



Welcome to the Cyclone Cross Country Invitational

- High School Boys and Girls will run 5 Kilometers
- The course is designed in two loops
- The first loop takes you around the entire course
- The second loop takes you half way around again then through the middle for an inside loop.
- After the inside loop you will start heading east toward the clubhouse and the finish line

- Middle School Boys and Girls will run 3 Kilometers
- MS runners will complete the first outside loop
- Turn west to complete the Middle School Loop
- Hook up with the trail heading east to the finish