

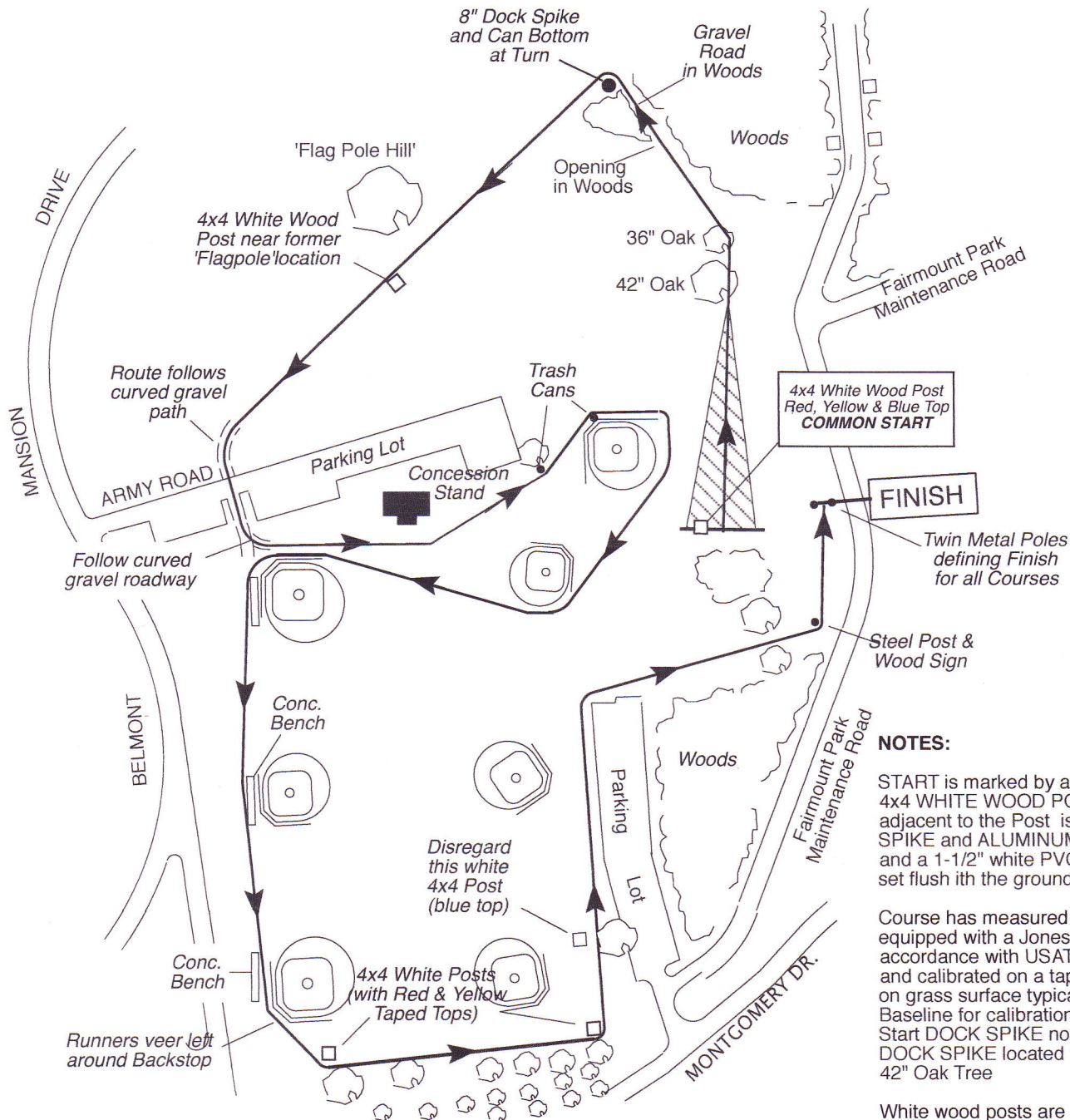
USATF Mid-Atlantic Youth 2K XC COURSE

Belmont Plateau

Fairmount Park, Philadelphia, PA

(Similar to Philadelphia CYO Sub-Novice)

Actual Measured Distance = 6515' = 1.234 Miles = 1.986 km



COURSE DESCRIPTION:

Proceed north from Start, turning left around a 36" Oak Tree, northwesterly to enter an opening in the woods to a gravel roadway. Turn left, across grass, passing to right of Wood Post at 'Flagpole Hill', continuing southwesterly, crossing ARMY RD., then curving left to go east on grass to far corner of bituminous apron of Concession Stand, veering left around the right side of a TRASH CAN, then veering left again to turn east around another TRASH CAN at Ball Field #7. Continue east to end of chain link fence on north side of Ball Field, making a right turn of about 10' radius around the end of the fence, to go south and southwest around the outside of the dirt infield, to make another curve to the right around Ball Field #6 to the north side of the benches of Ball Field #1. Turn left on the gravel to go south along the east side of the benches to Ball Field #3. Veer left to turn left around Wood Post, going east, turning left again around another Wood Post, northward, then turning right around the curb corner, northeast to a Steel Post, and left to the FINISH.

NOTES:

START is marked by a (removable) 4x4 WHITE WOOD POST. Immediately adjacent to the Post is an 8" DOCK SPIKE and ALUMINUM CAN BOTTOM and a 1-1/2" white PVC pipe sleeve, both set flush with the ground.

Course has measured using a bicycle equipped with a Jones Counter, in accordance with USATF requirements, and calibrated on a taped 528' Baseline on grass surface typical with the location. Baseline for calibration extends from the Start DOCK SPIKE northward to another DOCK SPIKE located 115' south of the 42" Oak Tree

White wood posts are 4x4x4' posts installed during measurement of the 5K, 6K, 8K and 5 Mile series of courses to be used by High School, College and Open events, and are intended to supersede several markers from past years, for the purpose of providing more accurate and maintainable points, suitable for use by other jurisdictional entities.

