



**Course Flags and Markers:** The 5000-meter and 3200-meter courses will be marked with white paint throughout. 1-mile and 2-mile markers will be readily visible on the 5000-meter course. The standard flag system per the cross country rule book will also be in place. (Red: left turn; Yellow: right turn). However, orange cones will be used to indicate straight or no turn.

If you have any questions, please feel free to contact me.

Steve Maresh  
Head Cross Country Coach  
218-863-5910 ext. 4389  
[smaresh@pelicanrapids.k12.mn.us](mailto:smaresh@pelicanrapids.k12.mn.us)