

# OCEAN STATE INVITATIONAL MIDDLE SCHOOL 1.25 MILE COURSE MAP

1st 1000 Meters - Start to woods trail (1,155m): grass, flat, includes lap of field -  
spectator friendly

2nd 1000 Meters - Pond loop & finish: first left in woods down to pond, grass path  
along pond, and up a significant hill (75m) to 500 flat finish