MEASURED BY
DAVE THOMAS & BILL BELLEVILLE
July & August, 2013
Map Date: 09/05/13

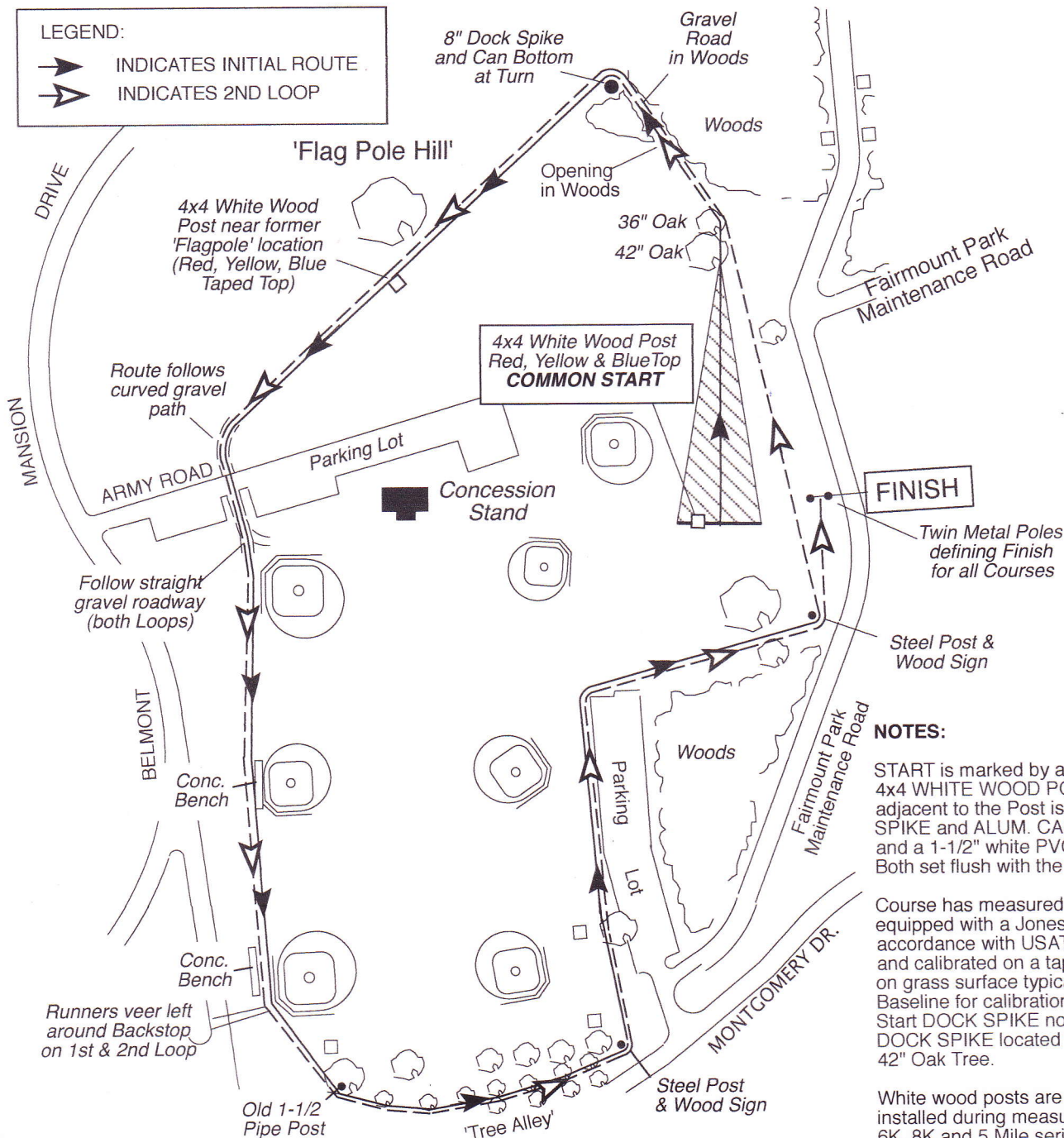
USATF Mid-Atlantic Youth 3K XC COURSE

Belmont Plateau

Fairmount Park, Philadelphia, PA

(Similar to Philadelphia CYO Novice)

Actual Measured Distance = 9809' = 1.858 Miles = 2.99 km



COURSE DESCRIPTION:

Proceed north from Start, turning left around a 36" Oak Tree, northwesterly to enter an opening in the woods to a gravel roadway. Turn left, across grass, passing to right of the Wood Post at 'Flagpole Hill', continuing southwesterly, crossing ARMY RD., going south on west side of three Ball Fields. Veer left at backstop of Ball Field #3 to go left around an old 1-1/2" Pipe Post next to south side of a large tree, then left keeping to right side of two 12" trees, continuing eastward between a series of smaller trees ('Tree Alley') to the old Steel Channel Post/Wood Sign. Turn left to go north to the curb corner at north end of Parking Lot, right to the Steel Post & Wood Sign, left directly to the 36" Oak Tree, repeating the first loop as shown, except going north to the FINISH after passing the Steel Post & Wood Sign the second time.

NOTES:

START is marked by a (removable) 4x4 WHITE WOOD POST. Immediately adjacent to the Post is an 8" DOCK SPIKE and ALUM. CAN BOTTOM and a 1-1/2" white PVC pipe sleeve' Both set flush with the ground.

