

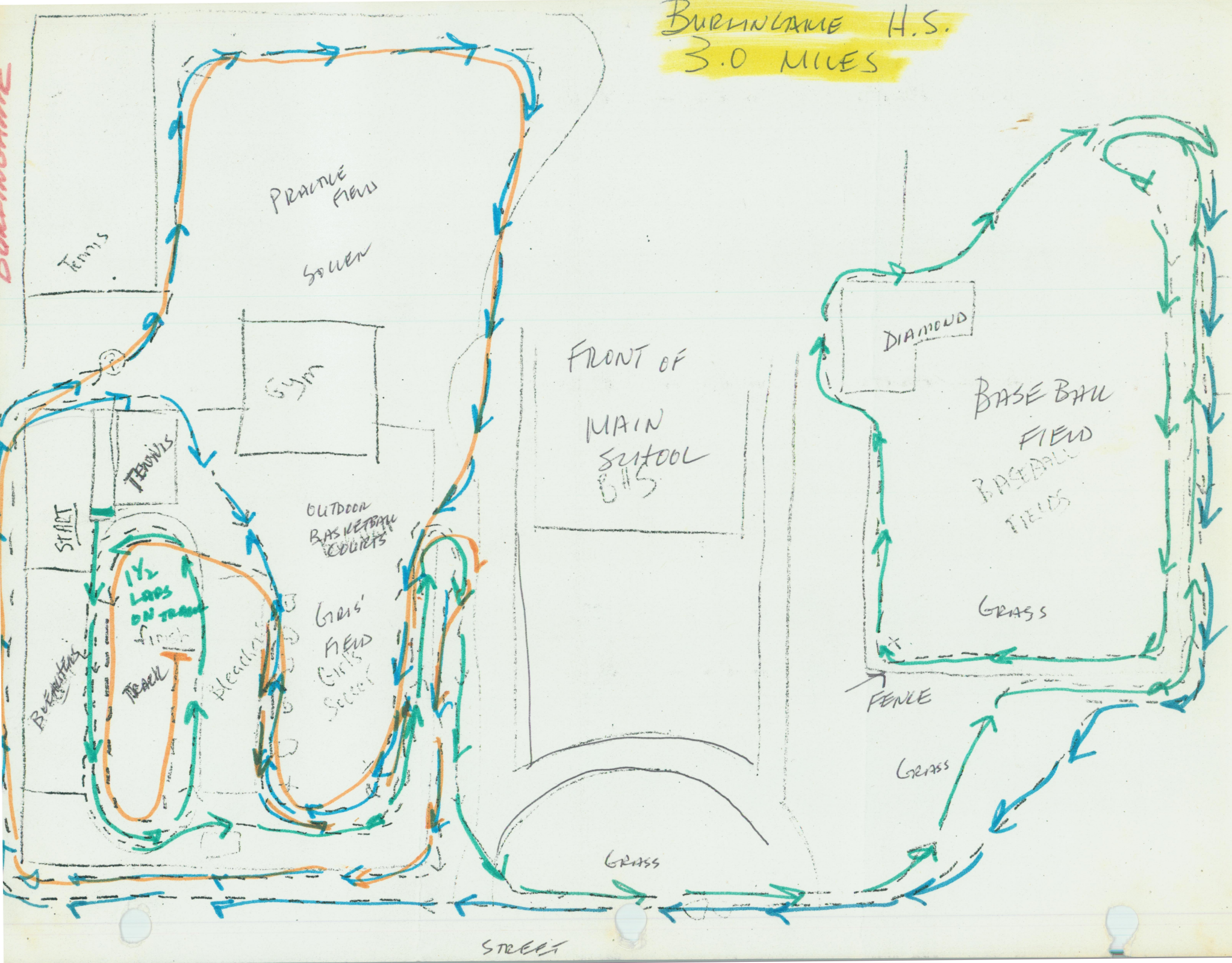
ARAGON High School
Cross-Country Course
2.6 miles

