

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



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5k: First Time Red Cyan Red
 Second Time Red Green Red