



08.55 Runners Meet in Gym (Period 1)
09.15 Walk across road in houses (one teacher per house)
09.30 Go over running course
09.40 Juniors (4km) Seniors (6km)
10.10 Sub Juniors (4km)/Intermediates (4km)
10.40 Walk across road to school in houses (one teacher per house)
All students return to class period 3
PLEASE NOTE THAT TIMES ARE WEATHER DEPENDENT
All runners need: Drink bottle, Suitable footwear, Sports clothing
& a Warm Jacket

BBC CROSS COUNTRY

WEDNESDAY 31ST MAY 2023