



STAR OF THE SEA CROSS COUNTRY PROGRAM 2023

TIME	EVENT NUMBER	EVENT	GENDER	DISTANCE
9.00am	1	12 Years born 2011	Girls	3km
9.15am	2	12 Years born 2011	Boys	3km
9.30am	3	11 Years born 2012	Girls	3km
9.45am	4	11 Years born 2012	Boys	3km
10.00am	5	10 Years born 2013	Girls	2km
10.15am	6	10 Years born 2013	Boys	2km
10.25am	7	Kindy	Boys and girls	200m
10.30am	8	Prep	Girls	200m
10.035am	9	Prep	Boys	200m
10.40-11.20am..... FIRST BREAK				
11.20am-11.30am.. APPLY SUNSCREEN AND RETURN TO OVAL				
11.30AM-11.40AM- WAR CRIES				
11.45am	10	9 Years born 2013	Girls	2km
12.00pm	11	9 Years born 2013	Boys	2km
12.15pm	12	Grade 1	Girls	400m
12.25pm	13	Grade 1	Boys	400m
12.35pm	14	Grade 2	Girls	1km
12.45pm	15	Grade 2	Boys	1km
12.55pm	16	Grade 3	Girls	1.2km
1.05pm	17	Grade 3	Boys	1.2km
1.15pm..PACK UP AND HEAD BACK TO CLASS				
1.20-1.50pm.. SECOND BREAK				
2.20PM..ASSEMBLE IN HALL FOR PRESENTATION OF TROPHIES AND AGE CHAMPIONS				

PLEASE WEAR HOUSE SHIRT AND SCHOOL SHORTS

WHAT TO BRING OUT TO OVAL

SCHOOL HAT, WATER BOTTLE, CHAIR