Course has measured using a bicycle equipped with a Jones Counter, in accordance with USATF requirements, and calibrated on a taped 528' Baseline on grass surface typical with the location. Baseline for calibration extends from the Start DOCK SPIKE northward to another DOCK SPIKE located 115' south of the 42" Oak Tree.

White wood posts are 4x4x4' posts installed during measurement of the 5K, 6K, 8K and 5 Mile series of courses to be used by High School, College and Open events, and are intended to replace several missing markers from past years, for the purpose of providing more accurate and maintainable points, suitable for use by other jurisdictional entities.

MEASURED BY
DAVE THOMAS & BILL BELLEVILLE
July & August, 2013
Map Date: 09/05/13

USATF Mid-Atlantic Youth 3K XC COURSE

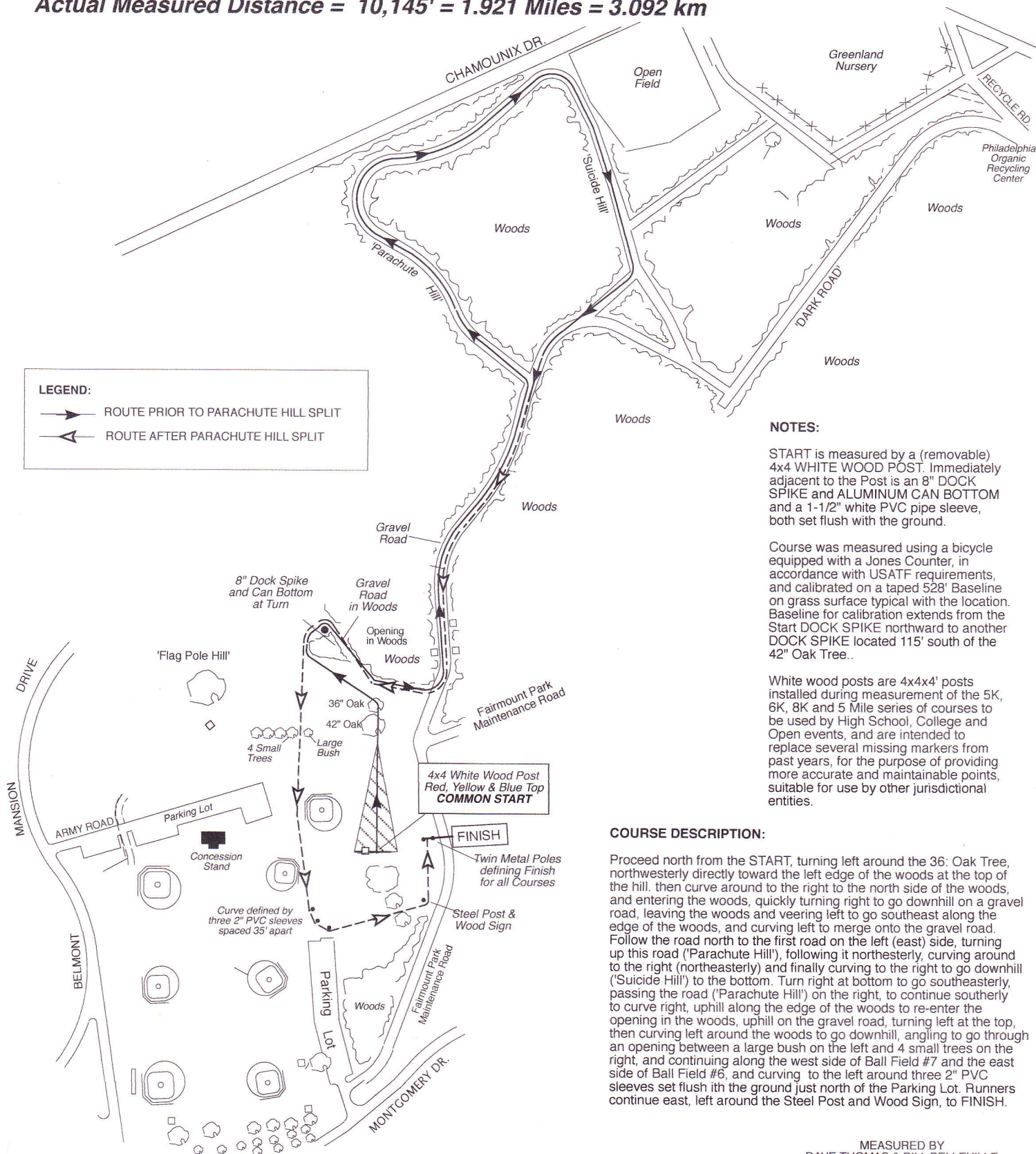
(Parachute Hill Alternate)

Belmont Plateau

Fairmount Park, Philadelphia, PA

(Similar to Philadelphia CYO Minor)

Actual Measured Distance = 10,145' = 1.921 Miles = 3.092 km



LEGEND:

- ROUTE PRIOR TO PARACHUTE HILL SPLIT
- ROUTE AFTER PARACHUTE HILL SPLIT

NOTES:

START is measured by a (removable) 4x4 WHITE WOOD POST. Immediately adjacent to the Post is an 8" DOCK SPIKE and ALUMINUM CAN BOTTOM and a 1-1/2" white PVC pipe sleeve, both set flush with the ground.

Course was measured using a bicycle equipped with a Jones Counter, in accordance with USATF requirements, and calibrated on a taped 528' Baseline on grass surface typical with the location. Baseline for calibration extends from the Start DOCK SPIKE northward to another DOCK SPIKE located 115' south of the 42" Oak Tree.

