

CMS Cross Country Champs Timeline

Postponed: Tuesday 22 June @ Cambridge Athletics Grounds on Vogel Street

Approx. Time	Event
8:50am	School begins
10:10am	Morning Tea
10:30am	Class as normal
11:40am	Light eating in class (rooms all packed up for end of day)
12 noon	Classes to walk to the Cambridge Athletics Grounds and assemble in the cordoned off area between the start and finish lines
COMPETITIVE RACES	
12:30pm	Race briefing (Pat Ave students to race)
12:40pm	Year 8-10 Boys Competitive Race (2.4km)
12:55pm	Year 8-10 Girls Competitive Race (2.4km)
1:10pm	Year 7 Boys Competitive Race (2.4km)
1:25pm	Year 7 Girls Competitive Race (2.4km)
TEAM RELAYS (in 5 minute waves)	
1:45pm	Manaia Team Relay (500m, 500m, 500m, 900m)
1:50pm	Koowhai Team Relay (500m, 500m, 500m, 900m)
1:55pm	Rata Team Relay (500m, 500m, 500m, 900m)
2:00pm	Pounamu Team Relay (500m, 500m, 500m, 900m)
2:05pm	Kauri Team Relay (500m, 500m, 500m, 900m)
2:10pm	Paakura Team Relay (500m, 500m, 500m, 900m)
2:40pm	Walking back to school
3:00pm	Home time in PE gear