

Cross Country Challenge

EQUIPMENT

- Field preferably flat course 1000/1500m
- Measuring Wheel or Tape Measure
- Stop Watch
- Start and Finish Line using cones



TOP TIPS

- Run nice and relaxed
- Breathe in through your nose and out through your mouth
- Make sure you do a little warm-up before you start

SCORING

The fastest runners times are added together, use times to the nearest second and create an overall time

Example for 1500m

Runner A 7:01 Runner B 8:15

Runner C 7:45 Runner D 9:06

= 32 minutes and 7 Seconds



INSTRUCTIONS

You can time as many of your pupils as you like but the fastest 4 runners make up a team time.

Year 3/4 Pupils run 1,000m and Year 5/6 run 1500m.

Once completed, fill out the spreadsheet with your 4 fastest runners, four teams

Boys/Girls Year 3/4

Boys/Girls Year 5/6

Winning Schools from each Area, will be invited to the Bucks Schools XC Champs in February, subject to Covid19



CONTACT

The School Games is for everyone, To enter or for adaptations please contact your local SGO.