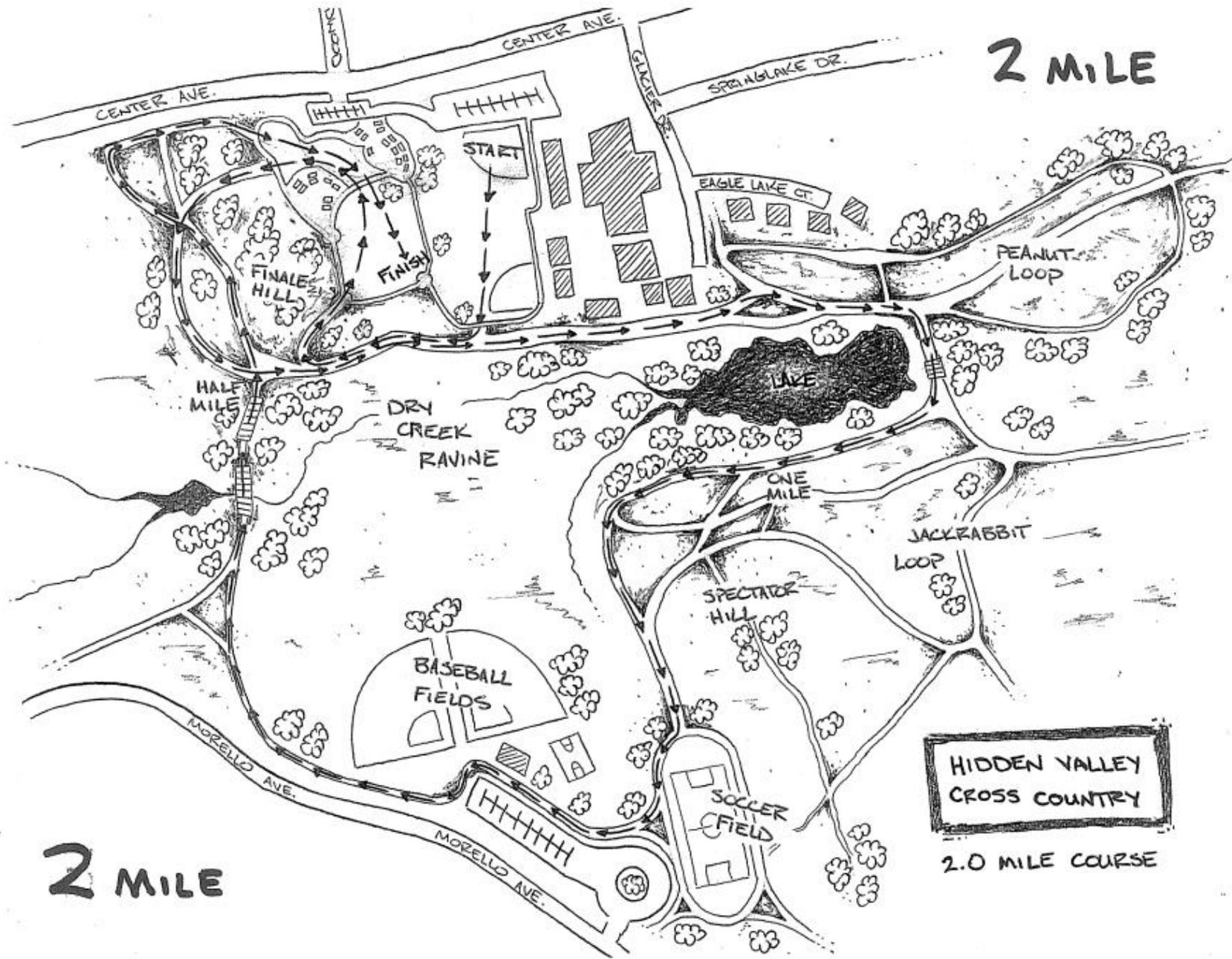


HIDDEN VALLEY PARK - 2 MILE

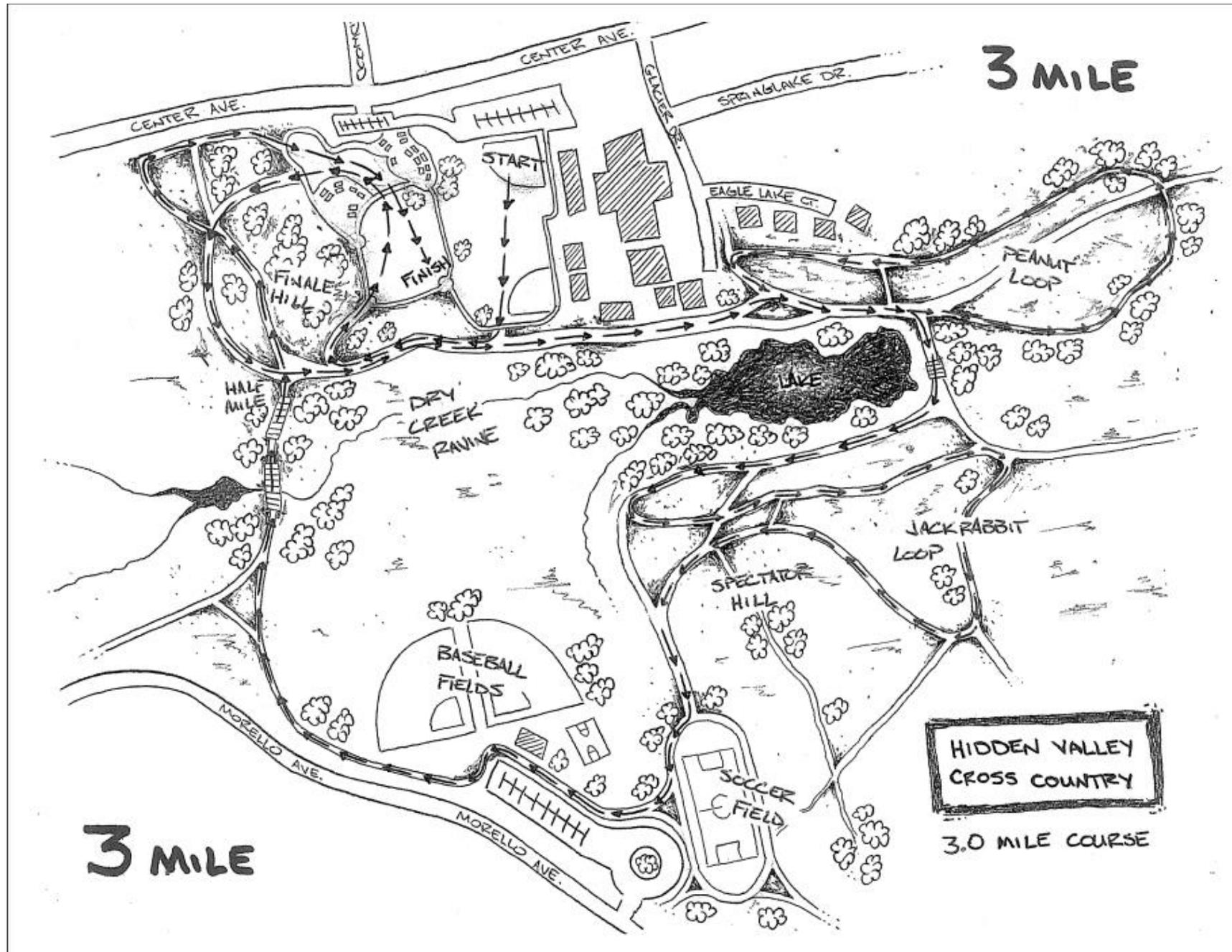


2 MILE

2 MILE

HIDDEN VALLEY
CROSS COUNTRY
2.0 MILE COURSE

HIDDEN VALLEY PARK - 3 MILE



SANTA ROSA - VIKING OPENER - 2 MILE



STANFORD INVITATIONAL - 5K

Stanford Invitational
High School 5k Course
Start-1k: a-b-c-d-e-f-1k
1k-2k: 1k-g-h-i-2k
2k-3k: 2k-j-k-l-m-n-o-3k
3k-4k: 3k-p-q-r-s-t-4k
4k-5k: 4k-u-v-w-x-y-5k



