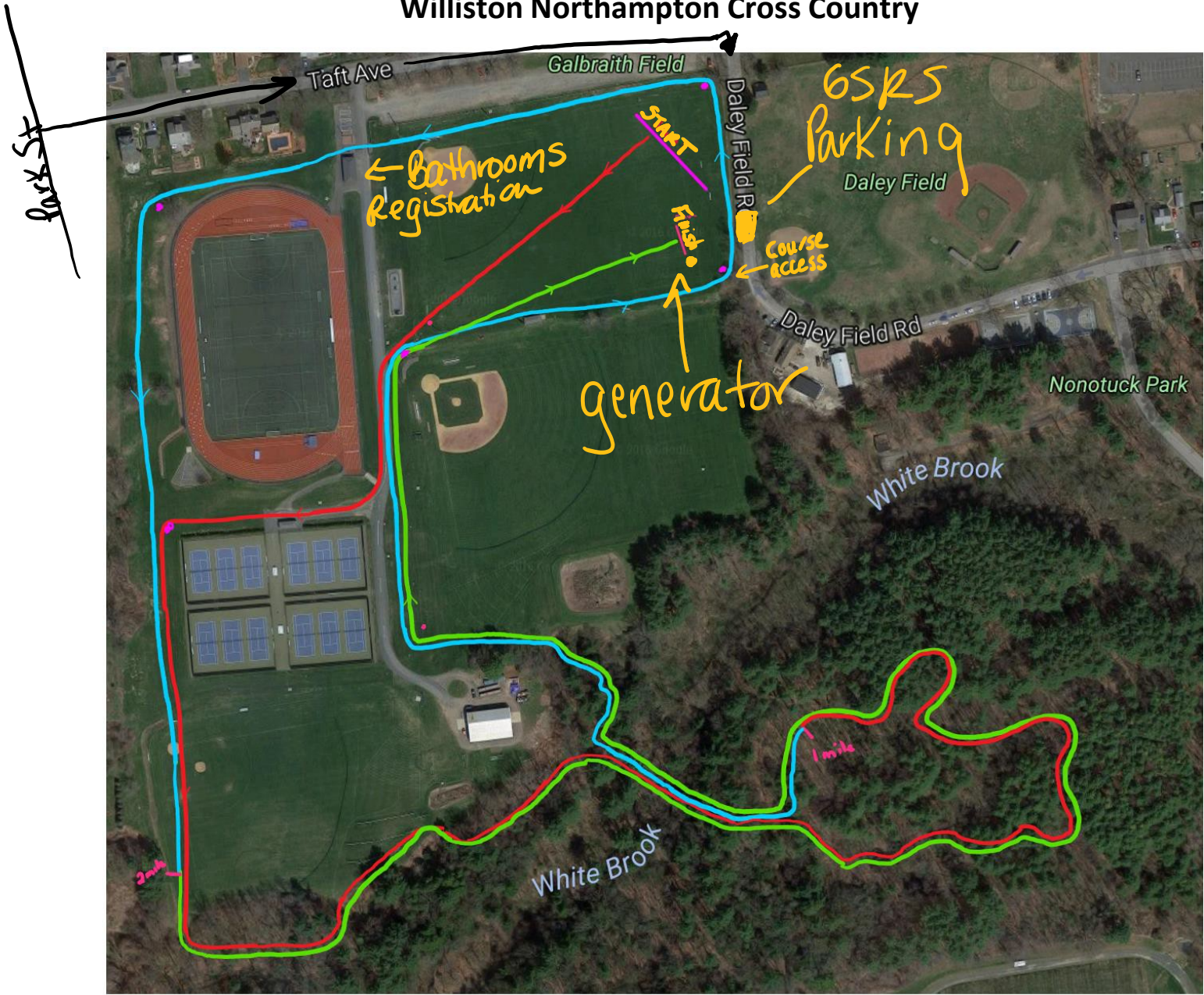


# Williston Northampton Cross Country



First Mile   Second Mile   Third Mile

The course is marked with flags (red=left turn - runners must keep flag to their left, yellow=right turn - keep flag to their right, blue=straight ahead). Directional arrow signs and the painted white line on the ground are for guidance only. Runners do not need to keep on the line or go to the arrow signs.