

St. Joseph's College
XC Course

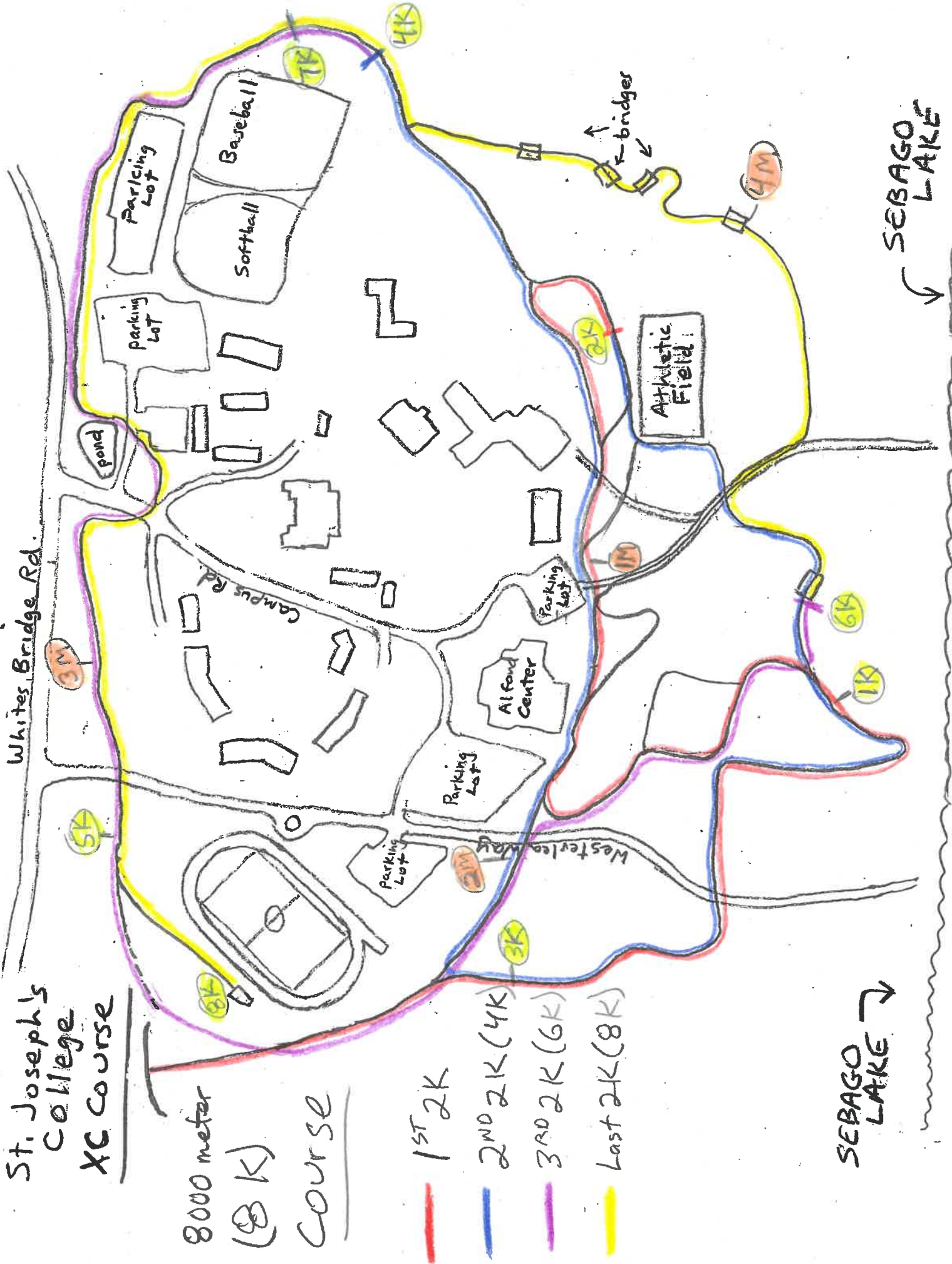
8000 meter
(8K)
Course

1ST 2K

2ND 2K (4K)

3RD 2K (6K)

Last 2K (8K)



