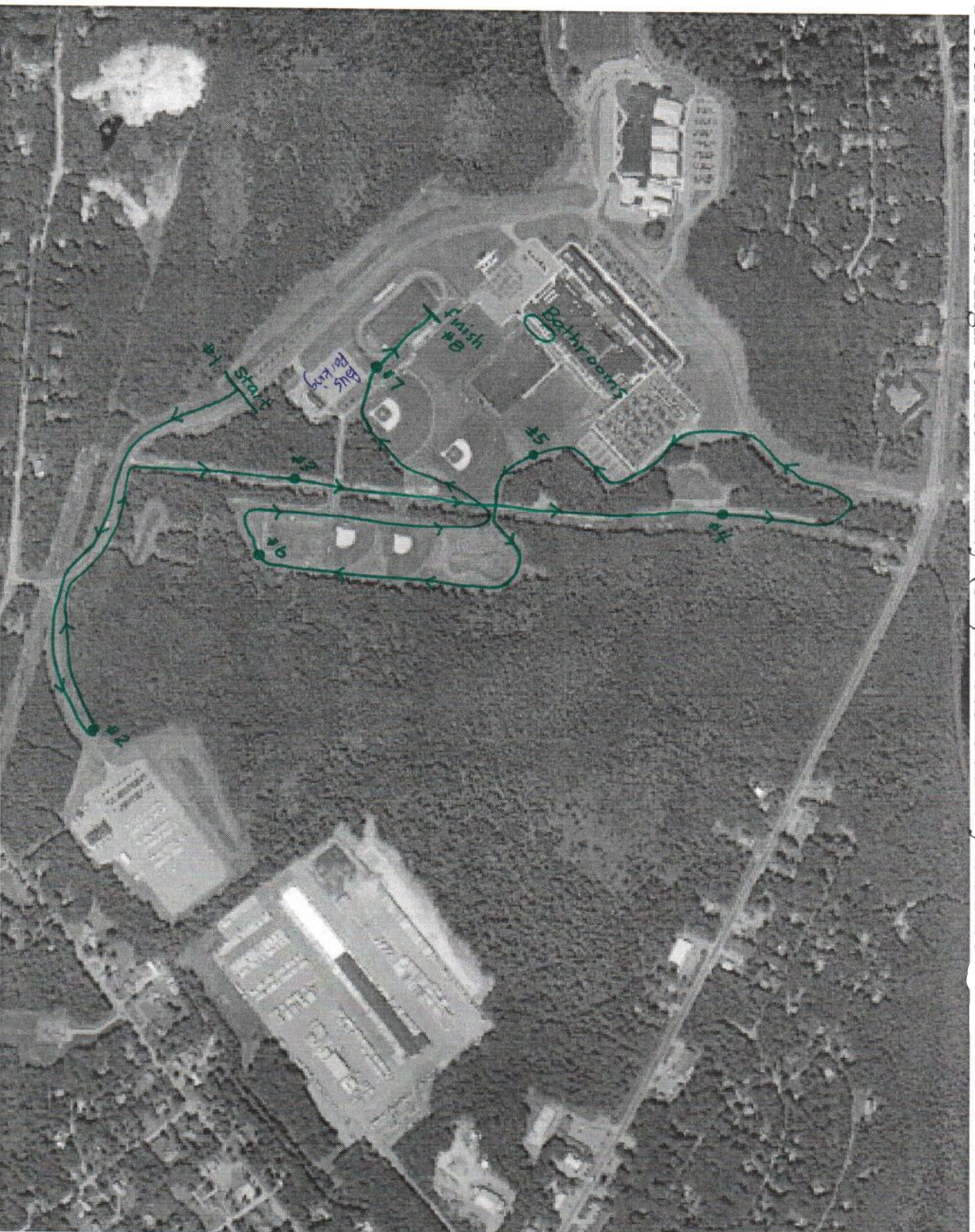


Pocono Mtn. West High School Varsity (5k) Cross Country Course



- #1: Starting line
- #2: 1/2 mile mark
- #3: 1 mile mark/start of the middle school 2.1 course
- #4: 1 1/2 mile mark
- #5: 2 mile mark
- #6: 2 1/2 mile mark

- #7: 3 mile mark
- #8: finish line for both varsity and middle school races.

Bri Palazzi (bpalazzi@pmsd.org) – Head Coach/Varsity
 Tara Bray (tabray@pmsd.org) – Asst. Coach/Varsity
 Marco Jaimes (mjaimes@pmsd.org) - Jr High Coach