

**USATF Youth  
Cross Country  
Course**

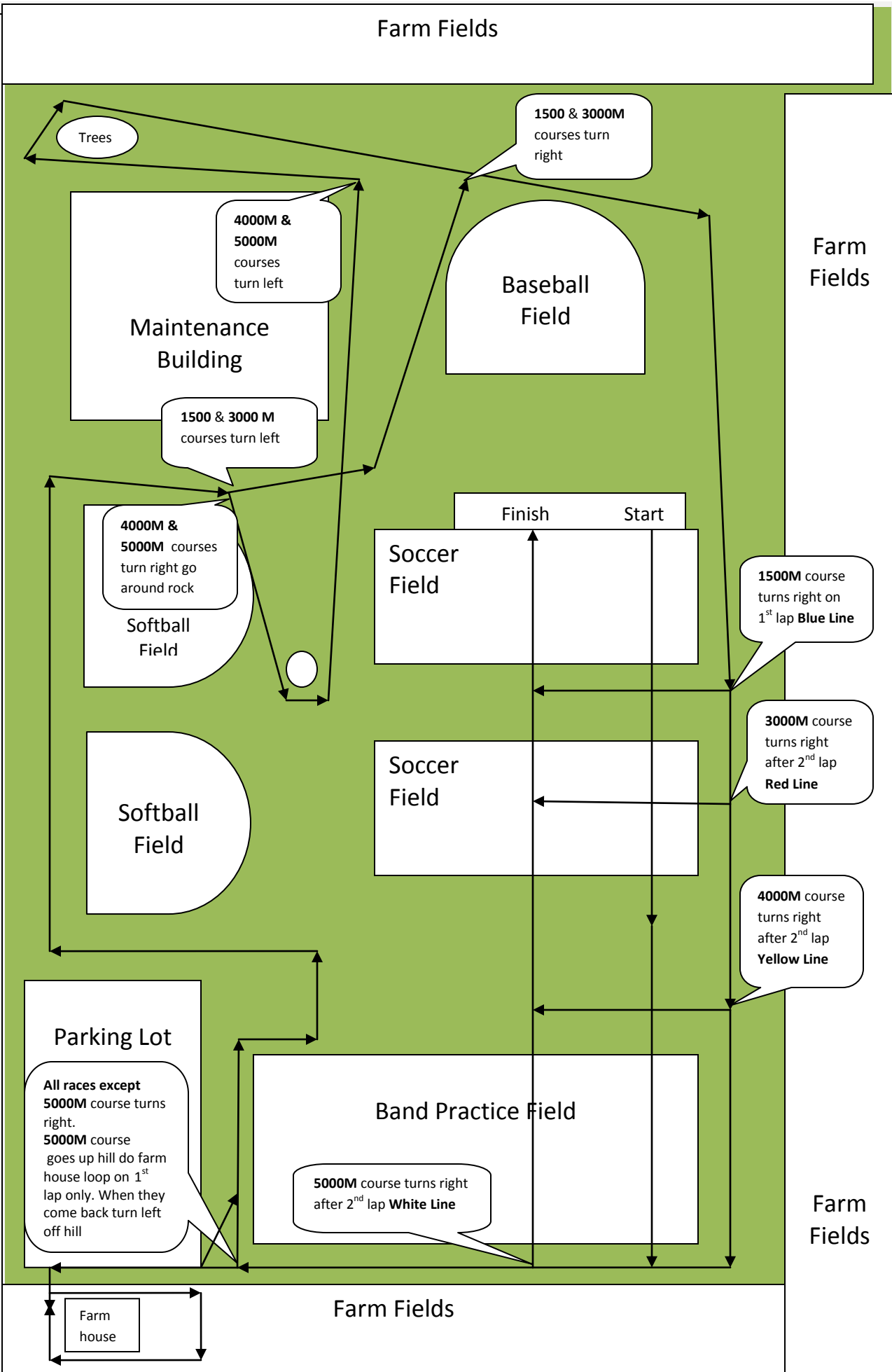
**Hosted at  
Plainfield  
Central  
High School**  
24120 W.  
Fort Beggs Dr.  
Plainfield, IL  
60544  
**Common Start  
and Finish Lines  
for all races**

**1500M Course**  
1 lap of inside  
loop. Turn right  
at **BLUE**  
finish turn line  
go to finish.

**3000M Course**  
2 laps of inside  
loop. Turn right  
at **RED**  
finish turn line  
go to finish.

**4000M Course**  
2 laps of  
outside loop  
and around  
rock. Turn right  
at **YELLOW**  
finish turn line  
go to finish.

**5000M Course**  
1 large loop with  
Farm House and  
1 outside loop  
without Farm.  
Turn right at  
**WHITE** finish  
line go to finish



Farm  
Fields

Farm  
Fields

All races except  
**5000M** course turns  
right.  
**5000M** course  
goes up hill do farm  
house loop on 1<sup>st</sup>  
lap only. When they  
come back turn left  
off hill

**5000M** course turns right  
after 2<sup>nd</sup> lap **White Line**

**1500M** course  
turns right on  
1<sup>st</sup> lap **Blue Line**

**3000M** course  
turns right  
after 2<sup>nd</sup> lap  
**Red Line**

**4000M** course  
turns right  
after 2<sup>nd</sup> lap  
**Yellow Line**

**4000M &  
5000M**  
courses  
turn left

**1500 & 3000 M**  
courses turn left

**4000M &  
5000M** courses  
turn right go  
around rock

**1500 & 3000M**  
courses turn  
right

Maintenance  
Building

Baseball  
Field

Soccer  
Field

Softball  
Field

Softball  
Field

Soccer  
Field

Parking Lot

Band Practice Field

Farm  
house

Farm Fields