

Ram Invitational Cross Country Course (2.60 miles)



Mile 1

- Start at the starting line of the 100m
- Go around the track for 700 meters
- Up the Shot Put Hill
- Make a right down the ramp
- Go past the visitor bleachers
- Go up the dual hills past the long jump pit
- Past the gate to the left

Mile 2

- Starting around the right field line of the baseball field and around the path
- Make a left and go across the basketball courts
- Pass the pool parking lot
- Make a right on the sidewalk
- Go up the grassy side of the driveway
- Run along the parking lot
- Go back to the baseball field and make a right

Last 0.6

- Go around the fields counter-clockwise
- Go down the ramp
- Sharp right at the open gate to the track
- Finish @ the mid-field