

Cross Country Timetable

Time	Age Group	Gender	Distance	Year Level Involvement
Lesson 1 [Male: 9.10 Start] [Female: 9.15 Start]	12+ yr olds 2008 2007	Male	3km	Year: 6
	12+ yr olds 2008 2007	Female	3km	Year: 6
Lesson 2 [Male: 9.50 Start] [Female: 9.55 Start]	11 yr olds 2009	Male	3km	Years: 5 & 6
	11 yr olds 2009	Female	3km	Years: 5 & 6
10.30am	RECESS			
Lesson 3 [Male: 10.50 Start] [Female: 10.55 Start]	10 yr olds 2010	Male	2km	Years: 4 & 5
	10 yr olds 2010	Female	2km	Years: 4 & 5
Lesson 4 [Male: 11.30 Start] [Female: 11.35 Start]	9 yr olds 2011	Male	2km	Years: 2, 3 & 4
	9 yr olds 2011	Female	2km	Years: 2, 3 & 4
Lesson 5 Male: 12.10 Start] [Female: 12.15 Start]	8 yr olds & under 2012 2013	Male	1km	Years: 2 & 3
	8 yr olds & under 2012 2013	Female	1km	Years: 2 & 3
12.50 – 1.40	LUNCH			

Medallions will be given out directly after each race