



4,000 METER COURSE

- Junior varsity races
- 3 Laps – Athletes will finish the 3rd time they see the finish line
- All 3 laps utilize add on (dotted line)

5,000 METER COURSE

- Varsity races + college women
- 4 Laps – Athletes will finish the 4th time they see the finish line
- Do not utilize add on (dotted line)

4 MILE COURSE

- College men only
- 5 Laps – Athletes will finish the 5th time they see the finish line
- Do not utilize add on (dotted line)