

<b>X-COUNTRY PROGRAM</b>		
<b>Time (approx)</b>		
12:45pm	<b>Track supervisors to make their way to their checkpoint locations.</b>	All Students assemble at the TAS building for roll marking & for <i>*students to apply sunscreen*</i>  <b>Welcome</b>
12:55pm		15/16/17/18 & SWD Boys & Girls Warm Up
1:00pm	4km (15B) / 6km (16B)	15 Boys 16 Boys 17 Boys 18 Boys
1:05pm	4km	15 Girls 16 Girls 17 Girls 18 Girls
1:10pm	<b>House Challenge</b> <i>As many laps as possible in 30 mins</i>	All remaining 15+ students
1:15pm		14 Boys & Girls Warm Up
1:20pm	4km	14 Boys
1:25pm	4km	14 Girls
1:30pm		12/13 Boys & Girls Warm Up
1:35pm	3km	12 Boys 13 Boys
1:40pm	3km	12 Girls 13 Girls
Following all races		<i>*Zoopers Doopers for everyone* + lawn games, small sided games etc.</i>
TBC		Conclusion of event