White wood posts are 4x4x4' posts installed during measurement of the 5K, 6K, 8K and 5 Mile series of courses to be used by High School, College and Open events, and are intended to replace several missing markers from past years, for the purpose of providing more accurate and maintainable points, suitable for use by other jurisdictional entities.

COURSE DESCRIPTION:

Proceed north from the START, turning left around the 36" Oak Tree, northwesterly directly toward the left edge of the woods at the top of the hill, then curve around to the right to the north side of the woods, and entering the woods, quickly turning right to go downhill on a gravel road, leaving the woods and veering left to go southeast along the edge of the woods, and curving left to merge onto the gravel road. Follow the road north to the first road on the left (east) side, turning up this road ('Parachute Hill'), following it northeasterly, curving around to the right (northeasterly) and finally curving to the right to go downhill ('Suicide Hill') to the bottom. Turn right at bottom to go southeasterly, passing the road ('Parachute Hill') on the right, to continue southerly to curve right, uphill along the edge of the woods to re-enter the opening in the woods, uphill on the gravel road, turning left at the top, then curving left around the woods to go downhill, angling to go through an opening between a large bush on the left and 4 small trees on the right, and continuing along the west side of Ball Field #7 and the east side of Ball Field #6, and curving to the left around three 2" PVC sleeves set flush with the ground just north of the Parking Lot. Runners continue east, left around the Steel Post and Wood Sign, to FINISH.

MEASURED BY
DAVE THOMAS & BILL BELLEVILLE
July & August, 2013
Map Date: 09/05/13

USATF Mid-Atlantic Youth 4K XC COURSE

Belmont Plateau

Fairmount Park, Philadelphia, PA

(Similar to Philadelphia CYO Cadet)

Actual Measured Distance = 13354' = 2.53 Miles = 4.07 km



NOTES:

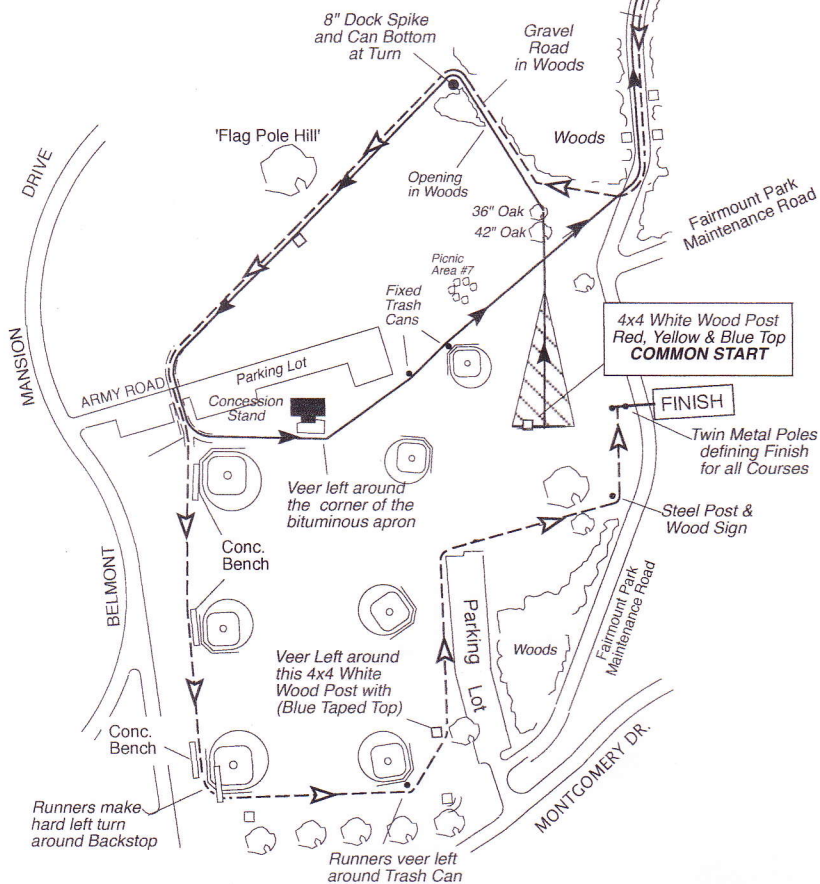
START is marked by a (removable) 4x4 WHITE WOOD POST. Immediately adjacent to the Post is an 8" DOCK SPIKE and ALUM. CAN BOTTOM and a 1-1/2" white PVC pipe sleeve, both set flush with the ground.

Course was measured using a bicycle equipped with a Jones Counter, in accordance with USATF requirements, and calibrated on a taped 528' Baseline grass surfaces typical with the location. Baseline for calibration extends from the Start DOCK SPIKE northward to another DOCK SPIKE located 115' south of the 42" Oak Tree.

White wood posts are 4x4x4' posts installed during measurement of the 5K, 6K, 8K and 5 Mile series of courses to be used by High School, College and Open events, and are intended to replace several missing markers from past years, for the purpose of providing more accurate and maintainable points, suitable for use by other jurisdictional entities.

LEGEND:

- ROUTE PRIOR TO PARACHUTE HILL SPLIT
- ROUTE AFTER PARACHUTE HILL SPLIT



COURSE DESCRIPTION:

START: Proceed northward from the START, turning left around a 36" Oak Tree, northwesterly uphill to enter a narrow opening in the woods onto a gravel roadway, continuing uphill on the roadway to its end.

Then turn left, leaving the woods, to go southwesterly on the grass, passing to the right of a 4x4 White Wood Post at 'Flagpole Hill', then continuing straight downhill to merge onto a gravel road curving to the left to go south, crossing ARMY ROAD, then curving left on a gravel road to go east on the grass between Ball Field #1 on the south and the bituminous apron of the Concession Stand on the north, to the east end of the apron, then turning left to go northeasterly around the right side of a fixed TRASH CAN, continuing northeasterly to go on the left side of another fixed TRASH CAN near the backstop of Ball Field #7, and continuing northeasterly to merge onto the gravel road.

