

USATF PACIFIC NORTHWEST CROSS COUNTRY COURSE

“Upper” Lower
Woodland Park
Seattle, WA

- A** Start line
- B** Below the middle saddle
- C** North saddle
- D** Northbound road crossing
- E** Northwest turn
- F** Northeast turn
- G** West end of gully
- H** Southbound road crossing
- I** Four corners pathway
- J** Five corners pathway
- K** Below start/finish line
- L** Southbound path crossing
- M** Southeast turn
- N** Southwest turn
- O** Northbound path crossing
- P** 2k/4k/6k/8k and finish line