①
②
③



The Alameda de las Pulgas

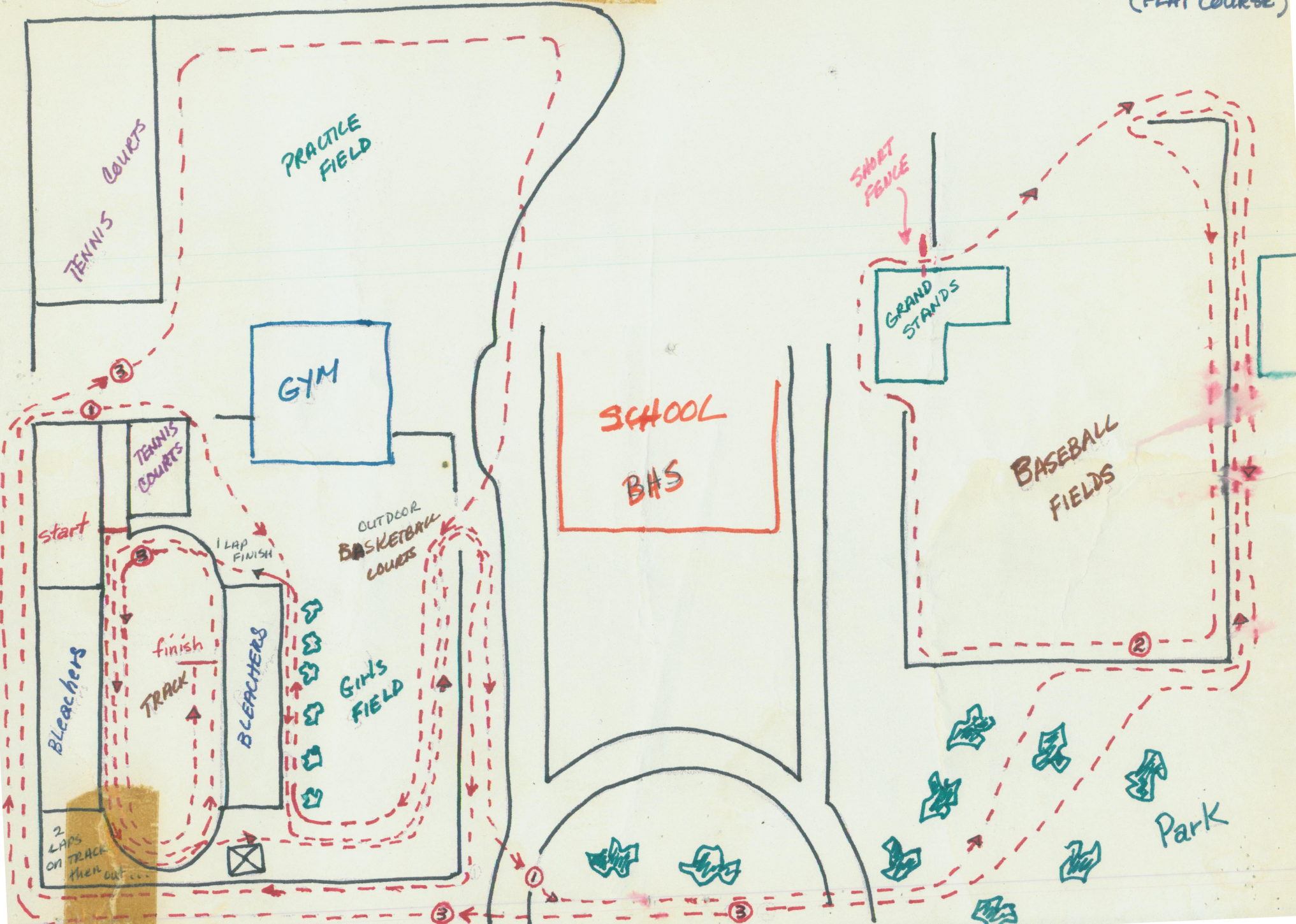
BURLINGAME H.S.
3.0 MILES



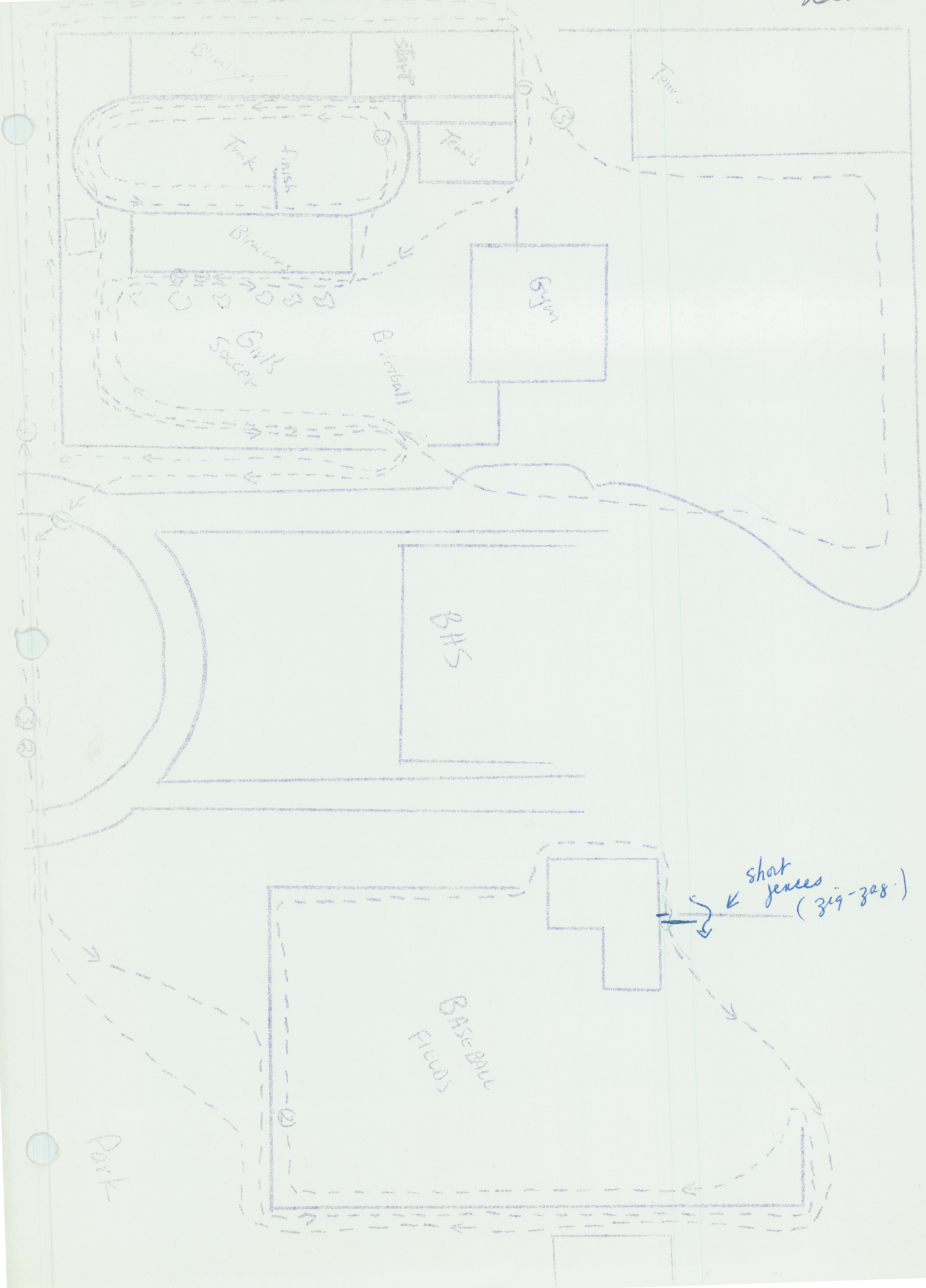
BURLINGAME X-C COURSE

3 miles

(FLAT COURSE)

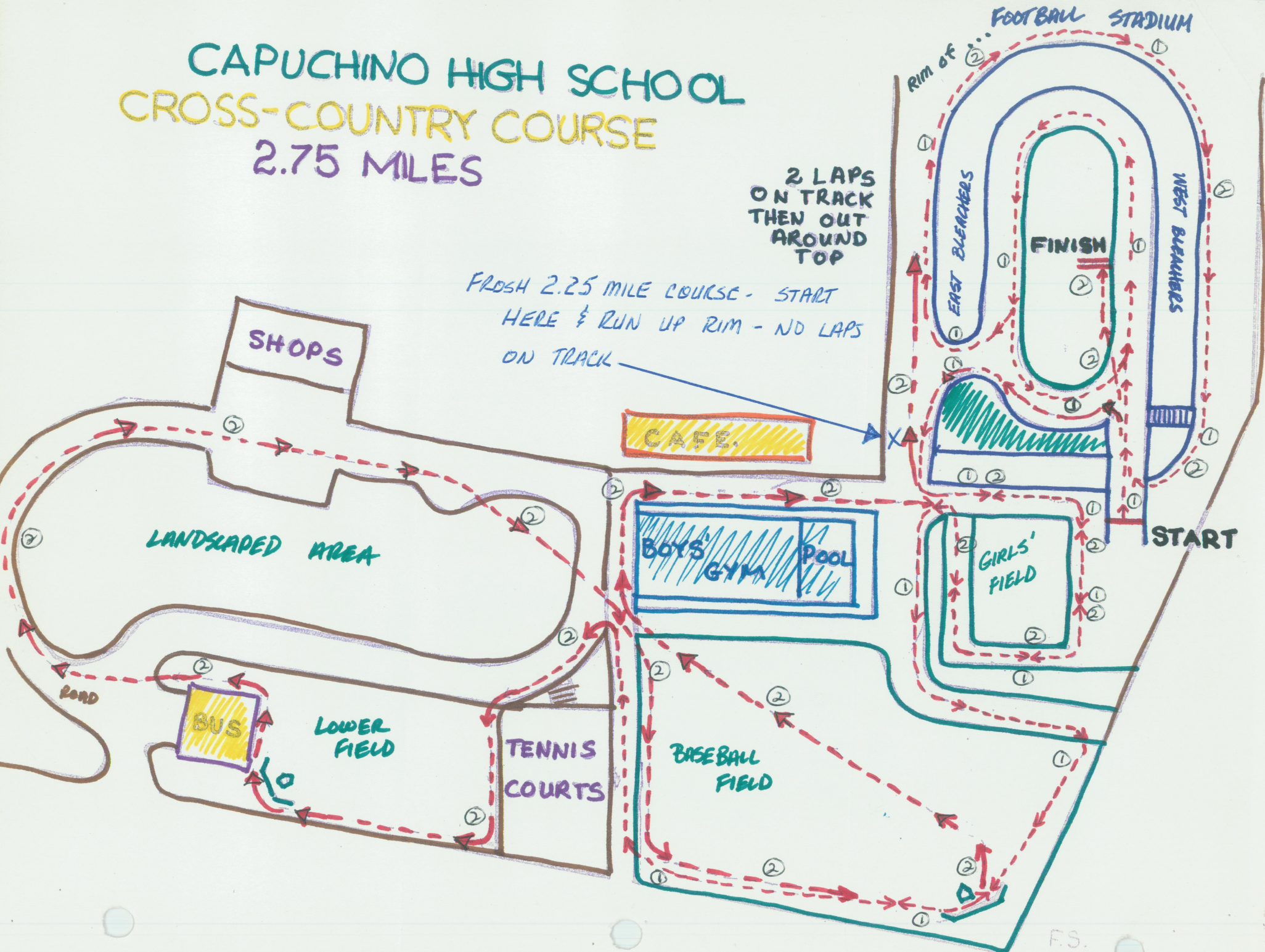


Build



short
jumps
(zig-zag)

