Long Island University

Cross Country Course

Brookville, New York

Race Distances and Loop Combinations

RACE	LOOP COMBINATION	LOOP DISTANCE	START DISTANCE	FINISH CHUTE	TOTAL DISTANCE
5K	2 X 1595 1 X 1400	4590m	210	200m	5000m
6K	4 X 1400	5600m	200m	200m	6000m
8K	3 X 1595 2 X 1400	7585m	215m	200m	8000m

Course Details

- Start and Finish on grass
- One Decision point: stay on long loop (yellow) or take shortcut (blue)
- 1595m primary loop with 1400m shortcut (saves 190m)
- Multiple start lines
- Flat spectator friendly finish into the field

LEGEND

- Photo Opportunity
- Sports Medicine
- Water
- Restrooms
- Trash Cans