

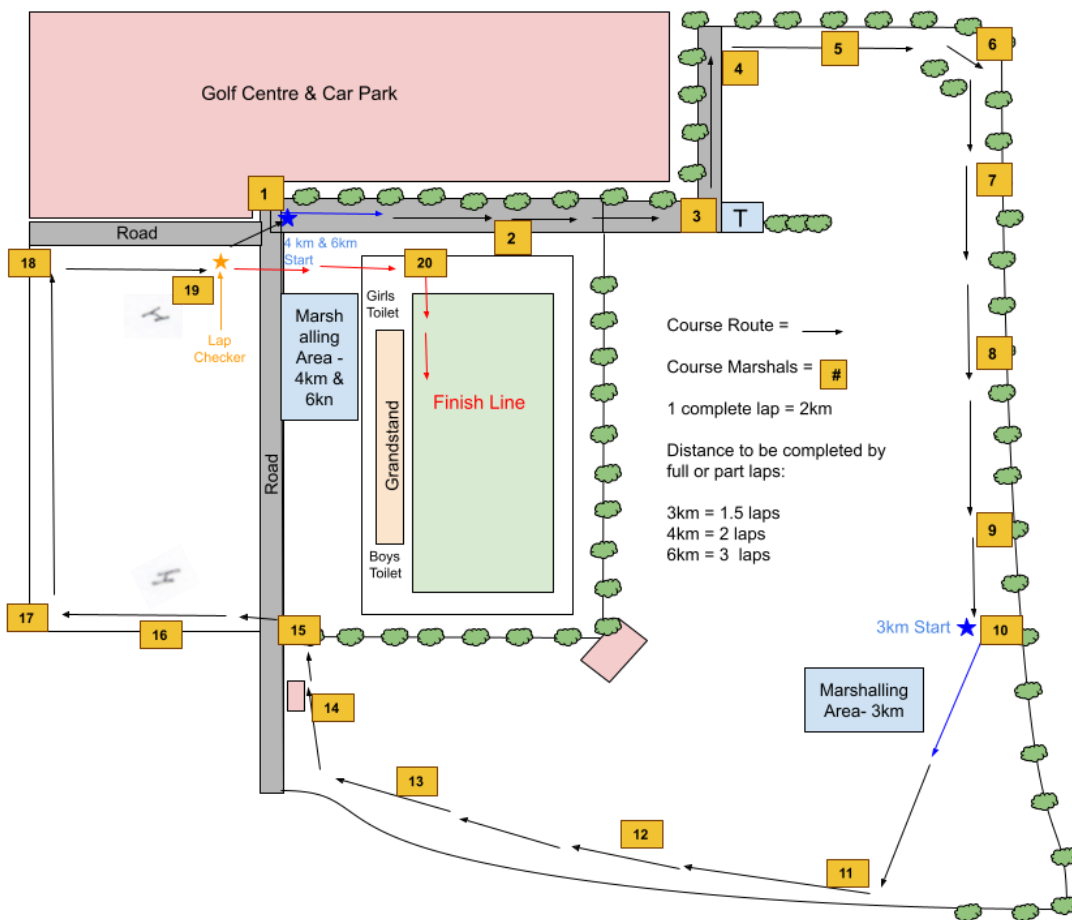


# Narrabeen Sports High School

## Event Program

Monday 1 May 2023 9 am to 1 pm

Time	Event Program
9:00 am	Students meet at the school gym with RTR teachers, Year Advisors and Deputies.  Rolls are marked and students are walked to the venue.
9:45 - 10:30 am	Competitors walk the course



	<b>Age Group</b>	<b>Distance (km)</b>	<b>Total laps</b>
<b>10:30 am</b>	<b>12yrs boys</b>	<b>3</b>	<b>1 ½</b>
<b>10:40 am</b>	<b>12yrs girls</b>	<b>3</b>	<b>1 ½</b>
<b>10:50 am</b>	<b>13yrs boys</b>	<b>3</b>	<b>1 ½</b>
<b>11:00 am</b>	<b>13yrs girls</b>	<b>3</b>	<b>1 ½</b>
<b>11:10 am</b>	<b>14yrs boys</b>	<b>4</b>	<b>2</b>
<b>11:20 am</b>	<b>14yrs girls</b>	<b>4</b>	<b>2</b>
<b>11:35 am</b>	<b>15yrs boys</b>	<b>4</b>	<b>2</b>
<b>11:45 am</b>	<b>15yrs girls</b>	<b>4</b>	<b>2</b>
<b>12:00 pm</b>	<b>16yrs, 17yrs, 18yrs boys</b>	<b>6</b>	<b>3</b>
<b>12:15 pm</b>	<b>16yrs, 17yrs, 18yrs girls</b>	<b>4</b>	<b>2</b>
<p><b><u>Zone Qualifiers:</u></b></p> <p>Top 10 will qualify for the NSHS Zone Cross Country team.  Permission notes will be given at the completion of each race.</p>			
<p><b>12:30 pm</b></p> <p><b>Lunch 1:25</b></p> <p><b>Period 5</b> <b>Usual classes</b></p>	<p>Carnival concludes and students return to school.</p> <p>Year assembly if early  (Junior -&gt; gym, Yr 10 -&gt; hall, seniors to library)</p>		