

# CROSS COUNTRY CHALLENGE

BUCKS  
AND MK



## 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 to 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**

**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 Covid -19.

## CONTACT

The School Games is for **EVERYONE**, to enter or for adaptations please contact your local SGO.

