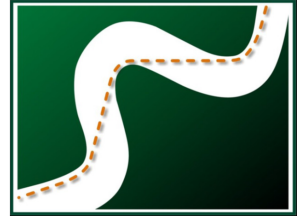


## Cross Country Course Measured by Shortest Route

The high school cross country course shall be 2,500 to 5,000 meters (1.5 to 3.1 miles) in length. The course distance is determined by the games committee or by state association policy. In Kansas, the course measurements are: high school boys and girls - 5K; 8th grade - 2 mile (3200m); 7th grade - 2 mile (3200m).

**When measuring the course, the distance is based upon the shortest possible route a runner may take.** This method of measurement is a more accurate distance of the actual running route taken by the competitors and ensures all runners will run at least the stated race distance.



There are several methods used to establish the course by walking the course and using a measuring wheel and then following up with a GPS as a back-up. Keep in mind the GPS should not be the primary measuring device. **If using the exact course as previously used with the new method of measurement, the starting line or finish line should not be in the same place as previously located using the old course measurement method.**

Envision the shortest possible route as a string, stretched along the course. Along corners/sharp curves, stay approximately one foot off corner/curve, straight through S-turns and diagonally between corners and curves. You will measure in this fashion: