



# APPALACHIAN ATHLETIC CONFERENCE CROSS-COUNTRY CHAMPIONSHIPS Sycamore Shoals State Park, Elizabethton, TN

## Women's 5000 Meter Course



5000 Meter Course: From the start follow the solid yellow line which represents a full lap of the course. 5000 runners will run 2 full laps and then as they complete the 2nd lap they will continue straight following the dotted yellow line on the shorter 3rd lap to the finish.