CAPUCHINO HIGH SCHOOL CROSS-COUNTRY COURSE 2.75 MILES



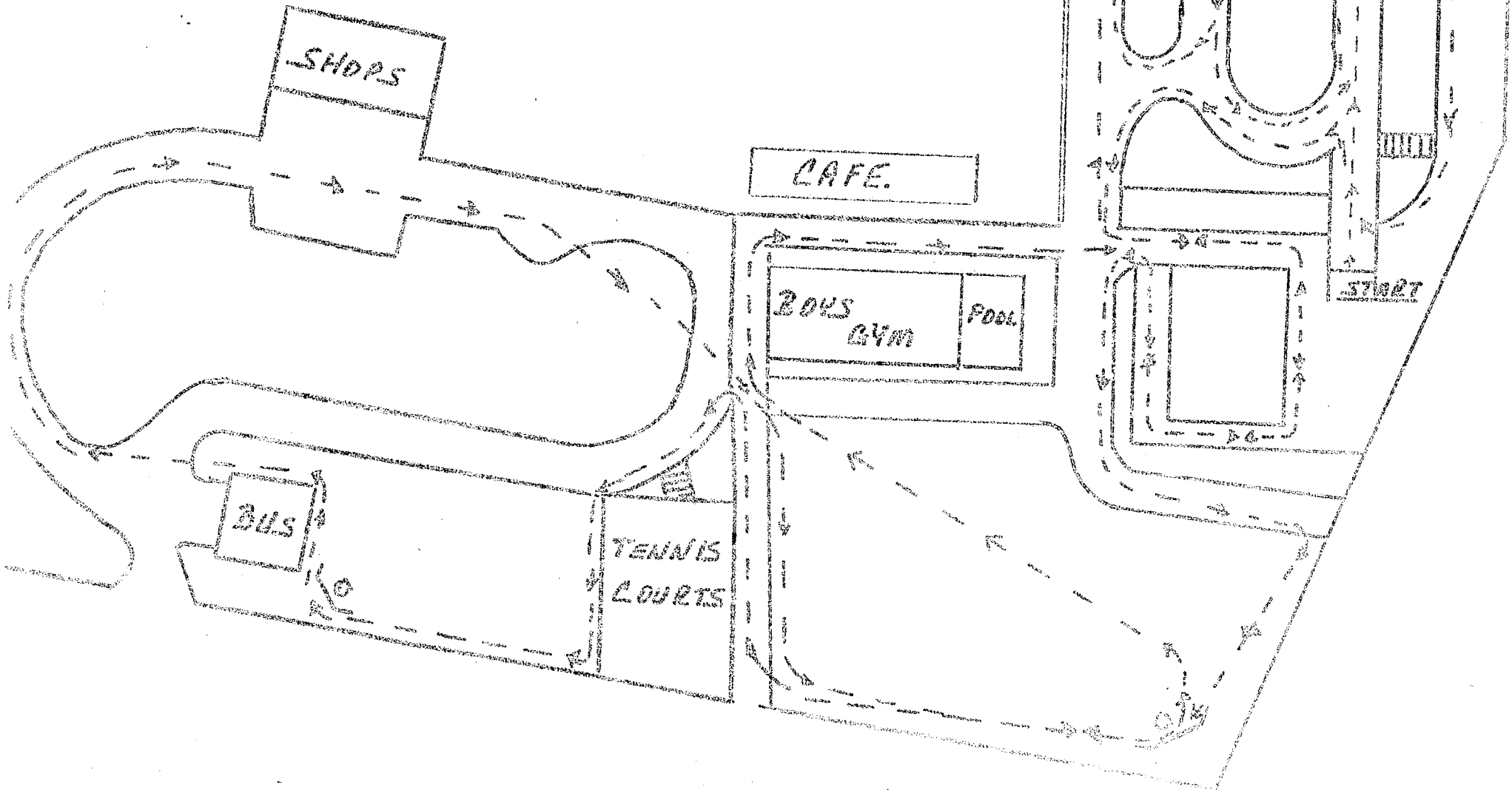
CARPENTERS HIGH SCHOOL CROSS COUNTRY COURSE

