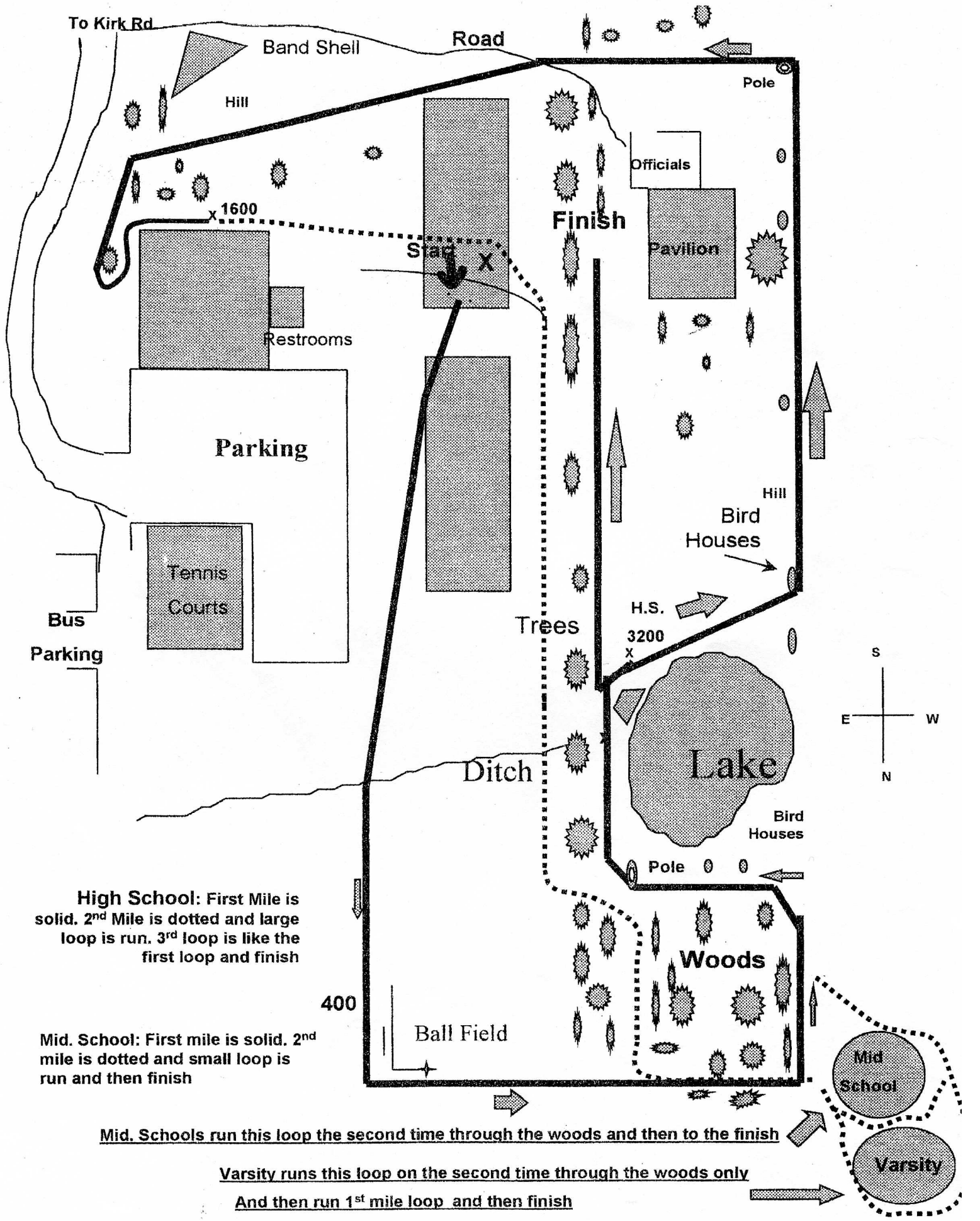

High School: First Mile is solid. 2nd Mile is dotted and large loop is run. 3rd loop is like the first loop and finish

Mid. School: First mile is solid. 2nd mile is dotted and small loop is run and then finish

Mid. Schools run this loop the second time through the woods and then to the finish

Varsity runs this loop on the second time through the woods only

And then run 1st mile loop and then finish