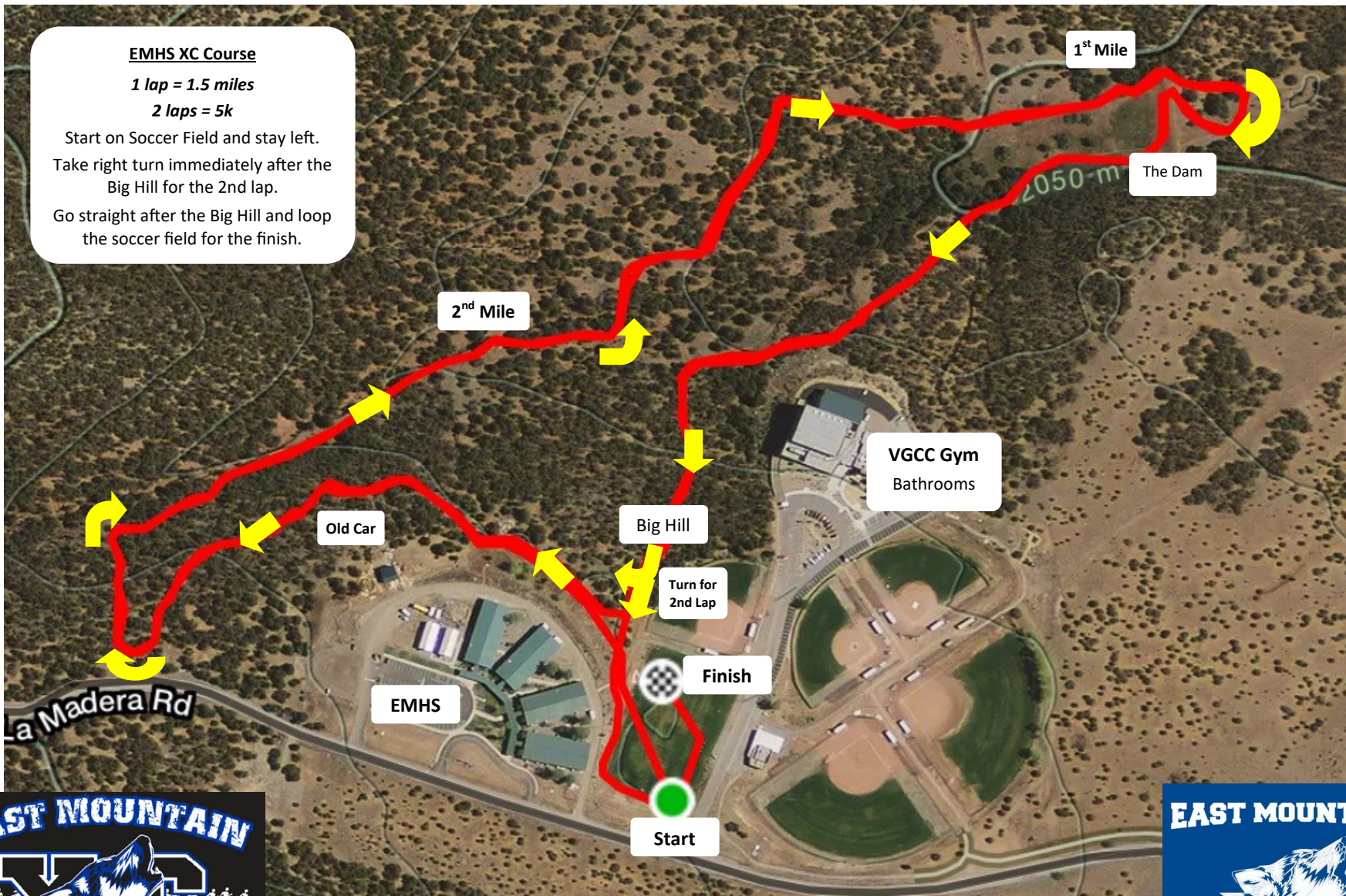


# East Mountain High School Cross Country Course Map



**EMHS XC Course**  
**1 lap = 1.5 miles**  
**2 laps = 5k**  
Start on Soccer Field and stay left.  
Take right turn immediately after the Big Hill for the 2nd lap.  
Go straight after the Big Hill and loop the soccer field for the finish.

