

City Conference Cross Country Course for 2009

On the next page you'll find a map of the city course at Morley Field. It's not meant to be a comprehensive guide to every turn around every tree as you have to jog the course a few times to learn all that. It does, however, give spectators an idea of the best place to watch a race.

The course looks a little complicated at first but just follow the letters (A through H) taking the obvious path between each letter and you have a pretty good idea on how the course is laid-out.

The start (A) is directly across from the gate at the senior center. From here the course goes downhill to the "dog loop" for about a quarter mile, then back to the sidewalk between the tennis courts and the pool. Watch the start then take a leisurely stroll to the half-mile point and you'll see the runners coming up the hill from the dog loop. The course loops around the pool and comes out near the start where it runs along the grass and sidewalk adjacent to the soccer fields. It goes around the soccer fields to the one mile point where it takes a sharp turn around a tree to the left of the sidewalk and on to a narrow rocky path that goes around the velodrome (point B on the map). The best place to watch the runners at this point is to briskly walk to the 1 mile point after you've watched them pass the half mile mark. Just cut across the grass and follow the sidewalk. Once you watch the runners disappear into the boonies past the mile mark head toward point "E" on the map because they'll go by this stretch twice. The distance from the mile mark to point "E" for spectators is about 250 meters, for the runners it's about 1400 meters (.87 miles). From point "E" it's only about 85 meters to the finish for you and about 1000 meters (.62 miles) to the finish for the runners.

This course is used by all three leagues in the City Conference (Eastern, Central, Western) with the Eastern league running on Tuesdays the Western on Wednesdays and Central on Thursdays. It's also the same course used by all three leagues for their league championships.

Last year, because grass was planted in the starting area to prepare the course for the Footlocker National CC championships, we had to use a modified version of this course that ran slow. This season we're back to the old version.



Morley field
3-miles.
Follow the letters
A-H.

1/2
MILE

2 MI

1 MI

Morley Field, San Diego, CA 92104

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Texas St

J St

Jacaranda Dr

Jacaranda Dr

Florida Dr