2.75 MILES

1. SPIKES OPTIONAL
2. FROSH RUN 2.25M UNTIL OCT. 15, '74 ON TRACK THEN OUT AFTER WHICH THEY RUN 2.75M. AROUND RIM

2 LAPS

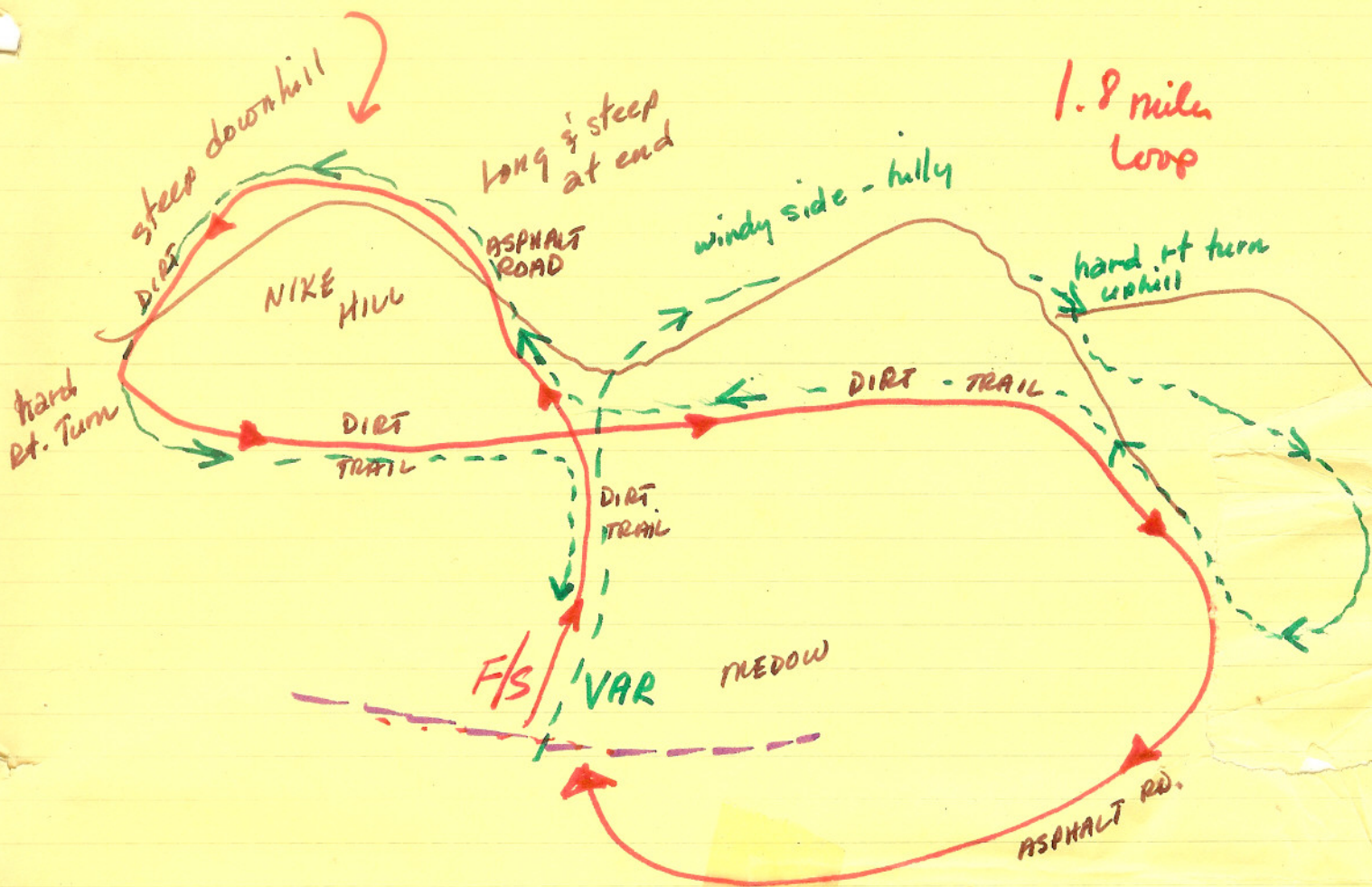
ON TRACK
THEN OUT
AROUND RIM



COYOTE HILLS NEWARK - FREMONT

1.8 miles Loop

1.8 miles Loop



F/S 2.25 miles

VAR 3.25 miles

good times betw 11-12 minutes

GIRLS RECORD
112 STRANBIO
10:39 - 1978
MISSION
SS H.S.

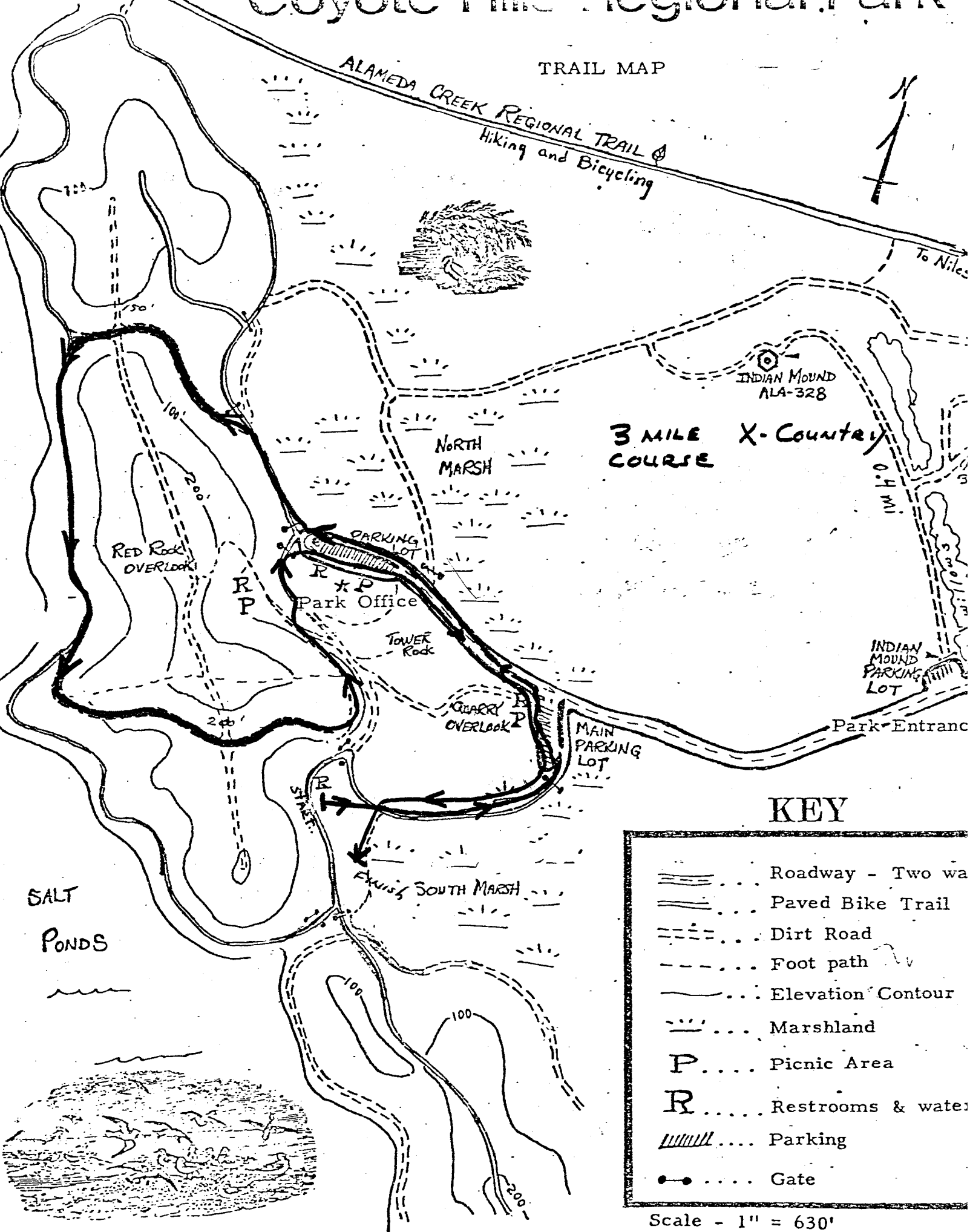
Course Record 17:18 (18-20 good times)