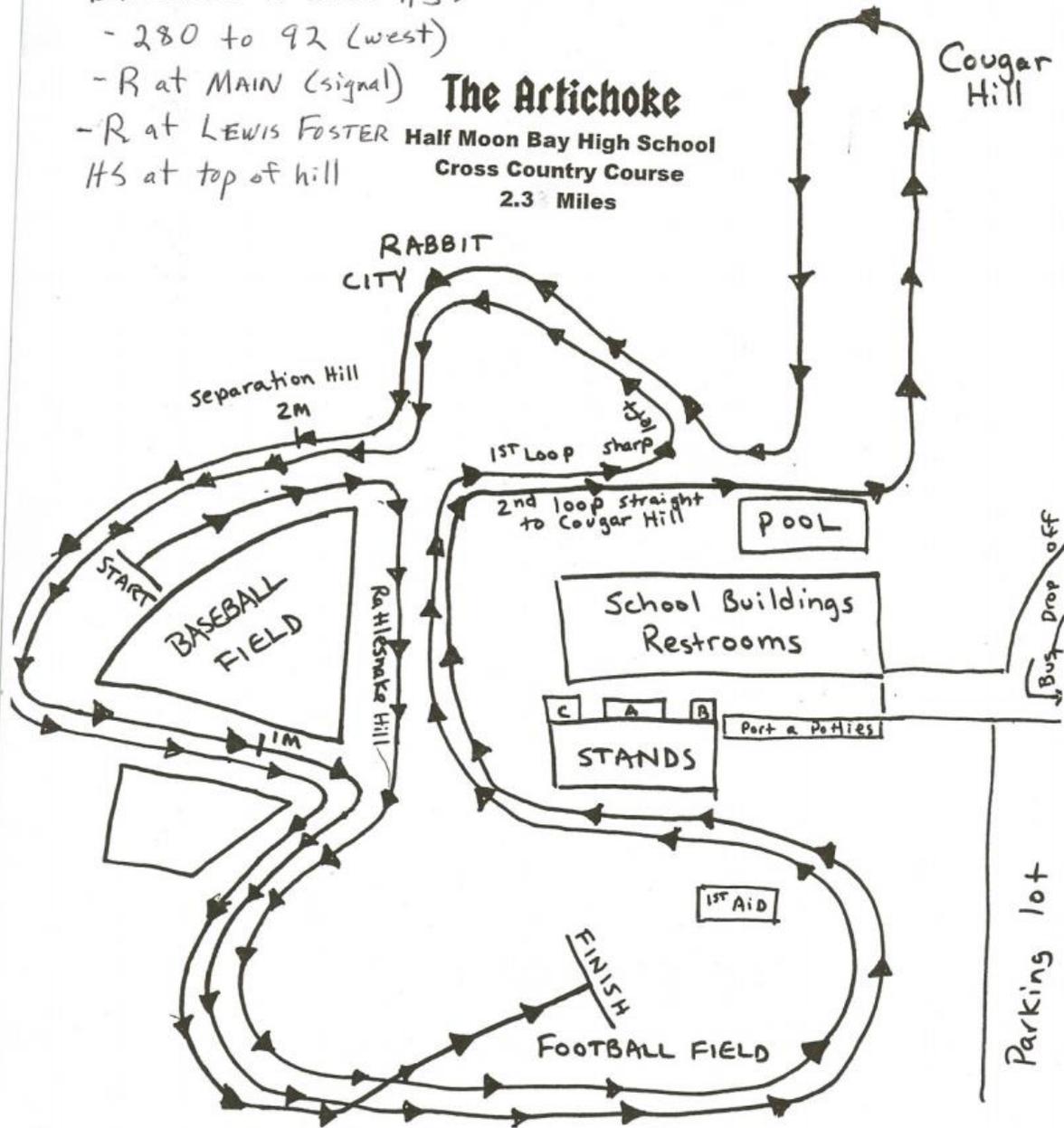
HALF MOON BAY - ARTICHOKE INV - 2.3 MILE

Directions to HMB HS:

