

# PLAINFIELD CENTRAL WILDCATS CROSS COUNTRY COURSE

Fort Beggs Dr

Fort Beggs Dr

Fort Beggs Dr

Fort Beggs Dr

## COURSE MARKING

Pennant Flags- .....  
Use green/white until we run out, then colors.

Chute- \_\_\_\_\_  
Rope off course 15 feet wide up until the finish line, then tapering inward to 3 feet wide.

MILE 2

## KEY

MILE 1- .....

MILE 2- - - - -

MILE 3- \_\_\_\_\_

TEAM  
CAMP  
AREA

Trainers

O'Hara

TEAM  
CAMP  
AREA

FINISH

START

MILE 1