Follow the gravel road north and northeasterly, to a left turn to go northwesterly up 'Parachute Hill', following it around as it turns northeasterly at the top, and as it curves right to go downhill, southeasterly ('Suicide Hill'), to make a right turn at the bottom, following the gravel road back continuing southward, to leave the woods.

Turn right following the edge of the woods and continue uphill, northwesterly to re-enter the woods a second time, up the gravel road to its top and curving left to go southwesterly on the grass, passing to the right of a 4x4 White Wood Post at 'Flagpole Hill', then continuing straight downhill to merge onto a gravel road curving to the left to go south, crossing ARMY ROAD,

Continue south over a short gravel stretch and then on grass keeping right of the concrete benches on west side of Ball Fields # 1 and #2, then veering slightly left to go between the concrete benches and fencing of Ball Field #3.

Make a hard left around the backstop of Ball Field #3, to go east on the grass along the south side of Ball Fields #3 & #4, veering left around a TRASH CAN opposite the end of Ball Field #4, to go northeast to make a left around a 4x4 White Wood Post with a Blue Top. Continue north, keeping left of several trees on the west side of the Parking Lot to its northwest corner, turning right around the corner of the Parking Lot, left around the Steel Post & Wood Sign to the FINISH.

MEASURED BY
DAVE THOMAS & BILL BELLEVILLE
July & August, 2013
Map Date: 09/06/13

BELMONT PLATEAU 5000 METER XC COURSE

(High School & College Women's Course - Red)

Fairmount Park, Philadelphia, PA
Actual Measured Distance = 16,404' = 3.1068 Miles = 5.000 km



NOTES:

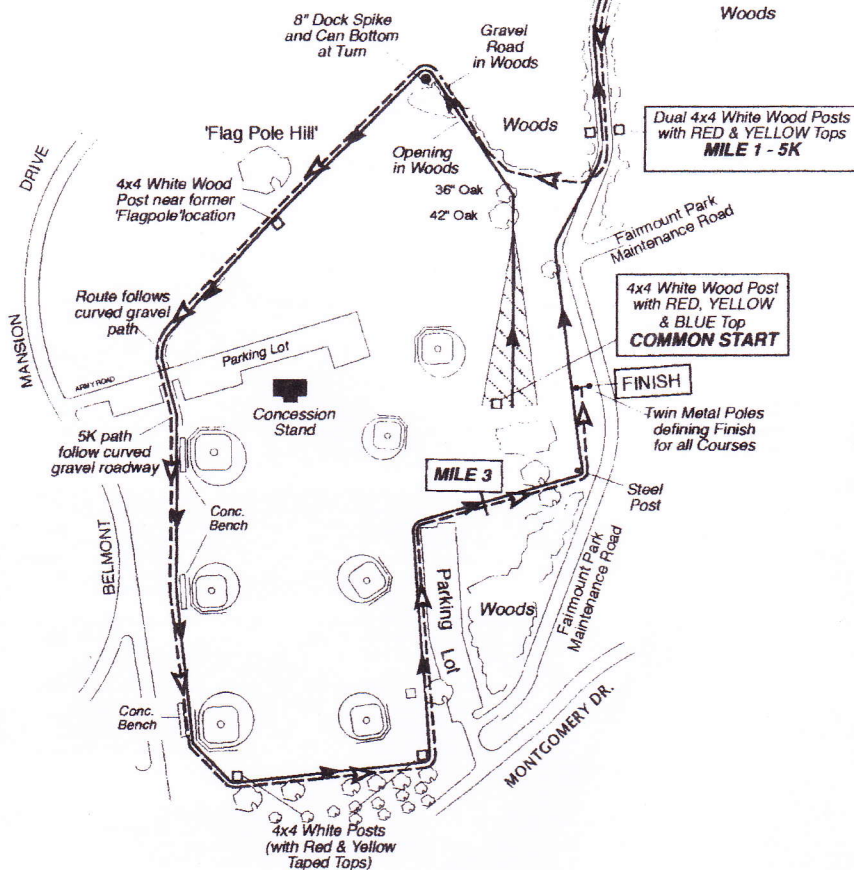
START IS MARKED BY A (REMOVABLE) 4X4 WHITE WOOD POST. IMMEDIATELY ADJACENT TO THE POST IS AN 8" DOCK SPIKE AND ALUMINUM CAN BOTTOM AND A 1-1/2" WHITE PVC PIPE SLEEVE. BOTH SET FLUSH WITH THE GROUND.

COURSE HAS MEASURED USING A BICYCLE EQUIPPED WITH A JONES COUNTER, IN ACCORDANCE WITH USATF REQUIREMENTS, AND CALIBRATED ON A TAPED 528' BASELINE ON GRASS SURFACE TYPICAL WITH THE LOCATION. BASELINE FOR CALIBRATION EXTENDS FROM THE START DOCK SPIKE NORTHWARD TO ANOTHER DOCK SPIKE LOCATED 115' SOUTH OF THE 42" OAK TREE

WHITE WOOD POSTS ARE 4X4X4' POSTS INSTALLED DURING MEASUREMENT OF THE 5K, 6K, 8K AND 5 MILE SERIES OF COURSES TO BE USED BY HIGH SCHOOL, COLLEGE AND OPEN EVENTS, AND ARE INTENDED TO SUPERCEDE SEVERAL MARKERS FROM PAST YEARS, FOR THE PURPOSE OF PROVIDING MORE ACCURATE AND MAINTAINABLE POINTS, SUITABLE FOR USE BY OTHER JURISDICTIONAL ENTITIES.

