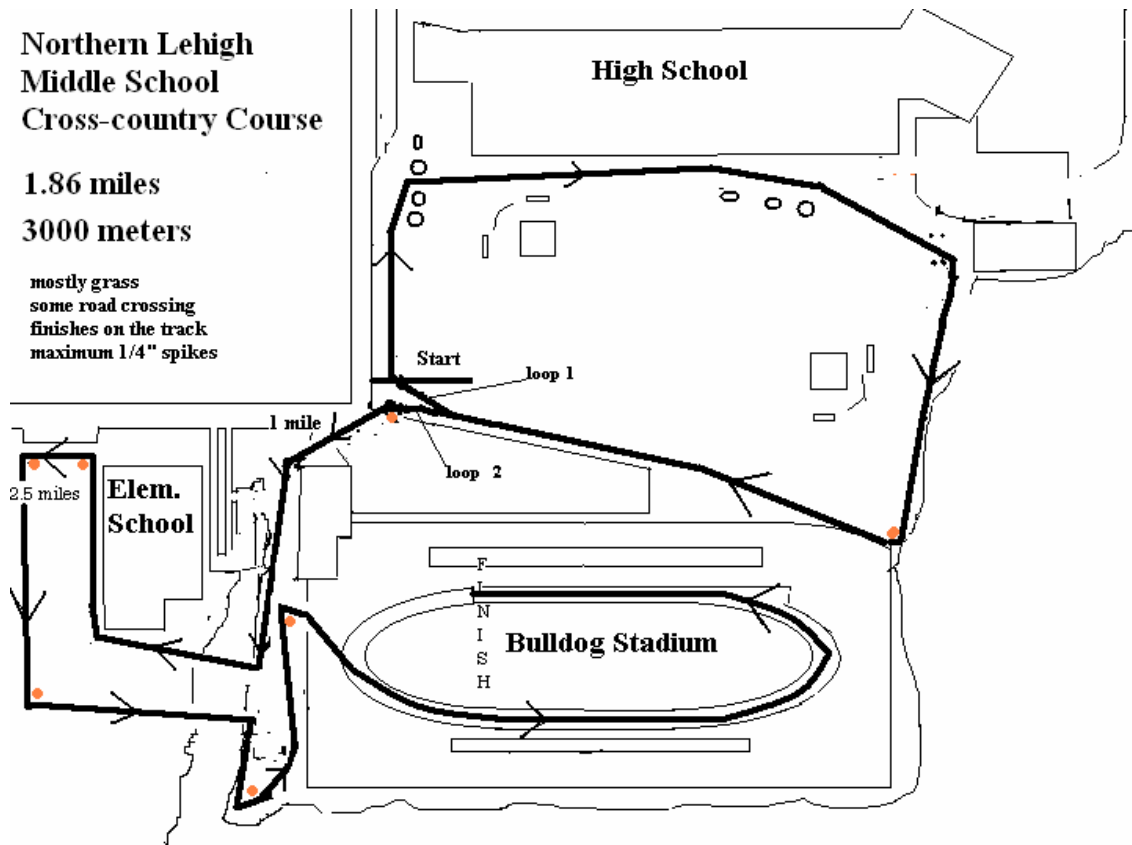


**Northern Lehigh
Middle School
Cross-country Course**

1.86 miles

3000 meters

mostly grass
some road crossing
finishes on the track
maximum 1/4" spikes



Course Directions

1. Start on lower fields.
2. Run lower loop twice.
3. Cross the parking lot, go behind the bus garage, take the first path through the woods.
4. Run upper elementary loop.
5. Enter the 2nd path through the woods, exit the 2nd path from the woods, go around the cone in the corner of field, go around the backstop, take a hard right around the cone, and enter the back gate to the stadium.
6. Enter the gate to the track and complete 1 lap to the finish line.