


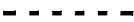

Tanglewood Park

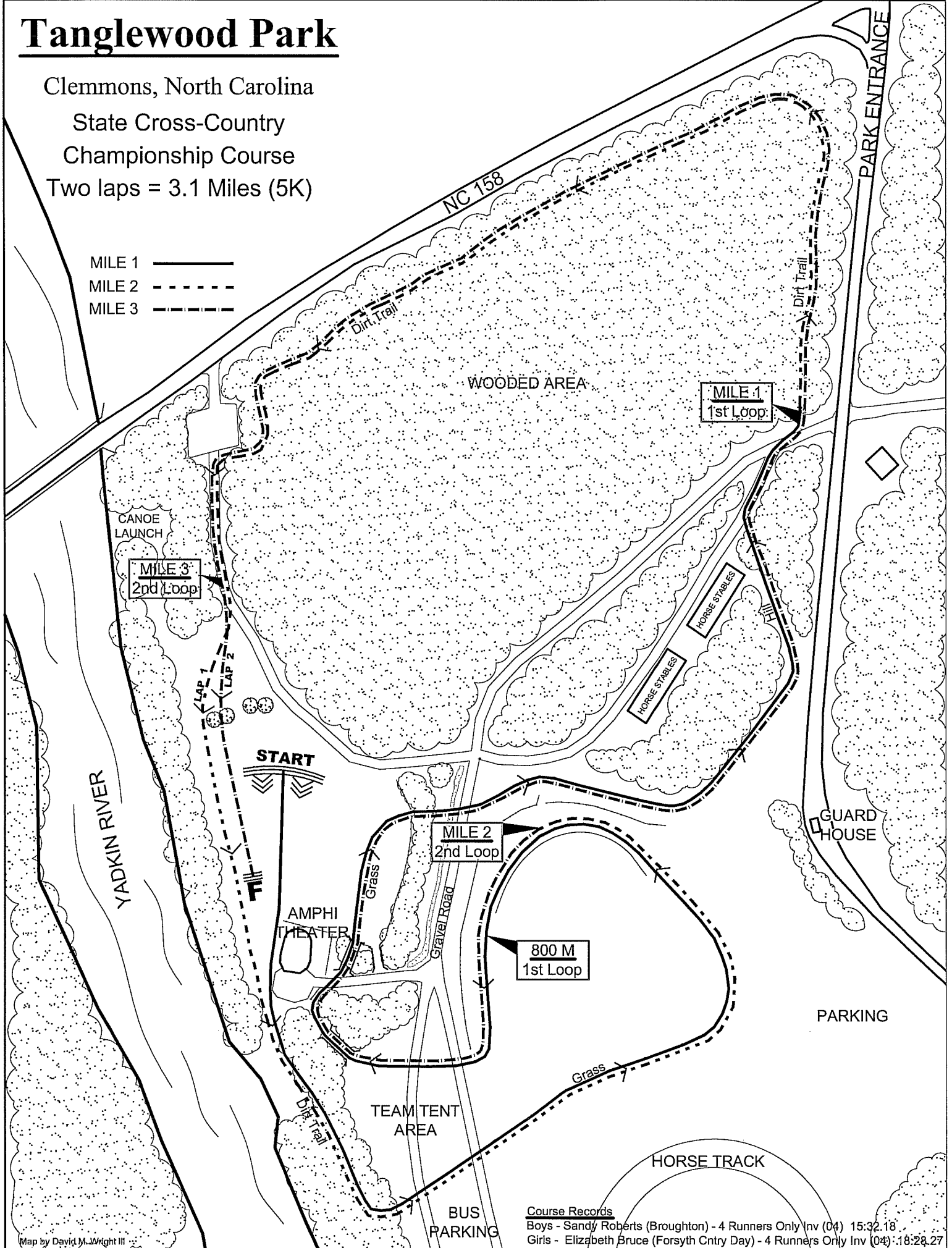
Clemmons, North Carolina

State Cross-Country

Championship Course

Two laps = 3.1 Miles (5K)

- MILE 1 
- MILE 2 
- MILE 3 



Course Records

Boys - Sandy Roberts (Broughton) - 4 Runners Only Inv (04) 15:32.18
Girls - Elizabeth Bruce (Forsyth Cntry Day) - 4 Runners Only Inv (04) 18:28.27