STEVE STRANBIO - MISSION SS H.S. - 1978

Coyote Hills Regional Park

TRAIL MAP

ALAMEDA CREEK REGIONAL TRAIL
Hiking and Bicycling



INDIAN MOUND
ALA-328

3 MILE X-Country
COURSE

NORTH
MARSH

RED ROCK
OVERLOOK

R
P

Park Office

PARKING
LOT

TOWER
Rock

QUARRY
OVERLOOK

MAIN
PARKING
LOT

INDIAN
MOUND
PARKING
LOT

Park Entrance

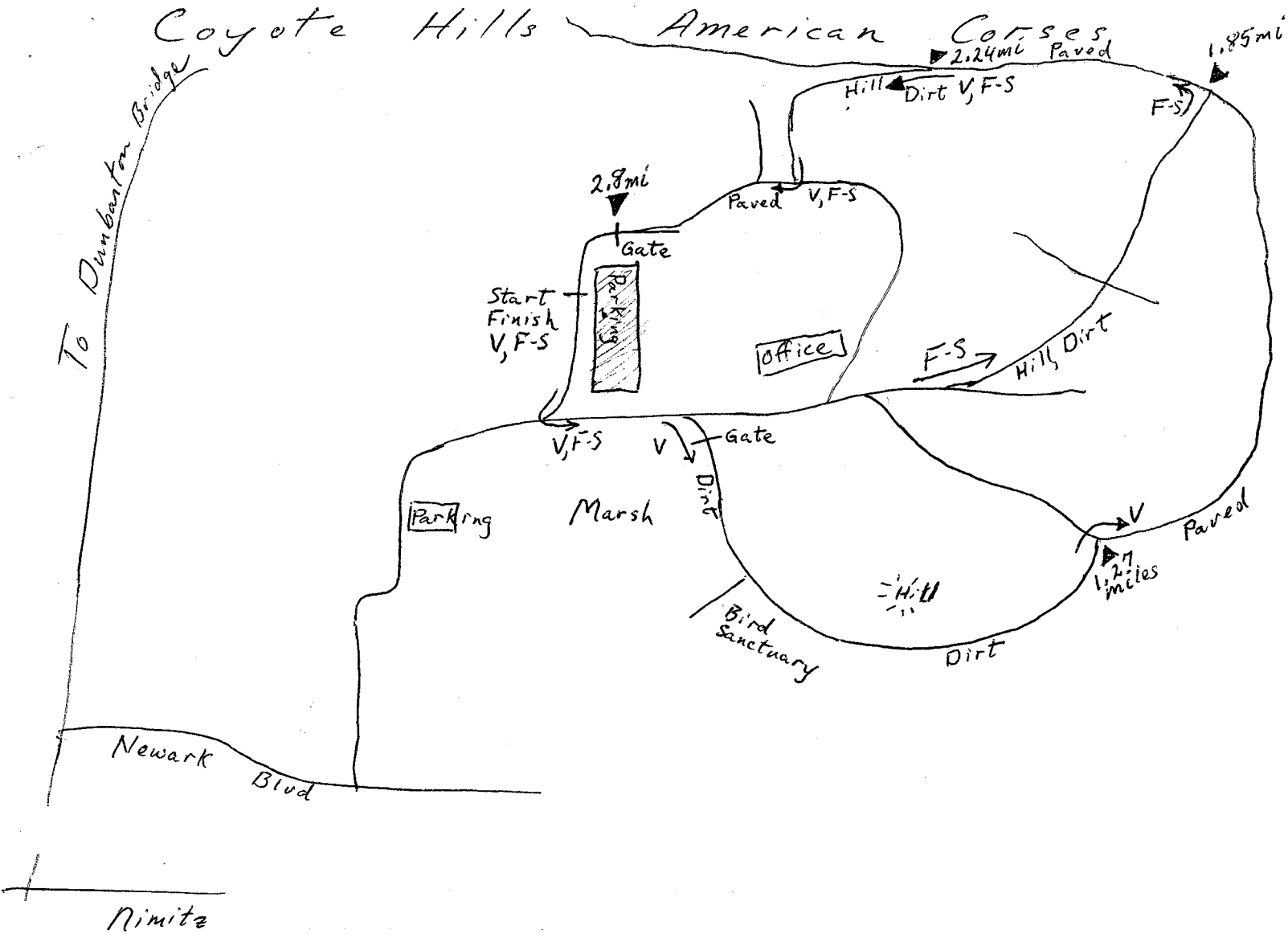
SALT
PONDS

South Marsh

KEY

- ==== Roadway - Two way
- ==== Paved Bike Trail
- Dirt Road
- - - Foot path
- Elevation Contour
- Marshland
- P.... Picnic Area
- R..... Restrooms & water
- //////.... Parking
- Gate

Scale - 1" = 630'



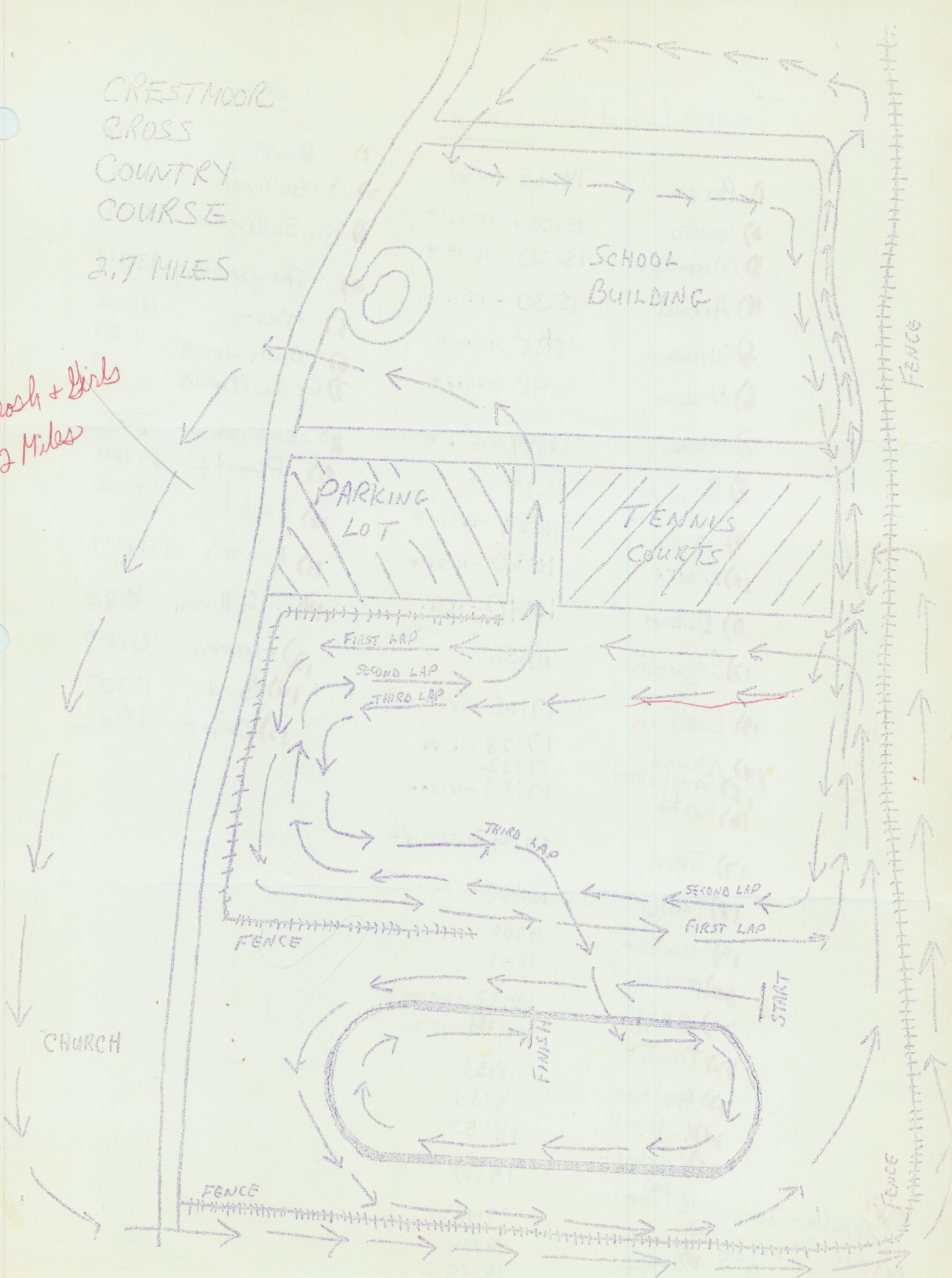
COYOTE HILLS REGIONAL PARK FREMONT-NEWARK

