

FACTION CROSS COUNTRY TIMETABLE

Term 3: Week 4: Monday 12th August 2019

START TIME:	YEARS:	LAPS:
8:50 am Girls 9:00am Boys	6	1600m Inside oval + Outside course + Outside oval + Inside oval
9:10 am Girls 9:20 am Boys	5	1200m Inside oval + Outside course + Inside oval
9:30 am Girls 9:40 am Boys	4	800m Inside oval x 2
9:50 am Girls 10:00am Boys	3	800m Inside oval x 2
10:10 am Girls 10:20 am Boys	2	600m Inside oval x 1.5 starting near sandpit
10:30 am Girls 10:35 am Boys	1	400m Inside oval
10.40 a.m.	RECESS	

Please ensure all students are wearing appropriate footwear, have a water bottle and hat on the day, as well as any medications that may be necessary.

For Interschool Cross Country selection, the first 4 (1st, 2nd, 3rd and 4th) in the Faction Cross Country will automatically be selected for the Interschool Team. The remaining 1 – 4 positions (up to a total of 8 students) will be selected by Miss Rowe (PE/Sport Teacher). The Interschool Cross Country is for students in Years 3 – 6, with teams of up to 8 Boys and 8 Girls per year level.