

2021

Canterbury Invitational Course

Canterbury School

New Milford, CT

<p>Mile One</p>	<p>Start and First Mile: The course begins in the southwest corner of the boy's varsity soccer field, the corner of the field nearest the road and baseball diamond. The runners head diagonally across the field leaving the playing surface and staying left of the soccer score board. They run onto the track going clockwise around the track continuing straight past the turn on the track. At the storage shed beyond the turn, runners make a 180 degree turn and head onto the upper field. They continue along the fence that encloses the turf field, taking a right at the end of the fence and running across the width of two soccer fields that abut the new field. At the end of the fence, they head left to complete a perimeter of the top field, running behind the north soccer goals and left around the scoreboard in the northwest corner of the upper field. They run along the plateau of the top field and go straight when they reach the storage shed heading toward the Athletic Facility. They run the mostly paved path around the perimeter of the fieldhouse (clockwise), continuing down the road in front of the Athletic Facility and back onto the grass closest to the baseball backstop. They turn left to the inside of the baseball backstop on the cinder path, and north down the soccer sideline. The first mile ends just beyond the turn of the sideline as runners head toward the track.</p>
<p>Mile Two</p>	<p>Second Mile: Continuing onto the second mile, at the north end line, the runners take a right and head toward the football field. When they reach the track, they go right and complete a counter clockwise lap of the track. Running just less than a full lap, they return to the northwest side of the track, run off the track and continue toward the street. They cross the street and take an immediate right onto a mowed path that takes them around a hay field. At the exit of the field, they turn right and run downhill, taking the next right into another small field. They run the perimeter of this field until they reach the opening at the bottom and take a right into the next hay field. Following the path, they will continue with a right hand turn around the treeline and then turn left down the hill along the treeline. At the bottom, they will take a 180 degree right then left turn and run the backside of the treeline. This path leads them to the woods. In the woods, the runners complete a teardrop shaped loop. The second mile is just beyond the top of the teardrop in the woods. It will be marked.</p>
<p>Mile Three</p>	<p>Third Mile and Finish: They emerge from the woods, take an immediate right and run uphill following the path along the treeline. At the top of the field, they will turn right through an opening and make another right to complete a 180 degree turn. They will run along the treeline of the orchard field, following the path with a 90 degree left hand turn and then running up a hill. At the top of the hill they take a gentle left hand turn and run diagonally to the front of the garden. They will run adjacent to a paved road while hugging close to the tall grass and following the path back toward the road crossing. They cross the road and take a right running south down the soccer sideline. They run around the inside of the baseball backstop on the cinder path and head back into the street in front of the Athletic Facility. They run the same perimeter outline of the Athletic Facility counterclockwise this time. They will cross back onto the field to run diagonally through the football practice field and onto the track. They will run the track clockwise through the straightaway. As they did at the start of the race, runners will take a left turn onto the top fields in front of the storage shed. They run along the plateau, continuing along the fence that encloses the turf field and head diagonally through the top soccer fields beginning at the corner of the turf field to finish.</p>

--	--