American H.S. Course

Varsity	2.9 miles
F/S	2.0

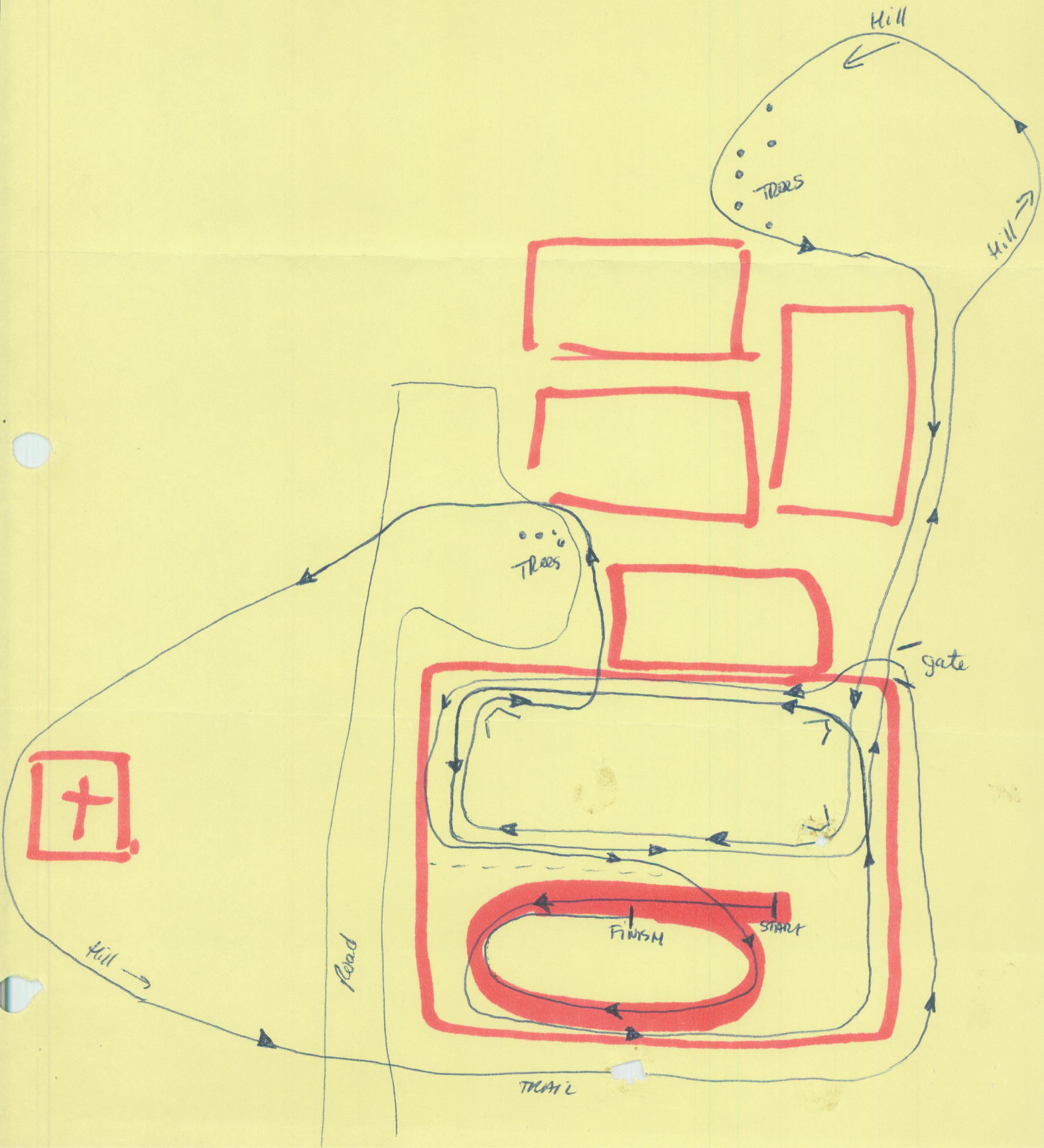
CRESTMOR
CROSS
COUNTRY
COURSE
2.7 MILES

Fresh + Girls
2 Miles

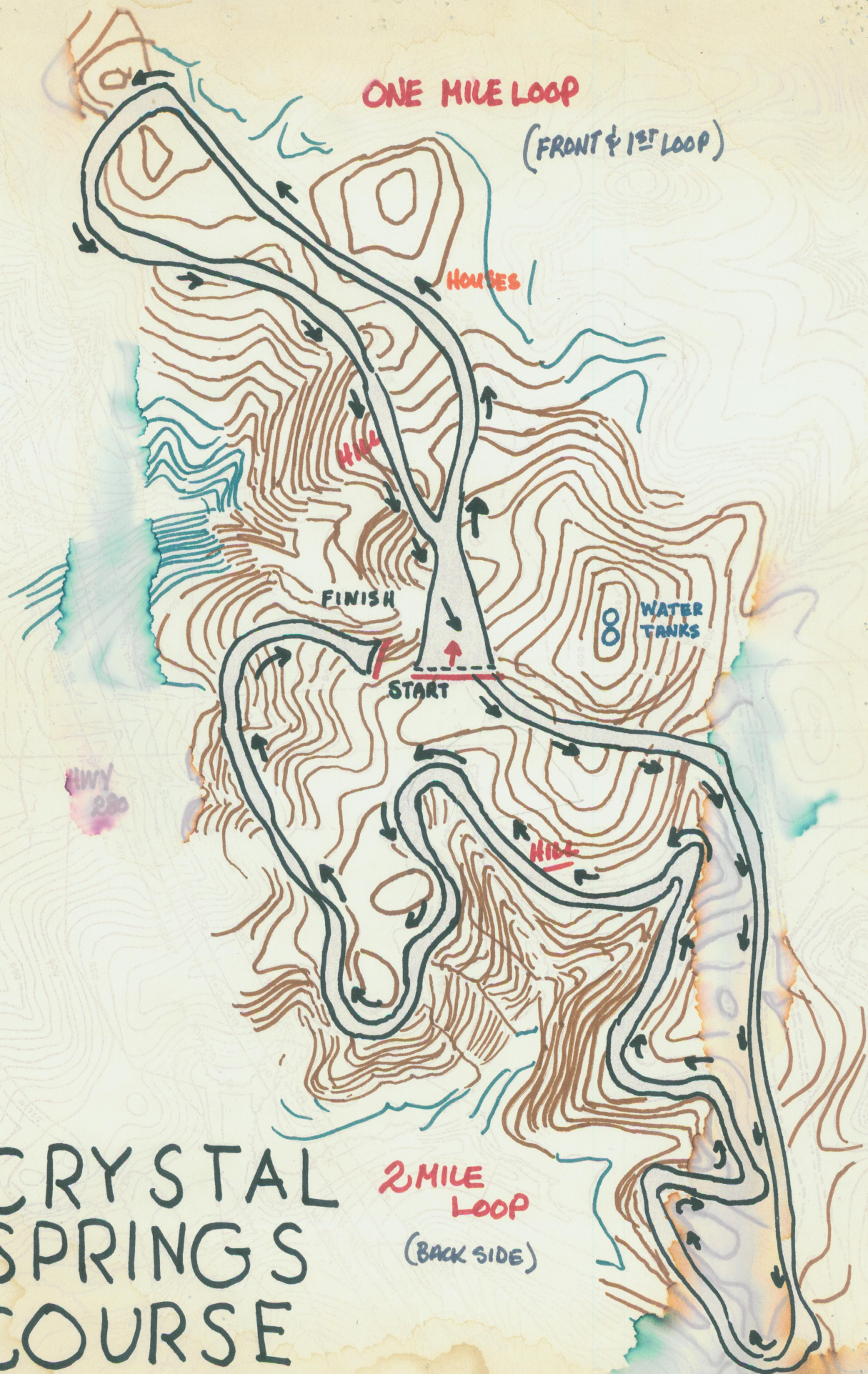


Crestmoor Course

2.8 miles

