

Willow Hills 2.2K Cross Country Course



A single loop course that covers the back hills section of the course, but not the "school loop."

Distance is approximately 2200 meters.

Start – A – B – C – D1 – E – F1 – F3 – G – C – B – A – Finish

Please Note:

Athletes will go from F1 to F3 (bypassing F2) for the 2K races only

Willow Hills 3K Cross Country Course



A two loop course that circles the reservoir before covering the back hills section of the course, but not the "school loop."

Distance is approximately 3,115 meters.

Start – A – B –
C – D1 – D2 –
H – A – B – C –
D1 – E – F1 –
F2 – F3 – G –
C – B – A –
Finish

Willow Hills 4K Cross Country Course



A multi-loop course that covers the back hills section of the course, the "school loop," circles the reservoir, and then the "school loop" one more time.

Distance is approximately 3,750 meters.

Start – A – B – C – D1 – E – F1 – F2 – F3 – G – C – B – B1 – A – H – D2 – D1 – C – B – B1 – A – Finish

Willow Hills 5K Cross Country Course



A multi-loop course that covers the back hills section of the course, the "school loop," circles the reservoir, then hits the back hills and the "school loop" one more time before finishing.

Distance is approximately 4,960 meters.

Start – A – B – C – D1 – E – F1 – F2 – F3 – G – C – B – B1 – A – H – D2 – E – F1 – F2 – F3 – G – C – B – B1 – A – Finish