

2016 NCAA West Region Cross Country Championship Venue
Sacramento, CA
Haggin Oaks Golf Complex

Loop Course

- Men's 10k Course -- 3 loops (3,333 meter loop)
- Women's 6k Course – 2 loops (3,000 meters loop)
- Long straight fairway running with just four gradual, wide-sweeping turns
- Utilizes 9 golf holes
- No crossing/lapping
- Spectator/coaching-friendly outer/inner horseshoe design
- Very flat and forgiving course with a few small, gentle rises and declines
- Course is predominantly 30 meters-wide throughout.
- Three small areas where course narrows to 15 meters for no more than 40 meters of running distance

Start Area

- Start area located on 10th Fairway right next to clubhouse, parking, and team areas; adjacent to finish line
- 65 meter start line
 - Large enough for 32 regulation-size starting boxes
- 30 meters wide at 200m
- Gentle decline at 250 meters
- First turn on course is at **1000 meters**

Finish Area

- Finish line is located on 1st fairway adjacent to start line next to clubhouse, team areas, and parking.
- Finish line is a minimum of 30 meters wide.
- No less than 30 meters wide in final 200 meters (run down the entire 1st fairway)
- No turns in final 800 meters
- Gentle incline 300 meters out; final 200 meters are gradual downhill to finish line
- Large finish corral area for chip removal enclosed by fencing
- Large finish line structure to signify finish line (same finish structure used for major international marathon)

Course Markings

- Course will be striped with paint on the inside line throughout the entire course.
- Flagging will line all turns.
- Fencing will be used in start and finish areas.
- All mile and kilometers will be marked on the ground and with sign posts.
- Two cart path crossings will be covered with mats or track remnants.

Men's 10,000m Course

Start – A – 1K – B – 1 Mile

C – D – 2 mile

A – B – 3 mile

C – D – 4 mile

A – B – 5 mile

C – D – 6 Mile – Finish



Women's 6,000m Course

Start - A - 1K - B - 1 mile

C - D - A - 2 mile

B - 3 mile

C - D - Finish



Haggin Oaks Facility