LEGEND:

- ROUTE PRIOR TO MILE 2
- ↔ ROUTE AFTER MILE 2



COURSE DESCRIPTION:

START: PROCEED NORTHWARD FROM THE START, TURNING LEFT AROUND A 36" OAK TREE, NORTH-WESTERLY UPHILL TO ENTER A NARROW OPENING IN THE WOODS ONTO A GRAVEL ROADWAY, CONTINUING UPHILL ON THE ROADWAY TO ITS END.

THEN TURN LEFT, LEAVING THE WOODS, TO GO SOUTH-WESTERLY ON THE GRASS, PASSING TO THE RIGHT OF A 4X4 WHITE WOOD POST AT 'FLAGPOLE HILL'. THEN CONTINUING STRAIGHT DOWNHILL TO MERGE ONTO A GRAVEL ROAD, CURVING TO THE LEFT TO GO SOUTH, CROSSING ARMY ROAD, KEEPING TO THE RIGHT (WEST) SIDE OF THE CONCRETE BENCHES AT BALL FIELDS #1 & #2 AND THEN VEERING SLIGHTLY LEFT ON A PATH BETWEEN THE CONCRETE BENCHES AND THE FENCING OF BALL FIELD #3.

TURN LEFT AROUND THE BACKSTOP OF BALL FIELD #3, SOUTHEAST, TO TURN LEFT AROUND A 4X4 WHITE WOOD POST, DIRECTLY OVER THE GRASS, EASTERLY TOWARD ANOTHER 4X4 WHITE WOOD POST, WHERE THE COURSE TURNS NORTH, ALONG THE WEST SIDE OF THE PARKING LOT TO ITS NORTHWEST CORNER.

TURN RIGHT AROUND THE CORNER OF THE PARKING LOT, NORTHEASTERLY, TO MAKE A LEFT TURN AROUND A STEEL POST & WOOD SIGN, AND CONTINUE NORTHERLY AND CURVING AROUND THE WEST SIDE OF THE GRAVEL ROAD AS IT GOES INTO THE WOODS.

FOLLOW THE GRAVEL ROAD, PASSING MILE 1 POSTS SHORTLY THEREAFTER, NORTHERLY AND NORTHEASTERLY, TO A LEFT TURN TO GO NORTHWESTERLY UP 'PARACHUTE HILL', AND FOLLOWING IT AROUND AS IT TURNS NORTHEASTERLY AT THE TOP, AND AS IT CURVES RIGHT TO GO DOWNHILL, SOUTHEASTERLY ('SUICIDE HILL'), TO MAKE A SHARP RIGHT TURN AT 'HAIRPIN TURN' TO DOUBLE BACK TO THE NORTHWEST, THEN CURVING AROUND TO GO SOUTHEASTERLY, PASSING THE MILE 2 POST AND THEN THE LOWER END OF 'PARACHUTE HILL' AND CONTINUING SOUTHWARD, PASSING THE MILE 1 POST TO LEAVE THE WOODS.

TURN RIGHT FOLLOWING THE EDGE OF THE WOODS AND CONTINUE UPHILL, NORTHWESTERLY TO RE-ENTER THE WOODS A SECOND TIME, UP THE GRAVEL ROAD TO THE TOP AND CURVING LEFT TO REPEAT THE EARLIER LOOP (PAST THE BALL FIELDS, AROUND THE TWO 4X4 WOOD POSTS, RIGHT AROUND THE CORNER OF THE PARKING LOT, LEFT AROUND THE STEEL POST & WOOD SIGN) TO THE FINISH.

MEASURED BY
DAVE THOMAS & BILL BELLEVILLE
July & August, 2013
Map Rev. 09/24/13



START: ON COMMON START LINE (MARKED BY A REMOVABLE 4x4 WHITE WOOD POST WITH RED/YELLOW/BLUE DUCT TAPE).

CONTINUE NORTH, KEEPING RIGHT OF LARGE TREE.
VEERING LEFT TO GO UP HILL INTO TO NARROW ENTRANCE
IN WOODS ON GRAVEL ROADWAY.

TURN QUICK LEFT AT END OF ROADWAY TO GO SOUTH-
WEST TO RIGHT SIDE OF 4x4 WHITE POST WITH RED, YELLOW
AND BLUE TAPE AT 'FLAGPOLE HILL'

CONTINUE SOUTHEAST, DOWNHILL, CURVING LEFT ON THE GRAVEL ROADWAY, CROSSING ARMY ROAD, TO GO SOUTH ALONG WEST SIDE OF THREE BASEBALL FIELDS.

VEER LEFT AROUND BACKSTOP OF LAST BALLFIELD. TOWARD
A 4x4 WHITE WOOD POST WITH RED & YELLOW TAPE AT THE TOP,
TURNING LEFT AROUND THAT POST TO GO EAST TOWARD
ANOTHER WHITE POST WITH RED & YELLOW TAPE AT THE TOP

TURN 90 DEG LEFT TO GO NORTH TO THE NORTHWEST CORNER OF THE PARKING LOT, THEN RIGHT (EAST) THROUGH AN OPENING IN THE TREES, TO GO LEFT AROUND A STEEL POST/WOOD SIGN. THEN, NORTH, KEEPING LEFT OF THE CURBED ROADWAY, VEERING RIGHT TO ENTER THE ROAD IN THE WOODS, TO A LEFT TURN TO GO UP 'PARACHUTE HILL'. FOLLOW ROADWAY AROUND NORTHEAST, THEN SOUTHEAST TO GO DOWN 'SUICIDE HILL'. CONTINUING SOUTHEASTERLY, PASSING 'HAIRPIN TURN', TO MAKE A LEFT TURN TO GO NORTHEAST ON 'DARK ROAD'. FOLLOWING IT AROUND AS IT CURVES TO THE RIGHT AT ITS END, NEAR THE RECYCLING STATION, THEN MAKING A QUICK LEFT TURN AROUND A CLUMP OF TREES TO GO NORTHWEST ALONG THE SOUTHWEST EDGE OF RECYCLE ROAD A SHORT DISTANCE BEFORE VEERING LEFT AT A LARGE STONE BLOCK TO GO ONTO A SHORT PATH THROUGH THE WOODS TO EXIT ONTO A GRAVEL ROAD.

