

LYONS TOWNSHIP CROSS COUNTRY
Invitational Course – South Campus

Freshmen

2.0 miles = 2 laps
2nd lap – no “Jungle”

Sophomore/Varsity/JV

3.0 miles = 3 laps
3rd lap – no “Jungle”

----- = Final Lap

*Keep all orange cones / corner flags on your left.

