

E. J. Herrmann Cross-Country Invitational

Junior High Course

– 1.5 mi –



A. Starting Line

B-G. Right and left turns on grass surface

G. Left turn onto path to **H**

H-I. Back onto grass surface

J. Downhill on grass.

K. Cross road.

K-M. On path along creek. 1 km mark is along this segment

M. Left turn across bridge

N. Left turn onto trail after crossing the bridge

N-O. Uphill segment on trail.

O. Right turn to begin a long, sweeping, gradual downhill back to the bridge at point **N**. 2 km mark is along this segment

N-M. Back across bridge. Left turn after crossing the bridge

M-P. Stay on the path to point **P**

P. At **P**, cross the road and up a small hill to point **X**

X. Turn right to finish at **Y**. Segment **X-Y** is 160 meters on grass

Course was designed by Ted Chwazik in 2006.