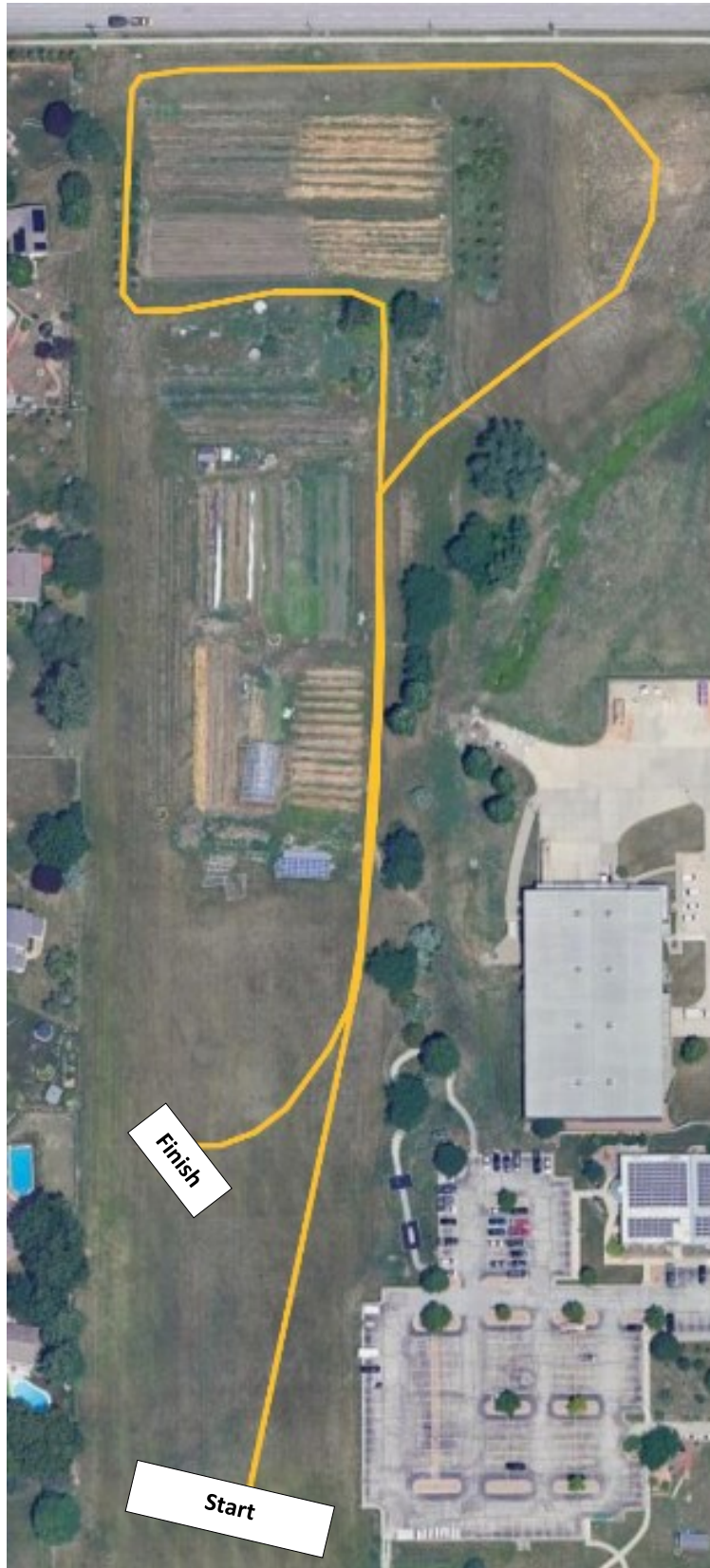


CYO XC Course @ JCCC - 1000 Meters

3rd and 4th Grade



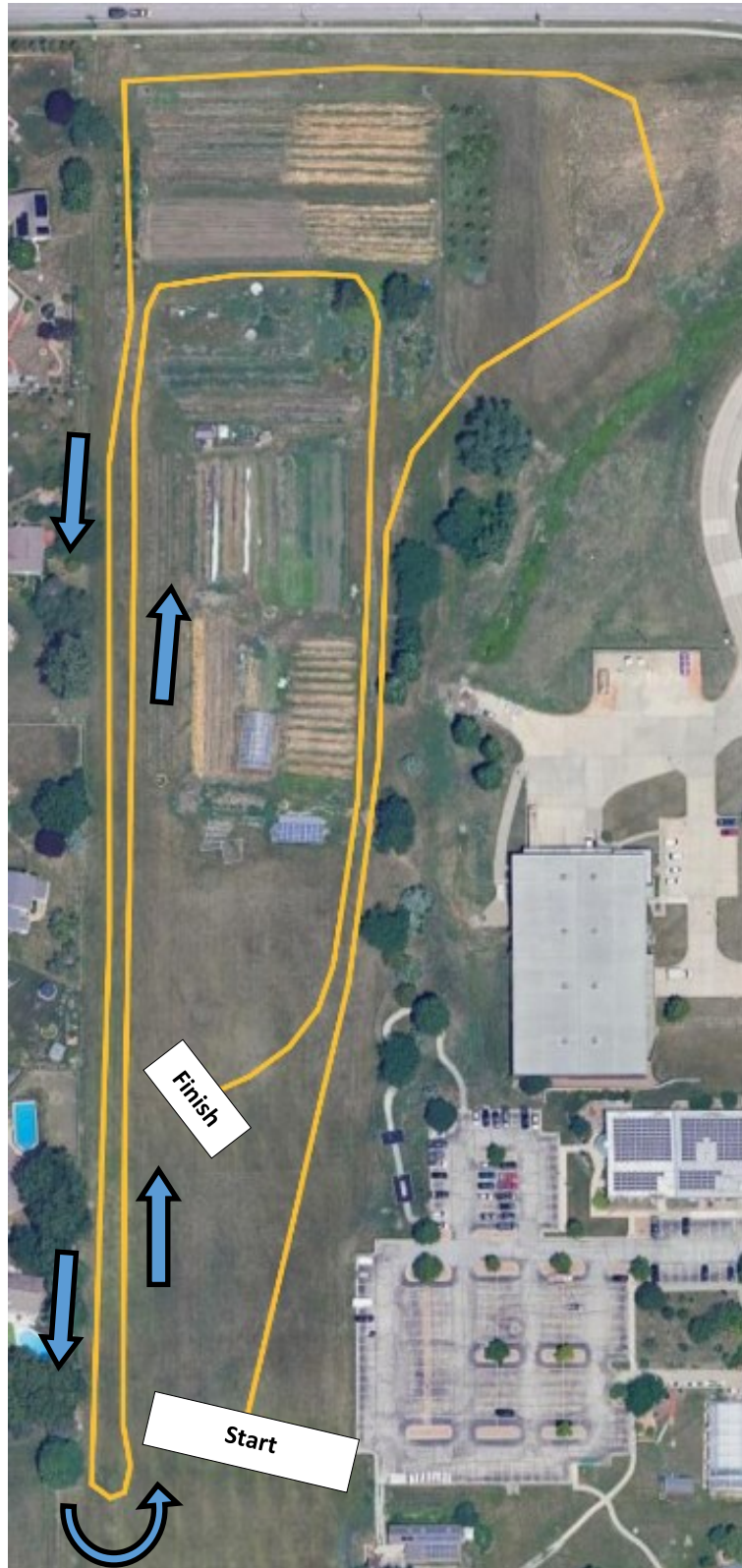
CYO XC Course @ JCCC - 1.0 Mile

5th and 6th Grade

1.0 Mile Course Long Hill

There will be slower runners going out while the faster runners are coming in on the long straight hill.

Remind your runners to stay "to the right" on this section. It is a 12-foot wide path, so there should be plenty of room.



CYO XC Course @ JCCC - 1.5 Mile

7th and 8th Grade

1.5 Mile Course Long Hill

Although likely fewer than in the 1.0 Mile Race, there may still be slower runners going out while the faster runners are coming in on the long straight hill.

Remind your runners to stay "to the right" on this section. It is a 12-foot wide path, so there should be plenty of room.

