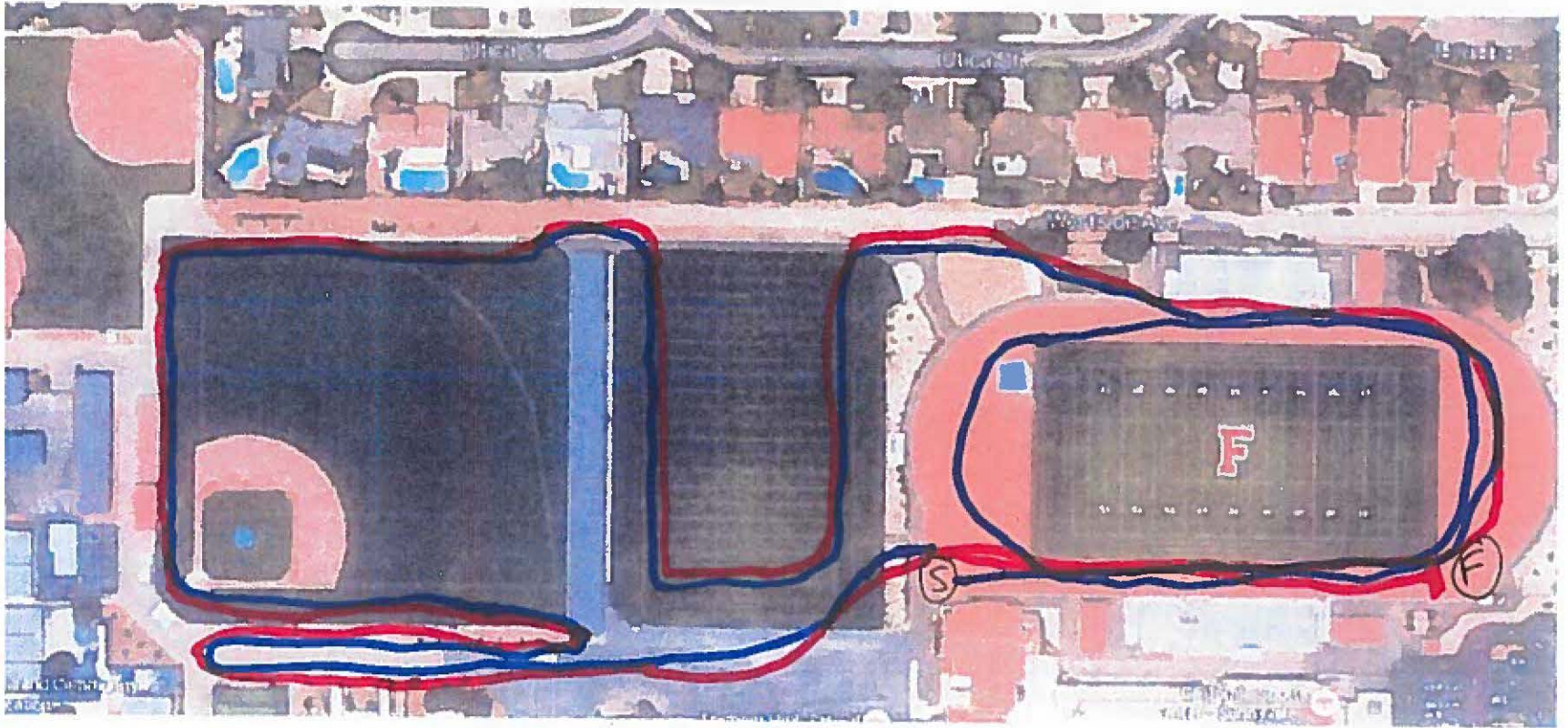


# 2022 Firebird Cross Country Course\*

- **F**irst Lap - includes almost 2 laps of the track
- **S**econd Lap - Same as first, except no additional lap on the track

New Course due to construction -  $\approx 1.97$  miles



- ① Start at the back of the track
- ② Do 1 lap of the track
- ③ Do most of a 2nd lap, exiting just past the visitors' stands and follow directions to the soccer pitch.
- ④ Take a left turn on to the pitch and run around the pitch exiting with a left turn to head to the baseball field.
- ⑤ Run around the baseball field counter-clockwise.
- ⑥ Exit the base ball field with a hairpin ~~turn~~ turn.
- ⑦ Run to the end of the asphalt and take another hairpin turn
- ⑧ Run ~~as~~ as directed to enter the soccer pitch through the last gate
- ⑨ Enter the track, run around until you exit just past the visitors' stands.
- ⑩ Run the second lap and finish in the outside lanes at the track line.