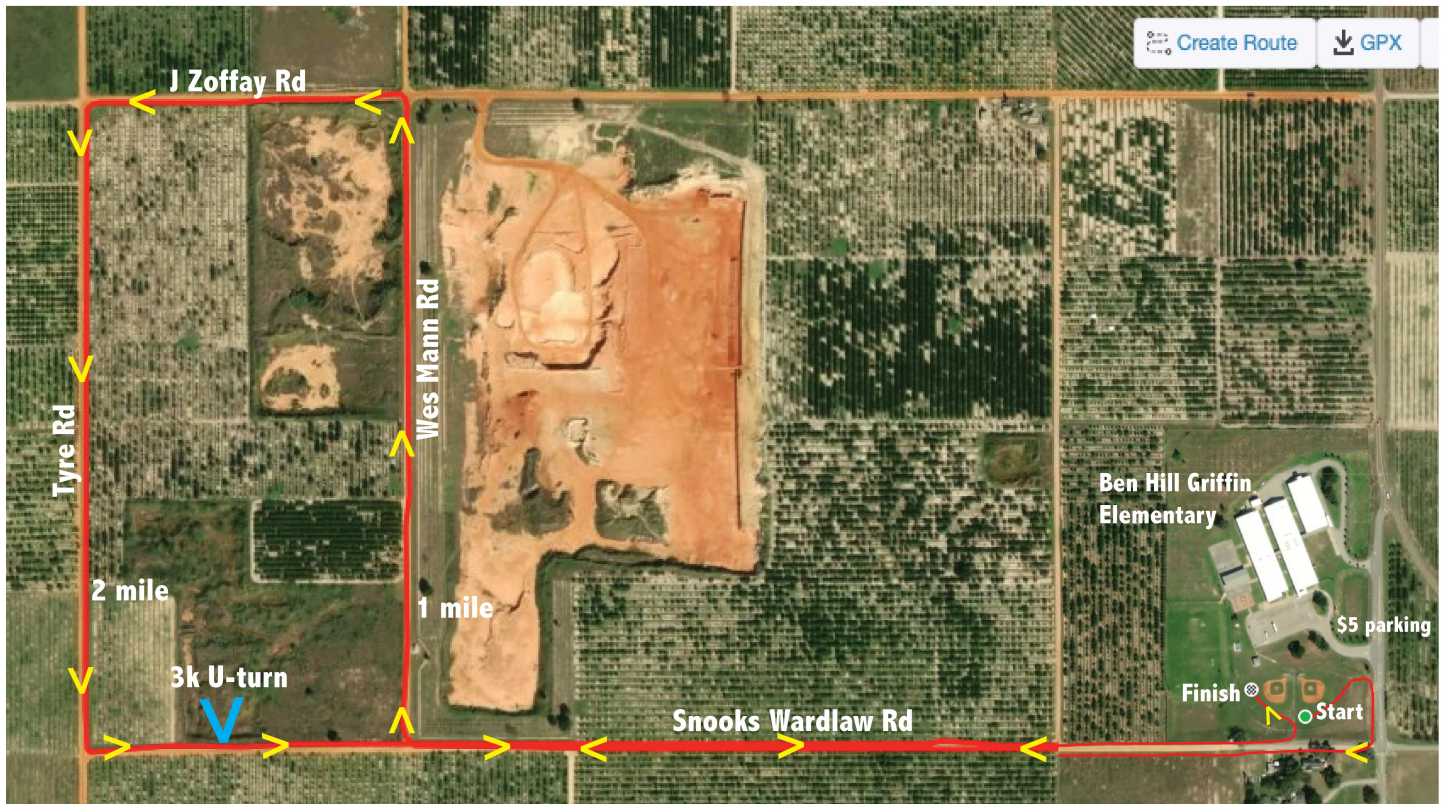


Frostproof XC Course



5k (varsity and JV)

- Start on Green dot
- course goes along school property and turns RIGHT on Snooks Wardlaw Rd.
- RIGHT turn on Wes Mann Rd
- LEFT turn on J Zoffay Rd
- LEFT turn on Tyre Rd
- LEFT turn on Snooks Wardlaw Rd.
- Finish- LEFT turn in gate to baseball field

3k (middle school)

- Start on Green dot
- course goes along school property and turns RIGHT on Snooks Wardlaw Rd.
- U - turn at traffic cone
- Run back on Snooks Wardlaw Rd.
- Finish- LEFT turn in gate to baseball field

