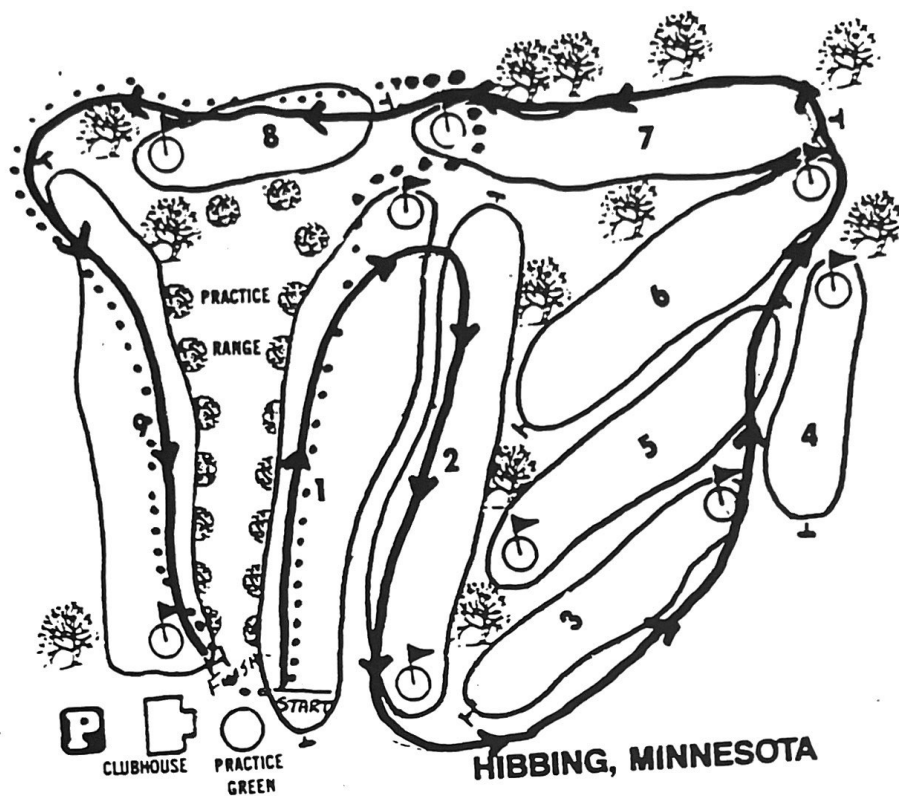


5000 M COURSE

VARSITY/JV



1ST LAP = SMALL LOOP (DOTTED)

2ND, 3RD LAPS = BIG LOOPS (SOLID)

YELLOW FLAG..... RIGHT TURN

RED FLAG..... LEFT TURN

BLUE FLAG..... STRAIGHT AHEAD

ORANGE CONES..... RUN BETWEEN

WATCH YOUR COURSE MARKINGS!!!!!!