

Directions to Hayward High Course

Head south on I-5 to I-205 towards Tracy. I-205 becomes I-580 before Livermore. Traveling west on I-580, take the Castro Valley turn-off. At the first light make a left on to Castro Valley Blvd., then another left at the next light on to Grove, then another left at the next light onto Center Street. Then bear to your right at the next light on to B Street, continue down towards town and make a left at Second Street. Take Second Street all the way up to E Street. Make a left on to E Street, then bear to your right on to East Avenue. Look for parking lot entrance - first gate. Hayward High will have the main student parking lot open. It is the first entrance to the school on your right as you bend to the right on to East Avenue off E Street which intersects Second Street. Hayward High is located at 1633 East Ave, Hayward 94541.

1.2 Mile Course

The middle school course is about 100ft shy of 1.2 miles. The course is mostly grass, with a 400m straight-away start on grass ending with a slopping paved down-hill, then a trip around 3/4 of the dirt track, then a pavement ramp, then grass again and then a 400m dirt and gravel hill (gradual 200m up and 200m down).. There is a 4-5 stride slope at the bottom of the hill leading onto a foot bridge. The course then turns into a mad and exciting 150 meter flat, grassy sprint to the finish. The Hayward High course is the site of the 2008 North Coast Section Cross Country Championships. It has been a favorite site for the last 7 years.

