Varsity Map 5000 Meters 2 loop course

## Varsity Map (5000 meters)

**Directions** 

START

2 MILE ->

- 1. Start on backstretch
- 2. Two loop course!
- 3. Finish at finish line .....
- 4. To Finish line

NOTE: Please use ¼ inch spikes or smaller.

\*If the line goes <u>around</u> a cone, a tree or any obstacle, you must go <u>around</u> it.