SEBAGO LAKE →

SEBAGO LAKE
↙

St. Joseph's College
XC Course

6000 meter
(6K)

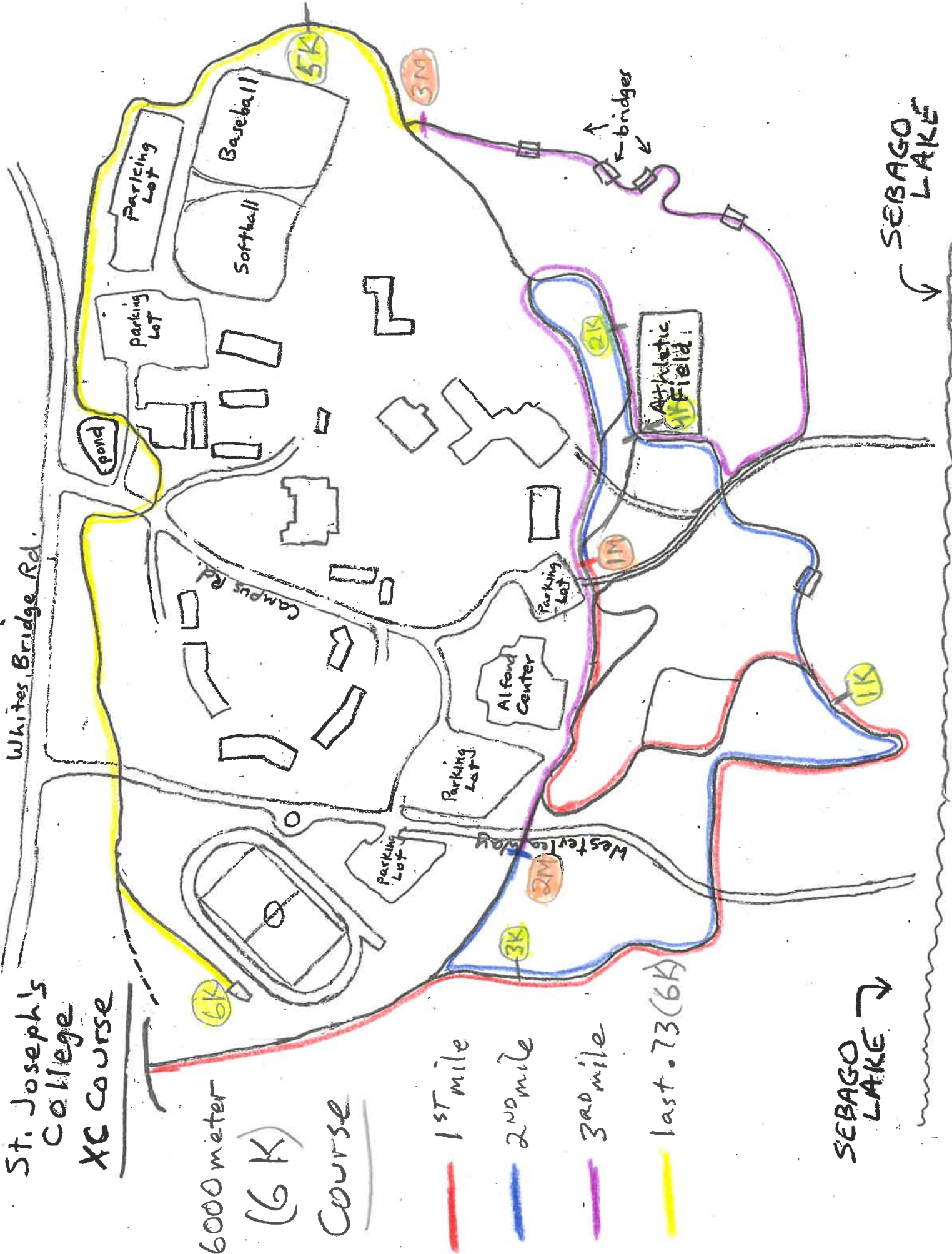
Course

— 1st mile

— 2nd mile

— 3rd mile

— last .73(6K)



SEBAGO LAKE →

SEBAGO LAKE →