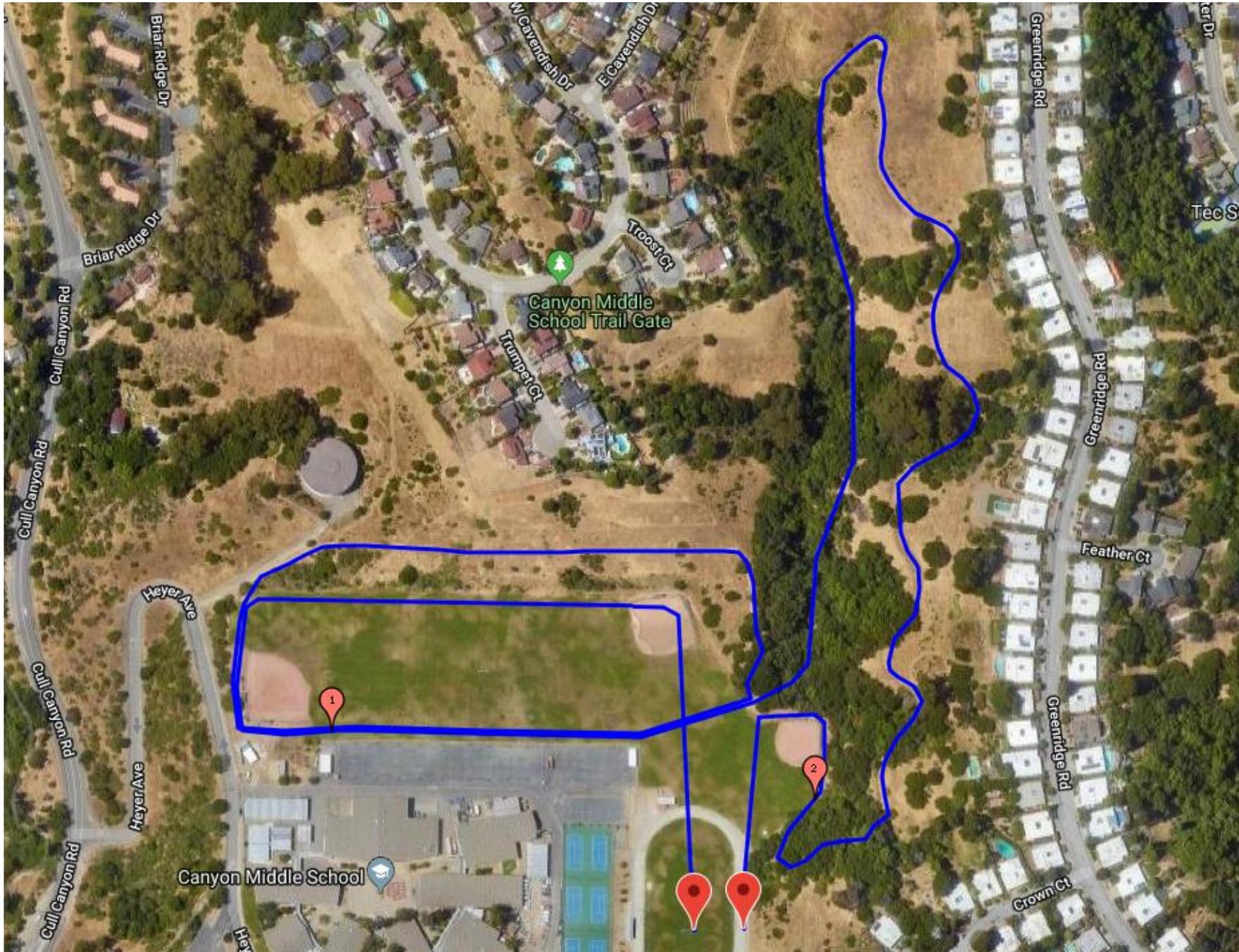
- 280 to 92 (west)
- R at MAIN (signal)
- R at LEWIS FOSTER HS at top of hill

