SAINT LEO UNIVERSITY
Division II Cross Country Championships
Facility Diagrams-MEN’S COURSE

The start of the course is flat for approximately 150 meters where it then meets a gradual incline (approximately 2%) for about 600 meters. The course begins to gradually make a right hand turn, where there is an approximately 2% decline for about 700 meters. After the first mile marker the course makes a gradual 180 degree turn to head back up an incline of about 2% for approximately 1 kilometer. The course then makes a gradual left turn to head down an approximate 2% decline for 200 meters followed by 2 gradual right turns separated about 100 meters apart. The course then makes a gradual left turn to head south for approximately 100 meters. Another gradual left hand turn occurs which takes the runners in a “backwards C” loop with a distance of approximately 400 meters. As the course comes out of the backwards c loop it remains straight and relatively flat for approximately 600 meters heading west. The course then takes a gradual left heading south and follows a square-like field with gradual right hand turns at a relatively flat grade. The men’s course then proceeds to follow the same loop for approximately 6 more kilometers where it then makes a gradual right hand turn creating an ‘s’ shape to the finish with approximately a 150 meter straightway into the finish with a an approximate 1.5% gradual decline.