



D

KITE HILL

C

THE FINS

E

F

B

FINISH

K

G

A

START

M

L

I

H

J

ROUTE SEQUENCE
START-A-B-C-D-E-F-
G-H-I-J-L-K-M- repeat
full loop back to M-A-
move right into FINISH

DISTANCES –
START to FINISH 200m
EACH LOOP Finish to
Finish 1950m
TOTAL 8000m for MEN
and 5950 for WOMEN

REGISTRATION AND
RESULTS · BEACH
COMFORT STATION

USATF
NORTHWEST
REGIONAL
CROSS
COUNTRY
COURSE