



MEN'S COURSE KEY

-  Mile One
-  Mile Two
-  Mile Three
-  Mile Four
-  Mile Five

JONA COLLEGE
CROSS COUNTRY

2010 Meet of Champions
Men's 8k Course Race

The men's start heads North and makes a left turn towards the softball fields. After looping around the fields, the course encompasses two loops of the flats before going back past the start line and into the cow path. After coming off the back hills, runners come down the high school finish before going into the cemetery. Runners then come down the college straightaway to the finish.



The women's start heads North and makes a left turn towards the softball fields. After looping around the fields, the course encompasses two loops of the flats before going back past the start line and into the cow path. They then do the back hills before finishing at the end of the college straightaway.