

# C- USA Cross Country Men's 8k Course Map

-  The blue is the first main loop that the Men's 8k completes it is 3100m.
-  The orange is the 2nd loop that the Men's 8k completes.
-  The yellow is the 3rd loop (abbreviated) that the Men's 8k completes.
-  The red is the final 100m to the finish line after all 3 loops for the Men's 8k.