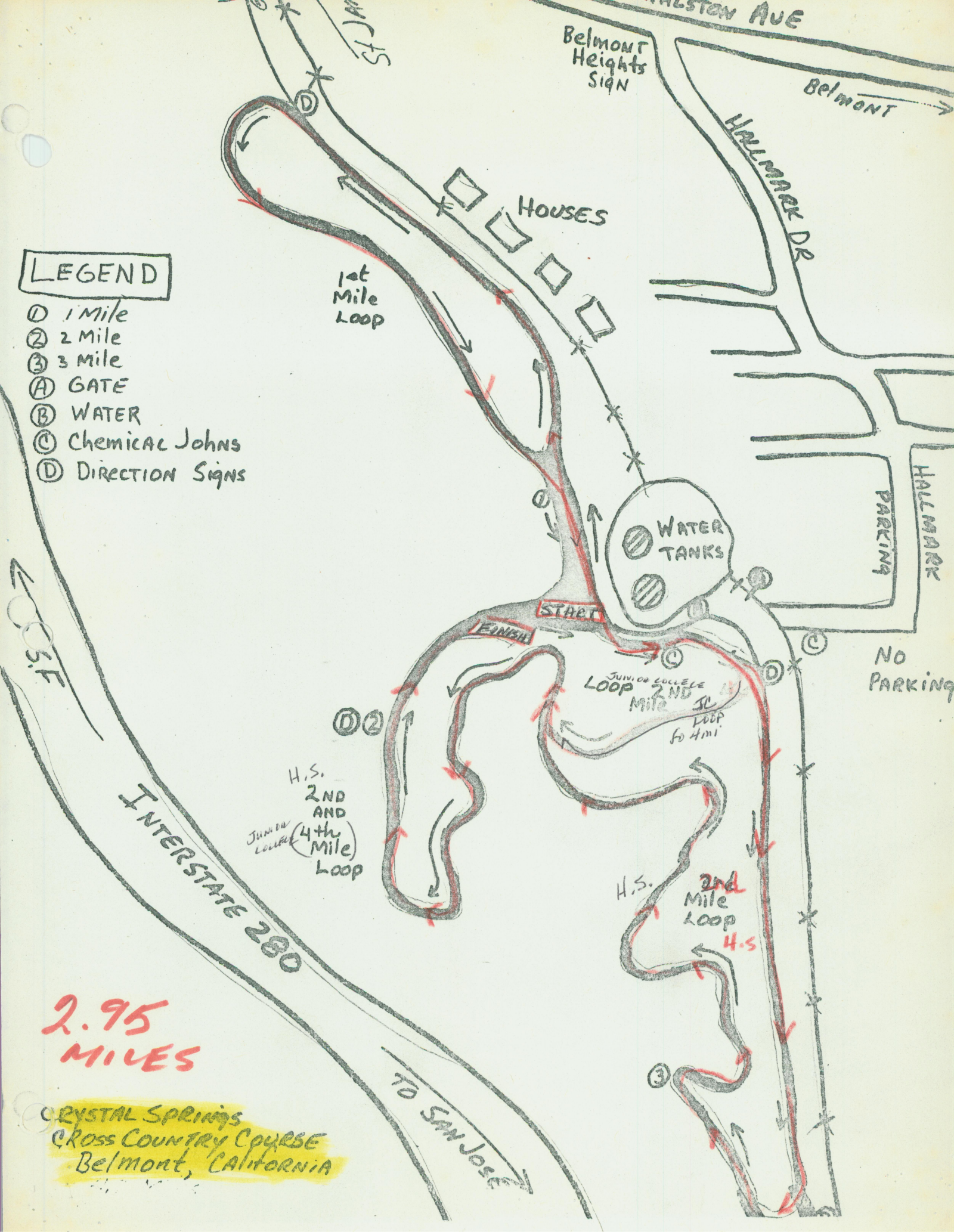


CRYSTAL SPRINGS COURSE 3 MI



LEGEND

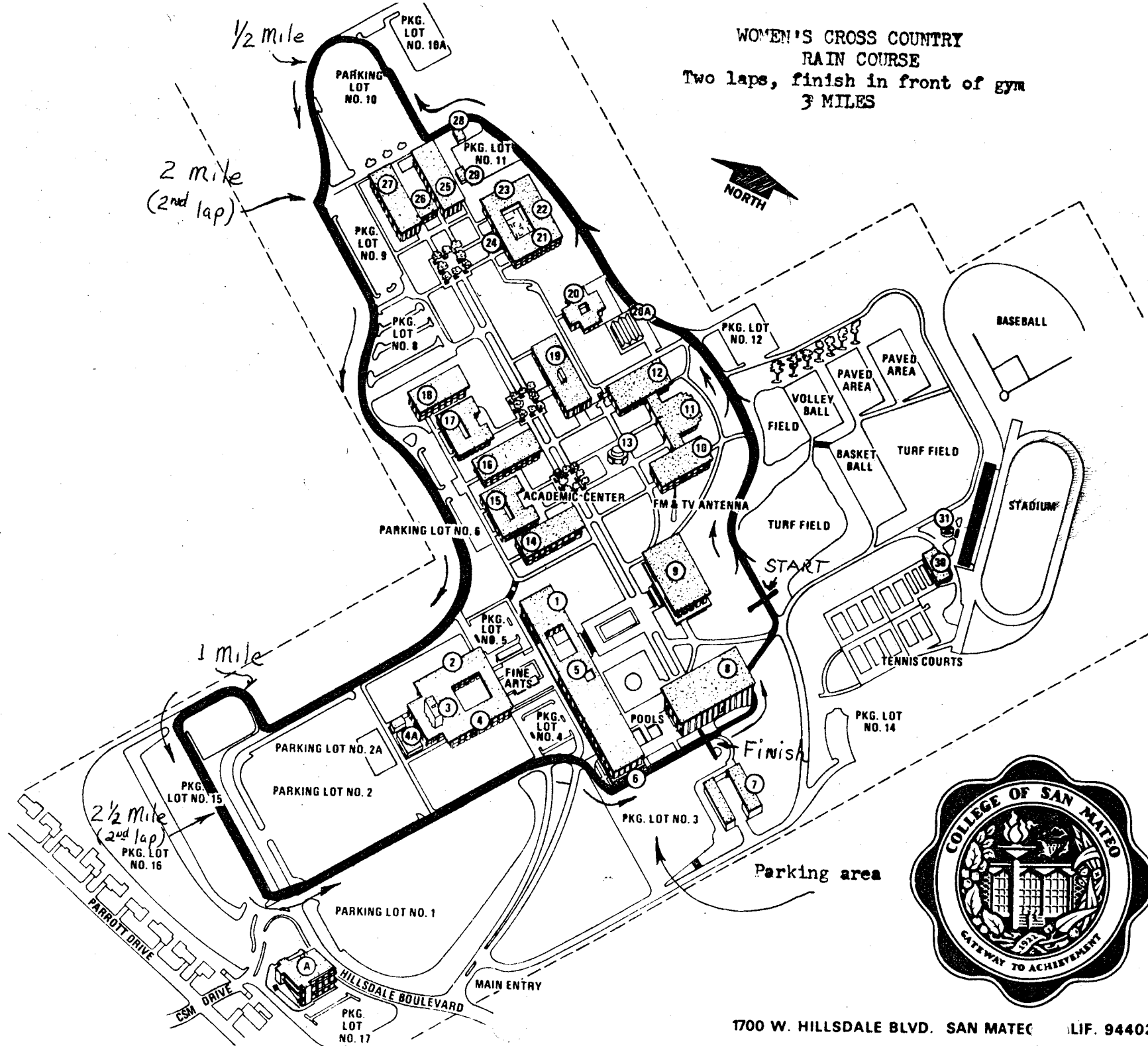
- ① 1 Mile
- ② 2 Mile
- ③ 3 Mile
- (A) GATE
- (B) WATER
- (C) Chemical Johns
- (D) DIRECTION SIGNS



