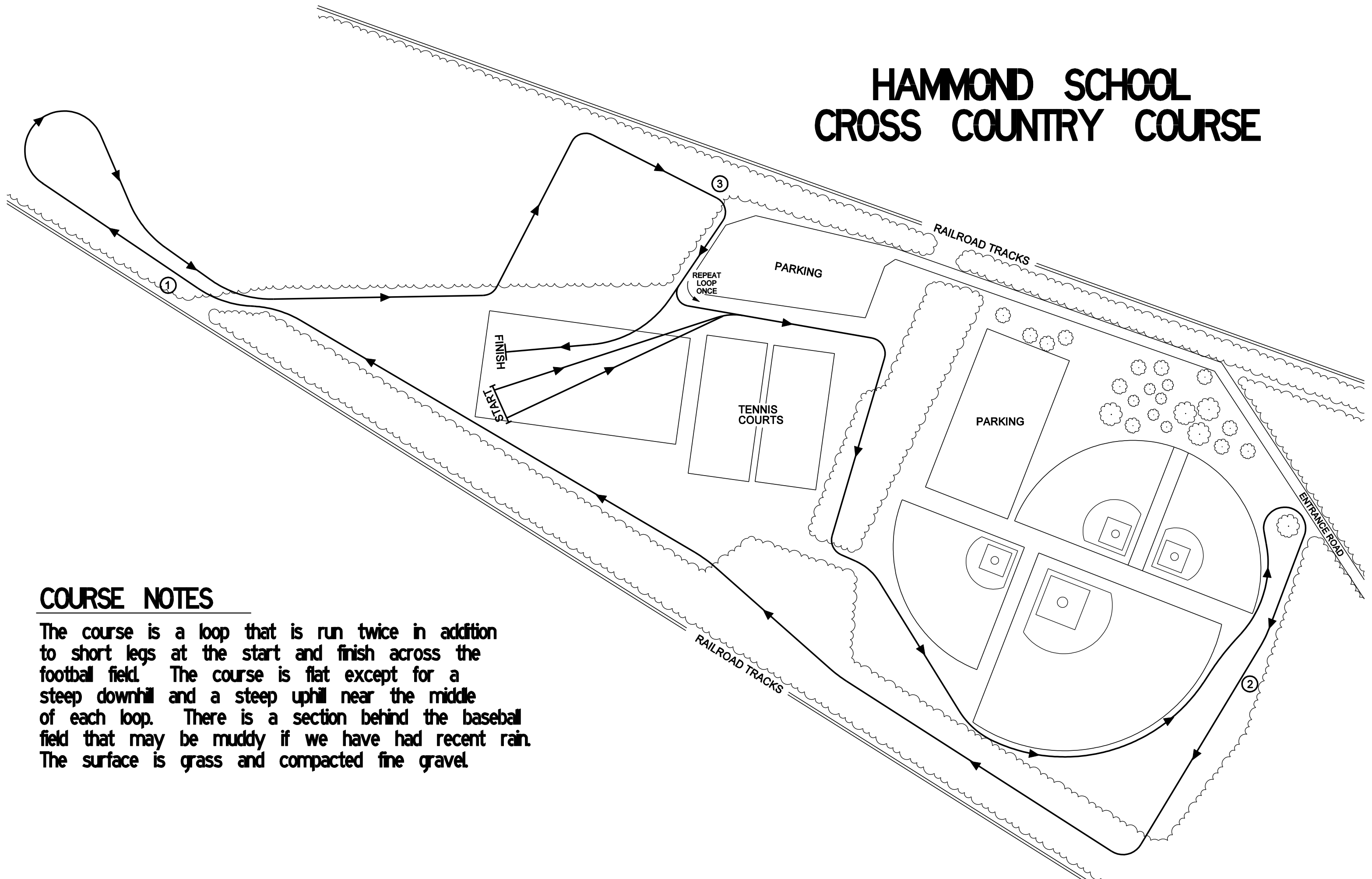


# HAMMOND SCHOOL CROSS COUNTRY COURSE



## 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.