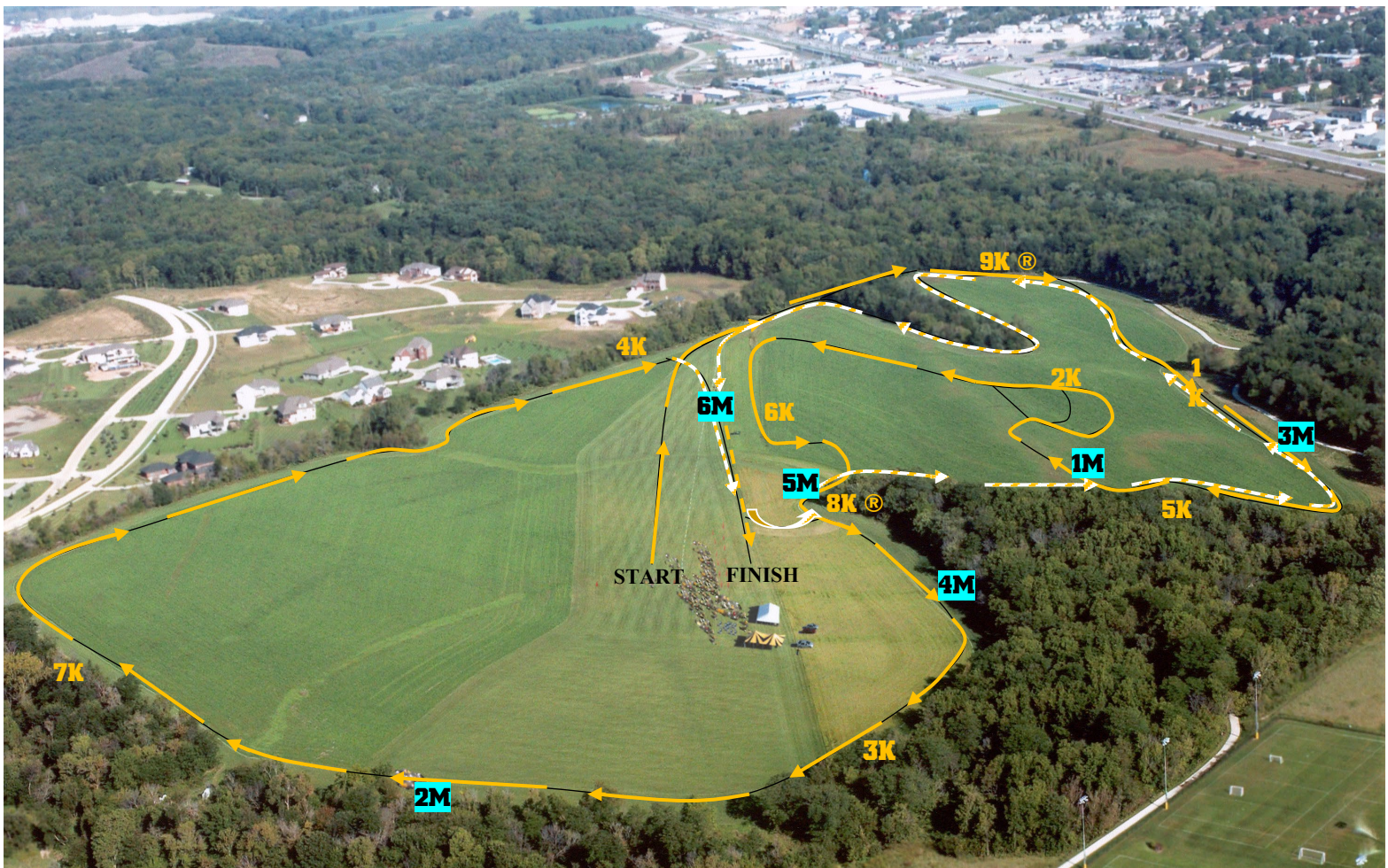


NCAA CROSS COUNTRY REGIONALS

ASHTON CROSS COUNTRY COURSE

MEN'S 10K • NOVEMBER 12, 2021

The men's 10K race will begin at the starting area designated on the map and will cover 475 meters before making a slight right turn and picking up the outer loop. The men will run two (2) loops of the gold route, each loop covering a distance of 3,660 meters. At the completion of the second loop, the men will turn right and run 400 meters back towards the finish area then make a left turn to run the back portion of the outer loop in a counter clockwise direction, following the striped gold and white arrows. The reversed half loop will cover a distance of 1,575 meters. At the completion of the reversed half loop, the men will turn left and run 495 meters to the designated finish area. Markers will be provided at kilometers one (1) through nine (9) and miles one (1) through six (6).



Route Description

Men's 10K (Gold Route)

- Two (2) loops on the outside in solid gold, ½ loop (reverse) in striped gold and white, dotted gold line to finish