The Artichoke

Half Moon Bay High School
Cross Country Course
2.3 Miles



CANYON MS - CASTRO VALLEY INV - 2.1 MILE



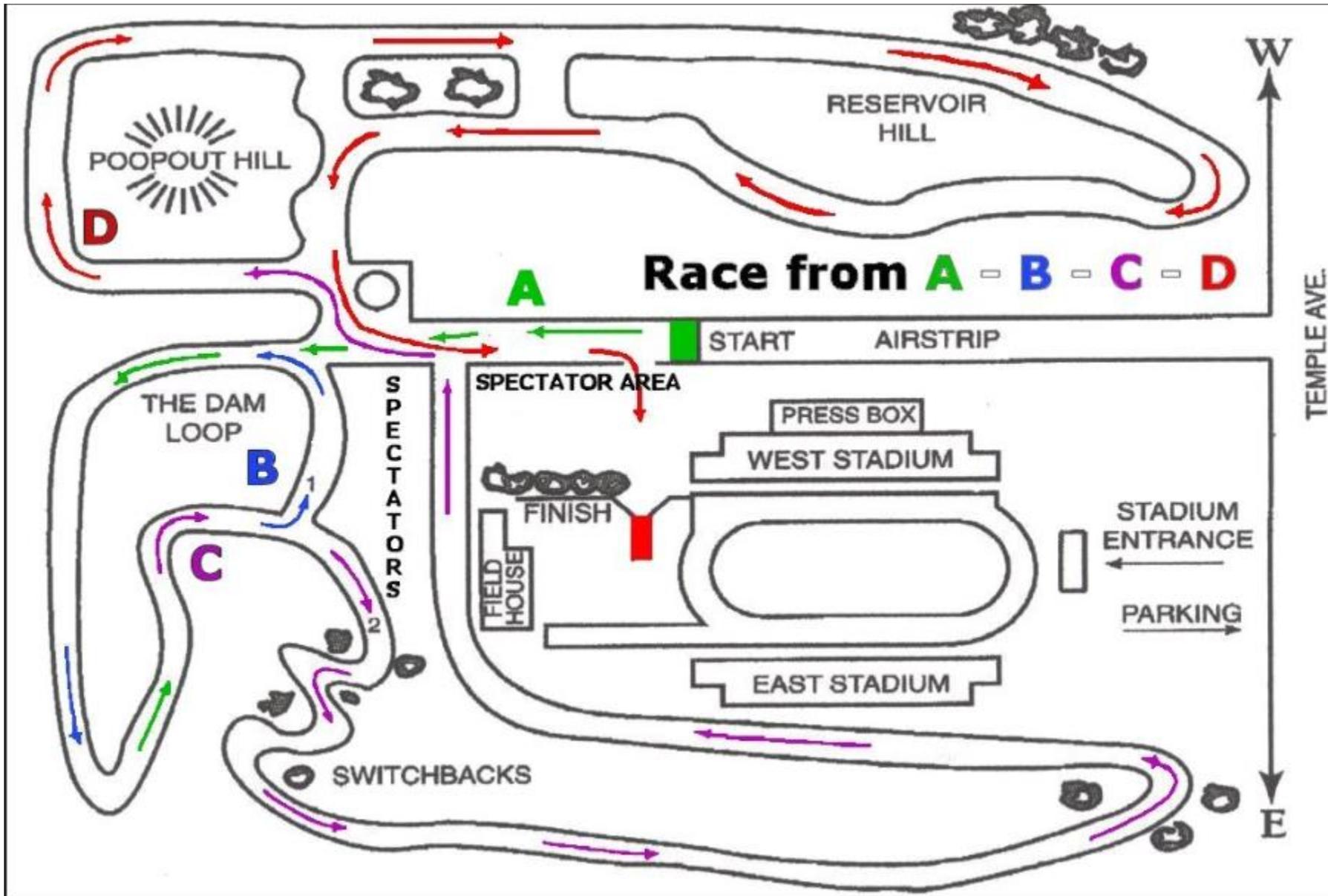
CANYON MS - CASTRO VALLEY INV - 3 MILE



WALNUT - MT SAC INVITE - 2.93 MILE



WALNUT - MT SAC INVITE - 2.93 MILE



HAYWARD HS - NCS & FARMER - NEW 3 MILE COURSE



	MRE 1
	MRE 2
	MRE 3



FRESNO - WOODWARD PARK - STATE - 5K

