

Fun Run 2013 Week 5 Thursday 29 August

We will walk children down in Houses (flags in front). Students to wear colours of their house.

Tuna=blue, Kingfish=green, Marlin=red, Mako=yellow.

It is a tight time frame so please ensure children are ready to roll at 12.10

(You have been given a copy of the track to pre-walk with your class if you wish, marshals will be located around the course.)

Age for runners- As at the 01 August (for our cups). Please have ages on the hands of students in vivid for the recorders as they may be lapped or slow to finish.

Time	Running	Watching/Recovery	Warm-up	Playground	Walk back to school
12.10 All walking from school			10 yrs		
12.30	10yr	7, 10,11,12,13	9 yr	11,12,13	
12.50	9yr	7, 11,12, & 13yr	8 yr	10 yrs	
1.10	8yr	12,11,10 &yr	7yr	9	
1.30	7 yr	11 & Runners- 13yr	13yr+12	8	
1.50	5, 6yr	7,9,10, 11,12,13	11,12,13	7	
2.00	11,12,13yr	10,9			5,6,
2.20					7,8, 9, 10,11,12 2.20pm

(please note these are approximate times and may vary by a few minutes)

Marshall and Starter- Lance

Warm up – Lance

Finishing Shoot- *Shay, Lorna*

Recorder- *Suzie R, Wendy*

Announcer –*Aaron* (house points)

Marshalls on the course- *Jack, Dean, parents x 6*

All students to be seated in houses. Points received = 100 per runner for participation/completion

Crowd control - Tuna –Teacher to look after Tuna, Kingfish teachers to look after Kingfish, Mako teachers to look after Mako, Marlin teachers to look after Marlin

Timings for the day

Morning tea - 10.15-10.30

Lunch 11.30 - 12.00 (change into colours and meet on the front courts)

NB. 5+6 yr olds to walk down at 1.00pm

12.10- Meet on front courts to walk down to the domain in Houses please be prompt. Some sensible quick runners will be front runners (leaders) for the 8+7, 5+6 year olds. Races in age groups. These will be sent off boys then girls with at 7 minute interval between.

All children need to bring their warm cloths/sweatshirt and a drink bottle to the domain. Running shoes are optional.