2.95
MILES

CRYSTAL SPRINGS
CROSS COUNTRY COURSE
Belmont, CALIFORNIA

CSM - RAIN COURSE



WOMEN'S CROSS COUNTRY
RAIN COURSE
Two laps, finish in front of gym
3 MILES



1700 W. HILLSDALE BLVD. SAN MATEO CALIF. 94402

(415) 574-6161

3 MILE COURSE
2 LAPS

COLLEGE OF SAN MATEO

1700 W. HILLSDALE BLVD. SAN MATEO, CALIF. 94402

(415) 574-6161

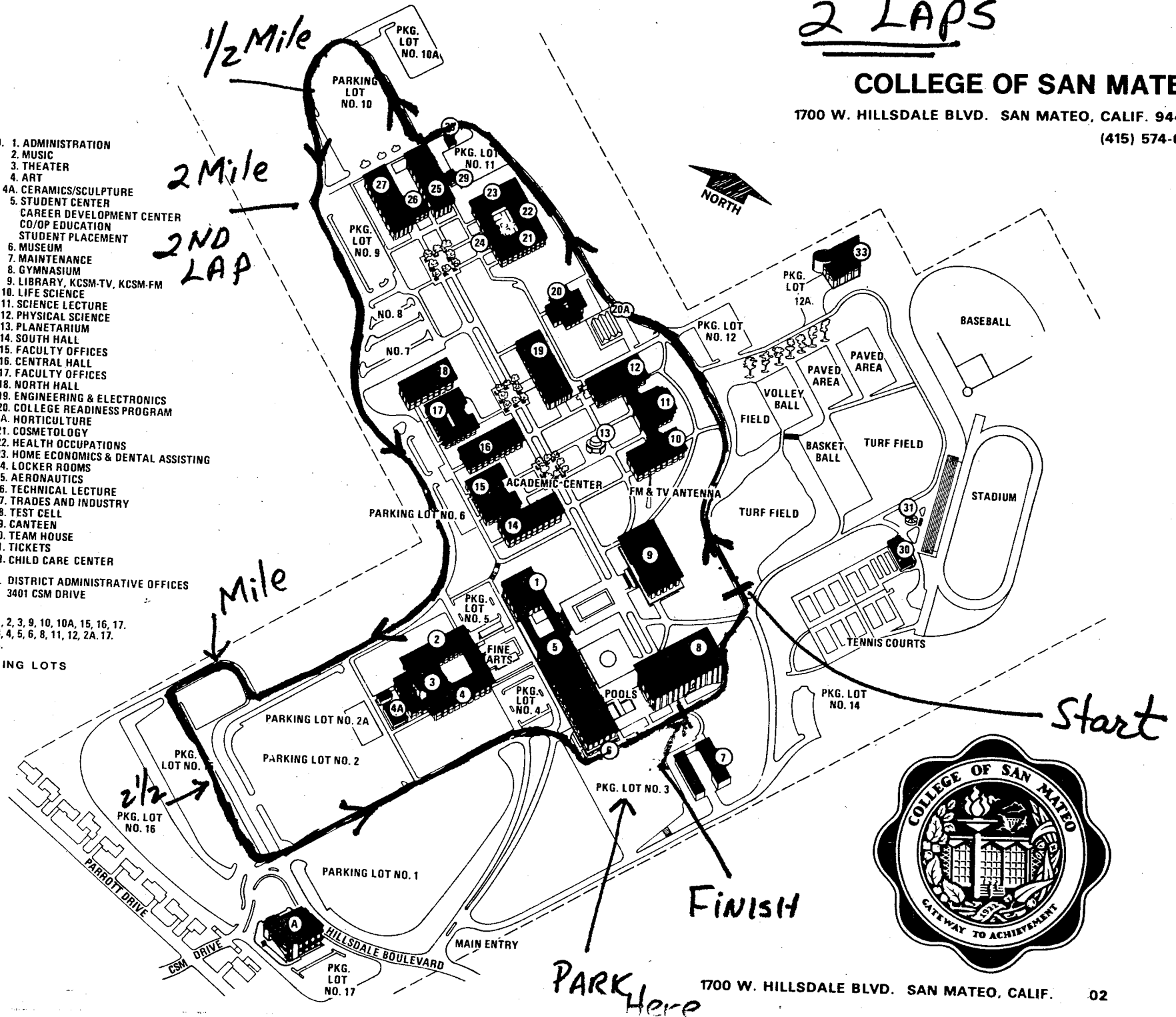


- BUILDING NO. 1. ADMINISTRATION
2. MUSIC
3. THEATER
4. ART
4A. CERAMICS/SCULPTURE
5. STUDENT CENTER
CAREER DEVELOPMENT CENTER
CO/OP EDUCATION
STUDENT PLACEMENT
6. MUSEUM
7. MAINTENANCE
8. GYMNASIUM
9. LIBRARY, KCSM-TV, KCSM-FM
10. LIFE SCIENCE
11. SCIENCE LECTURE
12. PHYSICAL SCIENCE
13. PLANETARIUM
14. SOUTH HALL
15. FACULTY OFFICES
16. CENTRAL HALL
17. FACULTY OFFICES
18. NORTH HALL
19. ENGINEERING & ELECTRONICS
20. COLLEGE READINESS PROGRAM
20A. HORTICULTURE
21. COSMETOLOGY
22. HEALTH OCCUPATIONS
23. HOME ECONOMICS & DENTAL ASSISTING
24. LOCKER ROOMS
25. AERONAUTICS
26. TECHNICAL LECTURE
27. TRADES AND INDUSTRY
28. TEST CELL
29. CANTEEN
30. TEAM HOUSE
31. TICKETS
33. CHILD CARE CENTER

A. DISTRICT ADMINISTRATIVE OFFICES
3401 CSM DRIVE

STUDENT PARKING LOTS: 1, 2, 3, 9, 10, 10A, 15, 16, 17.
STAFF PARKING LOTS: 3, 4, 5, 6, 8, 11, 12, 2A, 17.
VISITOR PARKING LOT: 4.

HANDICAPPED PARKING LOTS
6, 3A, 5, 11, 12



1700 W. HILLSDALE BLVD. SAN MATEO, CALIF.