

**CROSS COUNTRY**

**FRIDAY 7th  May AT Jubilee Park**

 **INSTRUCTIONS FOR STUDENTS**

**All Year 7 – 10 students are expected to participate**. Senior students can participate by entering at the Sports Office. **Please note all students can wear PE uniform to school on Friday May 7 .**

**Year 7 – 10 students will have a race number written on their hand at tutor time on Friday**.

**Year 7 students** : You will leave school at **9.30am** walking with your teachers to Jubilee Park . The girls race will start at **10am** followed by the boys at **10.15am** approx. Your teacher will then walk you back to school for normal timetabled classes . Please bring your running shoes, a drink bottle and wear your school PE Uniform to school for the day .

**Year 8 Students :** All Year 8 students will leave school at **10.05am** walking with your teachers to Jubilee Park . The girls race will start at **10.30am** and the boys race at **10.40 am** **approx**. Your Teachers will then walk you back to school for normal timetabled classes. Please bring your running shoes , a drink bottle and wear your School PE Uniform to school for the day .

**Year 9 Students:**  All Year 9 students leave school at **11am** walking with their class teacher to Jubilee Park . The girls race will start at **11.25am** and the boys race at **11.45am** . Your teachers will then walk you back to school for normal timetabled classes. Please bring your running shoes, a drink bottle and wear your school PE uniform for the day .

**Year 10 Students :** All year 10 students leave school at 11.25am walking with their class teacher to Jubilee park . The girls race will start at **12pm** and the boys race at **12.20pm** approx. Your Teachers will then walk you back to school for normal timetabled classes. Please bring your running shoes , drink bottle and wear your school PE uniform for the day .

Seniors Yr 11-13 Race will start at **12.45pm** . Please leave school at 12.30pm and walk up to jubilee Park .

The route for the cross country will be explained in the race briefing at the start . The year 7/8 races will be 1 lap of about **1.6km** and the year 9/10 race will be two laps about **3.2 km** . All seniors will do the two laps also .

Remember this is a House Event. **Everyone who finishes earns points for their house.**

**Normal Classes p4 and p5 .**

Good luck!