

INTERSCHOOL CROSS COUNTRY

DATE: 8th December, 8am - 10am



Things to look out for
- dogs, cows, people, cars

Students will compete in 3 categories:

Young years: ages 5-8 (Run 700m)

Middle years: ages 9-13 (Run 2km track)

Senior years: ages 14+ (Run 3km track)

3 TRACKS*:

700m = gate to end of Raffa House and back to V net

2km = gate to T intersection and back to V net

3km = gate to road around loop and back to V net

Drinking Water station
First Aid Station

Marshalls -

* **ALL tracks** start at the school gate and finish at volleyball net
ALL tracks are a loop so marshalls must direct students depending on their age (signs will be made for corners)

