

RADFORD H.S. CROSS COUNTRY COURSE

Start at Red "S", run 400m counterclockwise around track.

After 400m lap, run the yellow line into the black loop.

Run black loop 2 times in a counterclockwise direction.

After 2nd black loop, run white line back onto the track to finish at 100m start line

James Allegre
Gymnasium

Radford High School

Radford High School