TURN LEFT ON THE GRAVEL ROAD (PASSING THE NURSERY ON THE RIGHT) THEN RIGHT TO GO UPHILL ON ANOTHER GRAVEL ROAD TO ITS TOP. THEN LEFT TO GO SOUTHWESTERLY ON A GRAVEL ROAD/ PATH TO MERGE WITH THE LOWER END OF 'SUICIDE HILL'. THEN LEFT, DOWNHILL A SHORT DISTANCE, AND RIGHT TO RETURN SOUTHWESTERLY AND SOUTH (IN REVERSE OF THE EARLIER OUTGOING ROUTE), TO A POINT WHERE THE ROAD LEAVES THE WOODS.

MAKE A QUICK RIGHT TURN ONTO A CLEARED OPENING TO GO UPHILL TO THE NORTHWEST, KEEPING JUST LEFT OF THE WOODS, TO RE-ENTER THE GRAVEL ROADWAY IN THE WOODS FOR A SECOND TIME. LEFT AT THE TOP, PASSING THE 4x4 WHITE POST AT "FLAGPOLE HILL," CONTINUING DOWNHILL, CROSSING ARMY RD., CONTINUING ON THE GRAVEL PATH, GOING SOUTH ALONG THE WEST SIDE OF THE HIRELAND FIELDS. GOING SOUTH, MAKE THE TWO 4x4 WOOD POSTS RIGHT AT THE CORNER OF THE PARKING LOT, LEFT AROUND THE STEEL POST & WOOD SIGN, TO THE FINISH

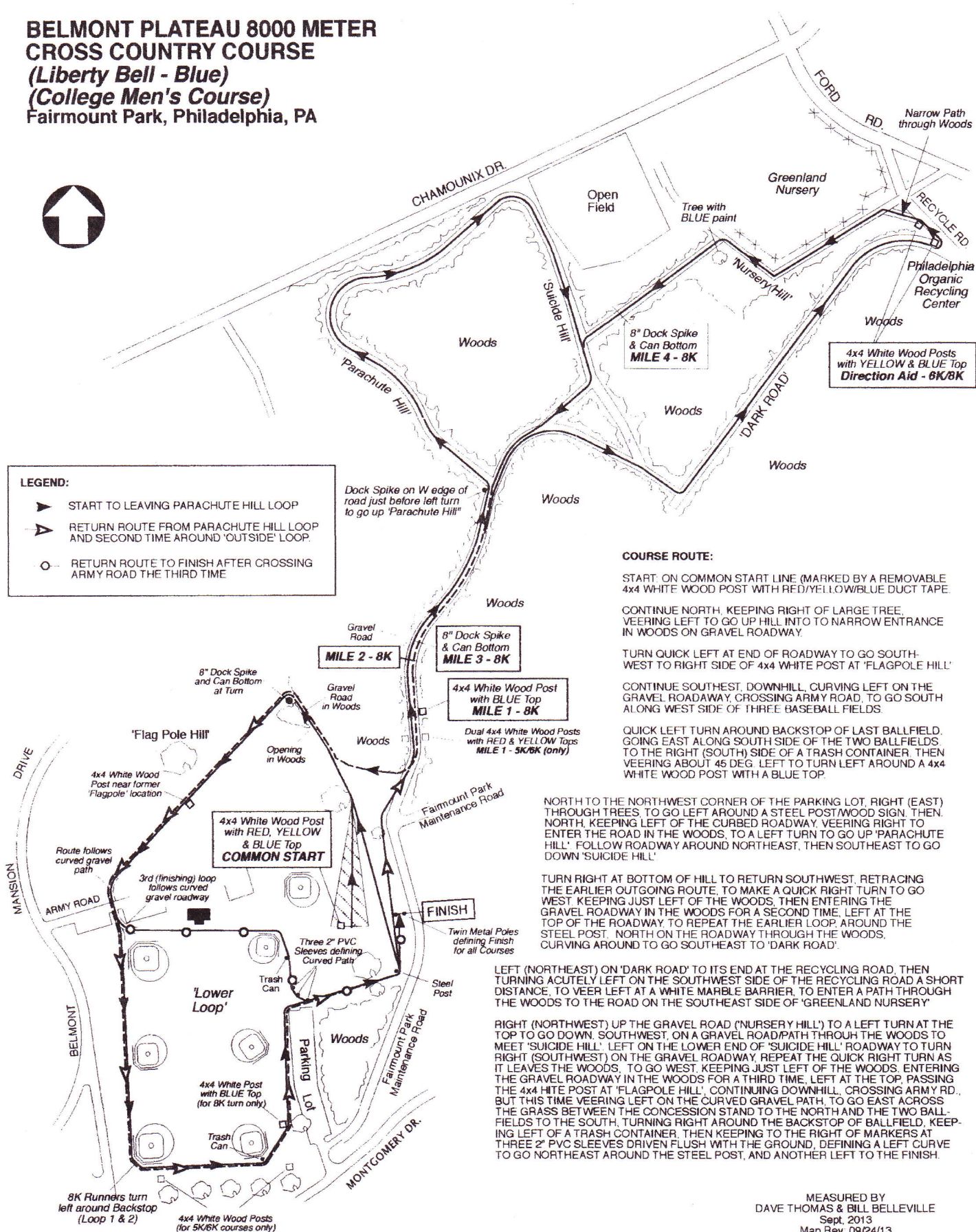
MEASURED BY
DAVE THOMAS & BILL BELLEVILLE
July & August, 2013
Map Rev. : 09/24/13

