

Pacific Northwest Association Junior Olympics Cross Country - 5K Course



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- General Description:
- Start in the Sports Meadow
 - Go clockwise around the Sports Meadow
 - Go out over Kite Hill and through the Fins, including the extra loop
 - Return back over Kite Hill
 - Go counter-clockwise around the Sports Meadow
 - Repeat the Kite Hill, Fins (excluding extra loop), Kite Hill Loop
 - Go counter-clockwise around the Sports Meadow to the Finish