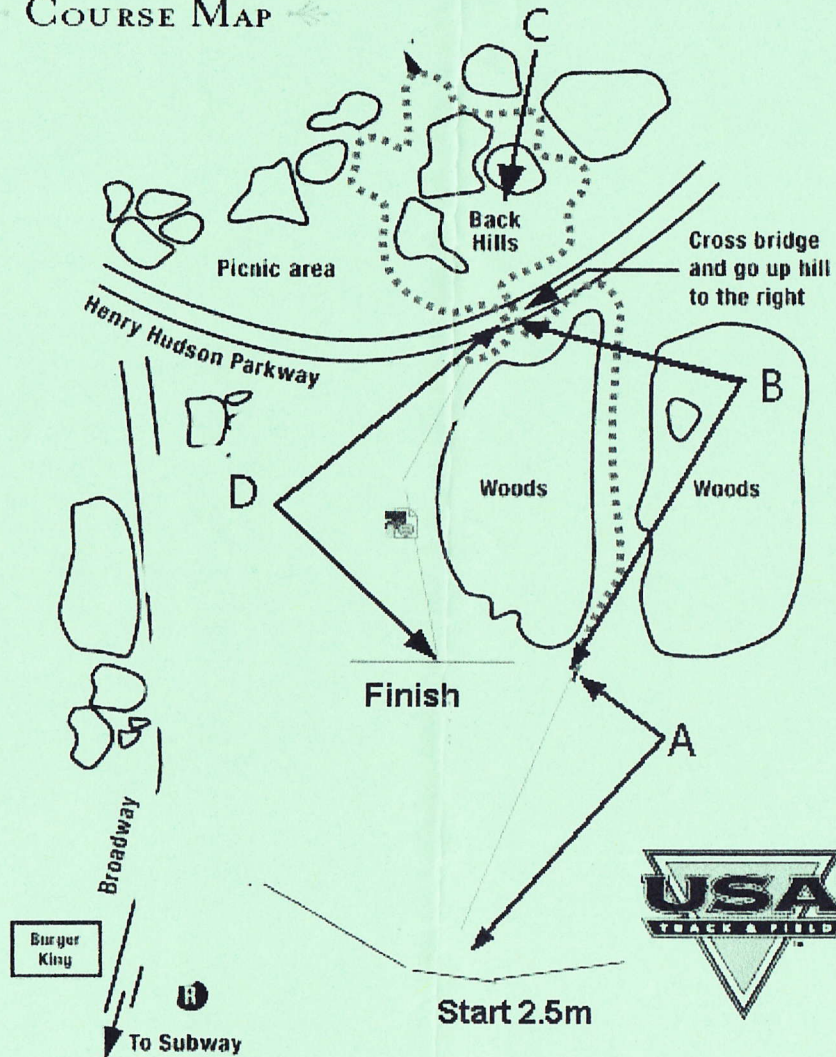


Van Cortlandt Park 2.5 Mile Varsity Course

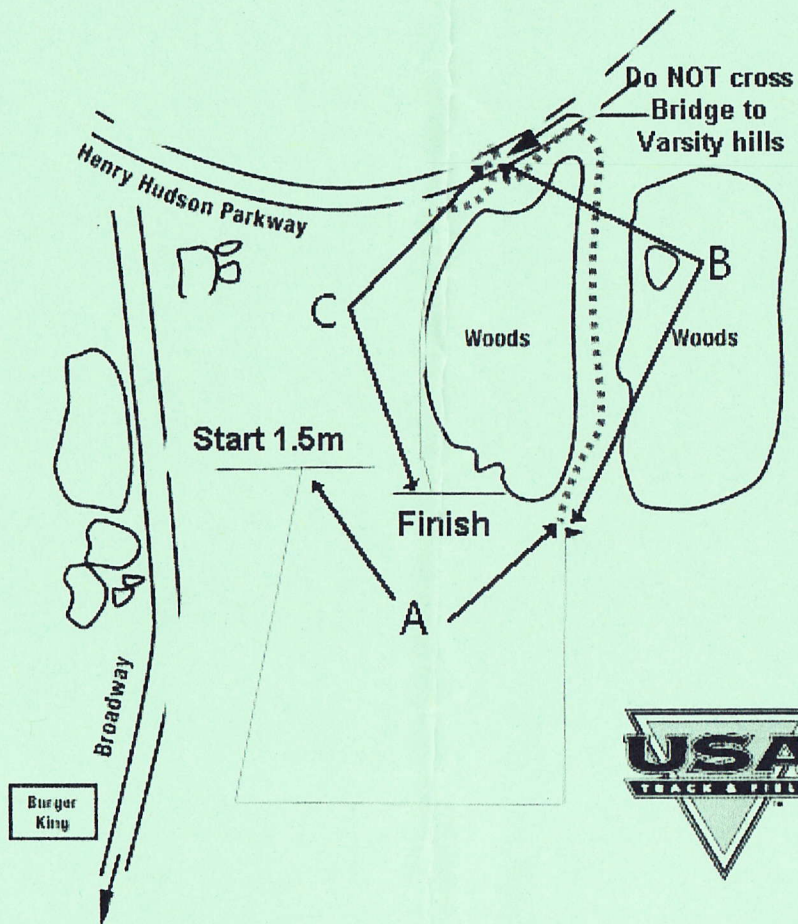
⇨ COURSE MAP ⇨



- A Flats: 1,409 Feet; 470 Yards; 429 Meters; ¼ Mile
- B Cowpath to Start of Back Hills:
2,555 Feet; 852 Yards; 778 Meters; ½ Mile
At this point, you are:
3,964 Feet; 1,321 Yards; 1,208 Meters; ¾ mile into the Race.
- C Back Hills:
6,535 Feet; 2,178 Yards; 1,992 Meters; 1 ¼ Miles
At this point, you are:
10,499 Feet; 3,500 Yards; 3,200 Meters; 2 Miles into the Race
- D Bridge (end of Back Hills) to Finish Line:
2,701 Feet; 900 Yards; 823 Meters; ½ Mile
Of this distance, the Final Straightaway is:
1,725 Feet; 575 Yards; 526 Meters.

**Van Cortlandt Park
1.5 Mile Freshman Course**

❖ COURSE MAP ❖



A Flats: 3,008 Feet; 1,003 Yards; 917 Meters.

B Cowpath to Bridge (top of Course):
2,383 Feet; 795 Yards; 726 Meters.
At this point, you are:
5,391 Feet; 1,797 Yards; 1,643 Meters into the race.

C Bridge to Finish Line:
2,529 Feet; 843 Yards; 771 Meters.
Of this distance, the Final Straightaway is:
1,725 Feet; 575 Yards; 526 Meters.