BELMONT PLATEAU 8000 METER CROSS COUNTRY COURSE

(Liberty Bell - Blue)

(College Men's Course)

Fairmount Park, Philadelphia, PA



LEGEND:

- ▶ START TO LEAVING PARACHUTE HILL LOOP
- ▶ RETURN ROUTE FROM PARACHUTE HILL LOOP AND SECOND TIME AROUND 'OUTSIDE' LOOP.
- RETURN ROUTE TO FINISH AFTER CROSSING ARMY ROAD THE THIRD TIME

COURSE ROUTE:

START: ON COMMON START LINE (MARKED BY A REMOVABLE 4x4 WHITE WOOD POST WITH RED/YELLOW/BLUE DUCT TAPE)

CONTINUE NORTH, KEEPING RIGHT OF LARGE TREE, VEERING LEFT TO GO UP HILL INTO TO NARROW ENTRANCE IN WOODS ON GRAVEL ROADWAY.

TURN QUICK LEFT AT END OF ROADWAY TO GO SOUTH: WEST TO RIGHT SIDE OF 4x4 WHITE POST AT 'FLAGPOLE HILL'

CONTINUE SOUTHWEST, DOWNHILL, CURVING LEFT ON THE GRAVEL ROADWAY, CROSSING ARMY ROAD, TO GO SOUTH ALONG WEST SIDE OF THREE BASEBALL FIELDS.

QUICK LEFT TURN AROUND BACKSTOP OF LAST BALLFIELD, GOING EAST ALONG SOUTH SIDE OF THE TWO BALLFIELDS, TO THE RIGHT (SOUTH) SIDE OF A TRASH CONTAINER, THEN VEERING ABOUT 45 DEG. LEFT TO TURN LEFT AROUND A 4x4 WHITE WOOD POST WITH A BLUE TOP.

NORTH TO THE NORTHWEST CORNER OF THE PARKING LOT, RIGHT (EAST) THROUGH TREES, TO GO LEFT AROUND A STEEL POST/WOOD SIGN, THEN, NORTH, KEEPING LEFT OF THE CURBED ROADWAY, VEERING RIGHT TO ENTER THE ROAD IN THE WOODS, TO A LEFT TURN TO GO UP 'PARACHUTE HILL'. FOLLOW ROADWAY AROUND NORTHEAST, THEN SOUTHEAST TO GO DOWN 'SUICIDE HILL'.

TURN RIGHT AT BOTTOM OF HILL TO RETURN SOUTHWEST, RETRACING THE EARLIER OUTGOING ROUTE, TO MAKE A QUICK RIGHT TURN TO GO WEST, KEEPING JUST LEFT OF THE WOODS, THEN ENTERING THE GRAVEL ROADWAY IN THE WOODS FOR A SECOND TIME, LEFT AT THE TOP OF THE ROADWAY TO REPEAT THE EARLIER LOOP, AROUND THE STEEL POST, NORTH ON THE ROADWAY THROUGH THE WOODS, CURVING AROUND TO GO SOUTHEAST TO 'DARK ROAD'.

LEFT (NORTHEAST) ON 'DARK ROAD' TO ITS END AT THE RECYCLING ROAD, THEN TURNING ACUTELY LEFT ON THE SOUTHWEST SIDE OF THE RECYCLING ROAD A SHORT DISTANCE, TO VEER LEFT AT A WHITE MARBLE BARRIER, TO ENTER A PATH THROUGH THE WOODS TO THE ROAD ON THE SOUTHEAST SIDE OF 'GREENLAND NURSERY'

RIGHT (NORTHWEST) UP THE GRAVEL ROAD ('NURSERY HILL') TO A LEFT TURN AT THE TOP TO GO DOWN, SOUTHWEST, ON A GRAVEL ROAD/PATH THROUGH THE WOODS TO MEET 'SUICIDE HILL'. LEFT ON THE LOWER END OF 'SUICIDE HILL' ROADWAY TO TURN RIGHT (SOUTHWEST) ON THE GRAVEL ROADWAY, REPEAT THE QUICK RIGHT TURN AS IT LEAVES THE WOODS, TO GO WEST, KEEPING JUST LEFT OF THE WOODS, ENTERING THE GRAVEL ROADWAY IN THE WOODS FOR A THIRD TIME, LEFT AT THE TOP, PASSING THE 4x4 HITE POST AT 'FLAGPOLE HILL', CONTINUING DOWNHILL, CROSSING ARMY RD., BUT THIS TIME VEERING LEFT ON THE CURVED GRAVEL PATH, TO GO EAST ACROSS THE GRASS BETWEEN THE CONCESSION STAND TO THE NORTH AND THE TWO BALL-FIELDS TO THE SOUTH, TURNING RIGHT AROUND THE BACKSTOP OF BALLFIELD, KEEP-ING LEFT OF A TRASH CONTAINER, THEN KEEPING TO THE RIGHT OF MARKERS AT THREE 2\"/>

MEASURED BY
DAVE THOMAS & BILL BELLEVILLE
Sept. 2013
Map Rev. 09/24/13