



Maclay School Home Cross Country Meets
5K Course

Start in the middle practice field, then do three essentially identical 0.9 mile loops

First loop do 1 ½ laps on the track

Second and third loops do ½ lap on the track

Finish at far east end of final straight on the track

Get your cameras ready! Runners go by the grandstands 5 times (~400 meters, ~800 meters, ~1.4 miles, ~2.2 miles, ~3.08 miles)