**BISHOP LUFFA INTER HOUSE CROSS COUNTRY COURSE MAP**

**WEDNESDAY 9TH FEBRUARY**

****

**LOOPS**:

Blue Start 50m Approx

Small Orange 900m Approx

Large Yellow 1200m Approx

Red Finish 30m Approx

**RACE** **Race Distances**

14:00pm - Year 5-6 boys and girls 2400m Start – Yellow Loop x2 - Finish

Presentation in the Sports Hall at 14:25pm

14:15pm Junior boys and girls Y7-8 3000m Start – Yellow Loop – Orange Loop x2 - Finish

14:35pm Intermediate boys and girls Y9-10 3300m Start - Orange Loop - Yellow Loop x2 – Finish

14:50pm Senior boys and girls Y11-13 4500m Start – Orange loop – Yellow Loop x3 – Finish Presentation is the Sports Hall at 15:20pm

**Team sheet**

Please complete the below team sheet by Friday 7th January and return to Tim Godfray, [GodfrayT@bishopluffa.org.uk](mailto:GodfrayT@bishopluffa.org.uk). Race numbers will be supplied on the day, please bring your own safety pins, runners will need four pins, one for each corner of their race number.

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| --- | --- |
| School name: |  |
| Team manager/lead teacher: |  |
| Contact number on the day: |  |
| Email contact: |  |

**West Sussex Area Cross Country Team Sheet 2022**

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| **Race number (leave blank)** | **Full name** | **Age group**  (Y5/6, junior boys/junior girls/ inter boys/inter girls/snr boys/snr girls) |
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