

Courtesy of Milton Cross Country Booster Club
www.miltoncxc.org

Milton 5K Course

Three Loops:

1st Loop - 1,000M

2nd & 3rd Loops - 2,000M

CM5-Lower Cut-Through

CM4-Howell Bridge

CM3-UPS Loop

CM6-Upper Cut-Through

CM7-Outdoor Classroom

CM8-Trailhead

CM9-Spectator Xing

Freemanville Road

COACH ZONES

- 1- Runner Safety: Finish Chute & Medical Tent, Athlete Water
- 2-Manual Scoring (TT); Spectator Xing (Invite)
- 3-Finish Timer
- 4-Course: Freemanville Hill, Meadow to Mile 1
- 5-Course: Service Rd, UPS Loop & Bridges
- 6-Course: Woods Loop & Trailhead

- Medical Tent
- Finish Cards (TT)
- Finish Chute
- Manual Scoring (TT)
- Finish Timers
- Athlete Water

