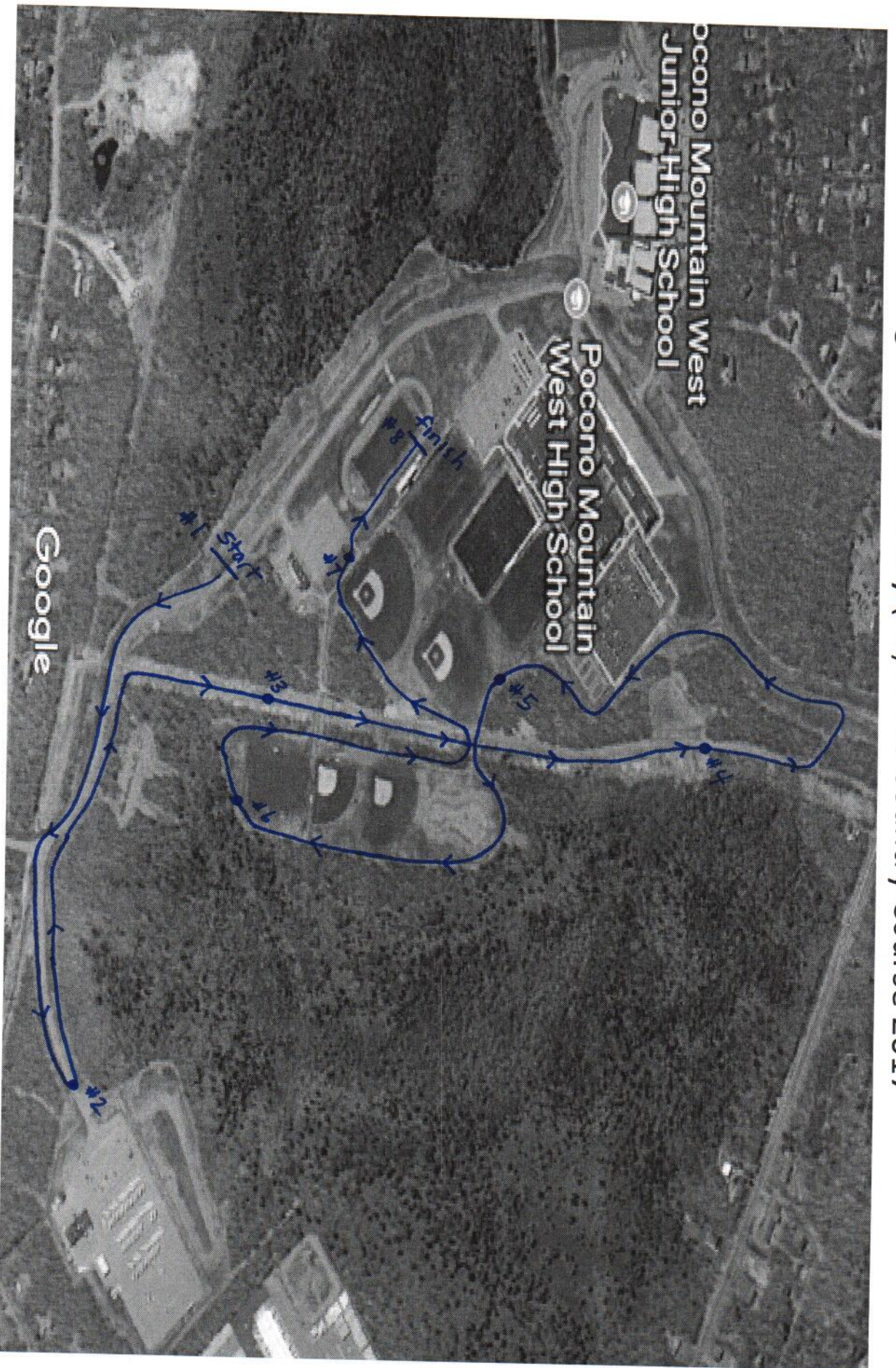


Pocono Mtn. West High School Varsity (5k) Cross Country Course 2017



- #1: Starting line
 - #2: 1/2 mile mark
 - #3: 1 mile mark/start of the middle school 2.1 course
 - #4: 1 1/2 mile mark
 - #5: 2 mile mark
 - #6: 2 1/2 mile mark
 - #7: 3 mile mark
 - #8: finish line for both varsity and middle school races
- Red exchange zone arrows on track

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