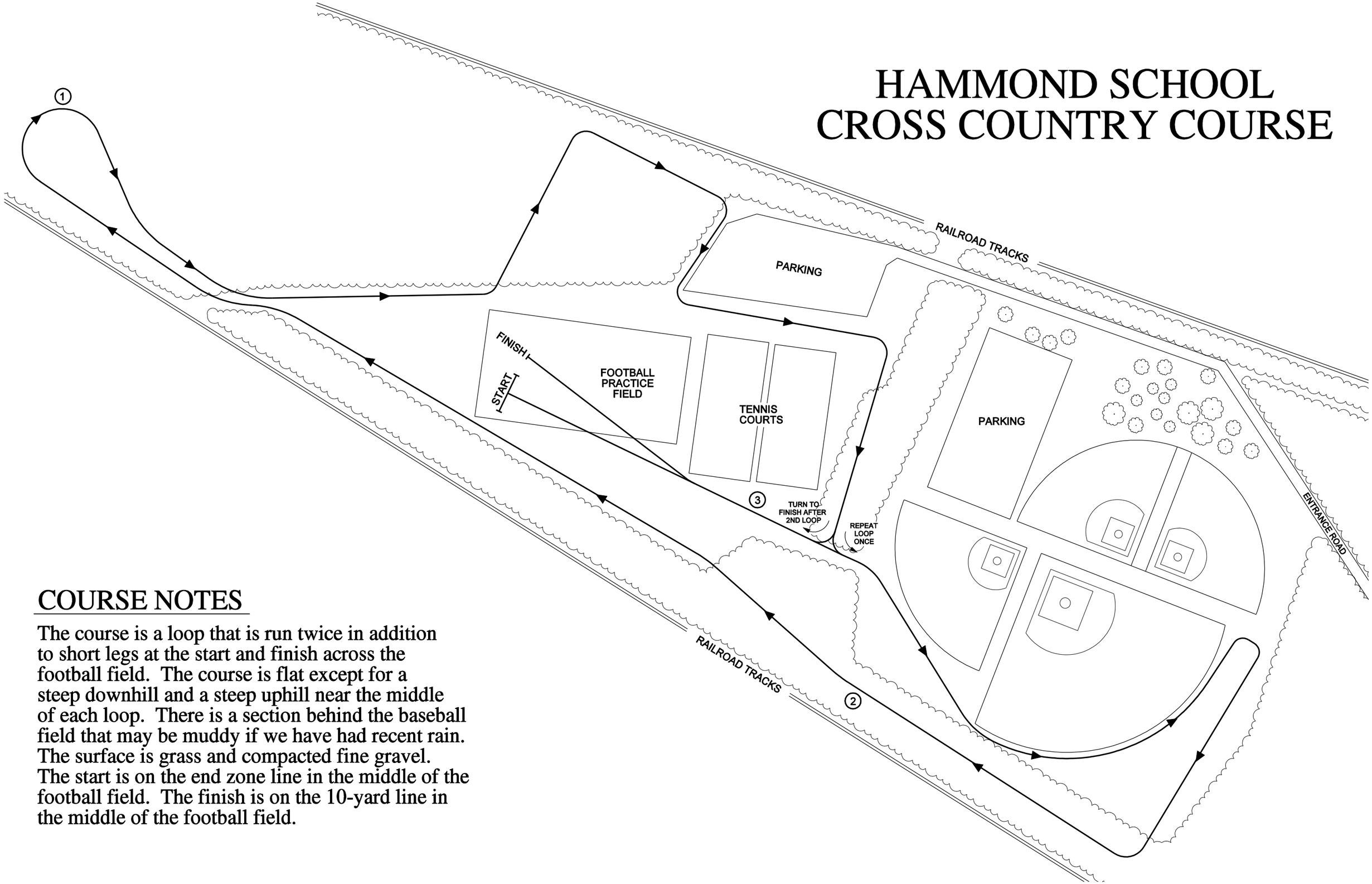
HAMMOND SCHOOL
CROSS COUNTRY COURSE



COURSE NOTES

The course is a loop that is run twice in addition to short legs at the start and finish across the football field. The course is flat except for a steep downhill and a steep uphill near the middle of each loop. There is a section behind the baseball field that may be muddy if we have had recent rain. The surface is grass and compacted fine gravel. The start is on the end zone line in the middle of the football field. The finish is on the 10-yard line in the middle of the football field.