St. Mary's USATF PA Courses

All courses will use the main loop that goes around the Rugy Field, up the trail, and around the parking lots. Please see the maps below for the Main Loop and Finishing Loops.

Please Note: Tent will only be allowed along the side by the score board. This is where the line of bushes is on the map (opposite from where the athletes are running).

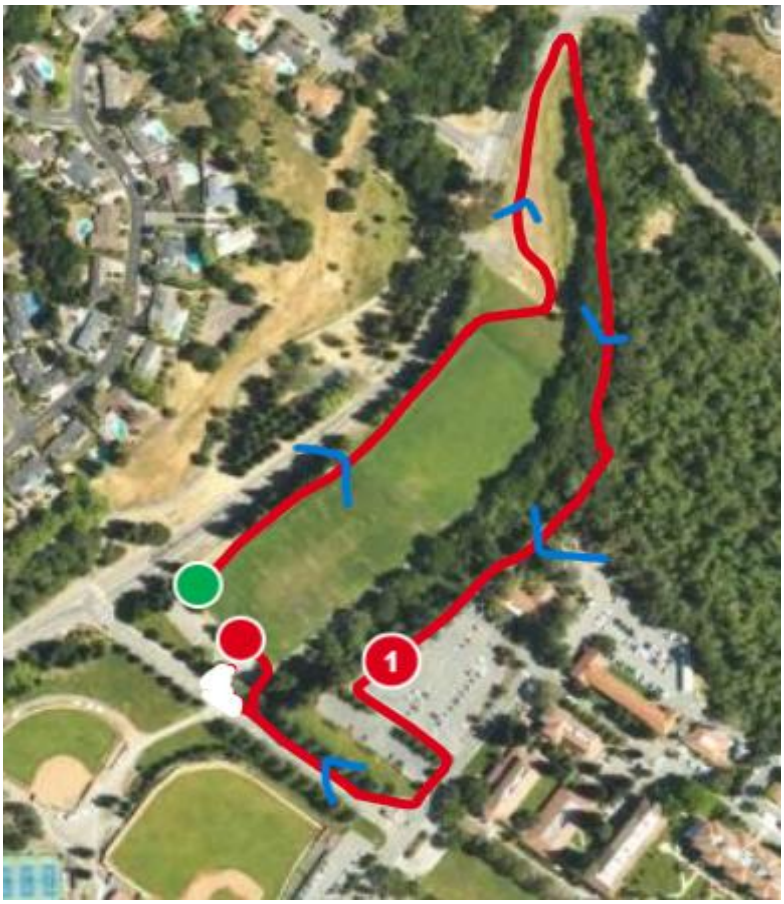
MAIN LOOP – GREEN DOT IS THE START LINE

2K: 1X + LARGE LOOP (see below)

3K: 2X + SMALL LOOP (see below)

4k: 3x (finish at the end of the loop near the red dot)

5; 3x + down the woodchipped area and back (see below)



2k FINISH



3k FINISH



5k FINISH

