



• Pacific Lutheran College •

**Get ready  
to run!**

Prep to  
Year 12

## Interhouse Virtual Cross Country

**House  
Participation  
Award**

**June 1st  
To  
June 19<sup>th</sup>**

**Most  
House km's  
Award**

Foundation College (Prep – Yr 2)  
Junior College (Yr 3 – Yr 5)  
Middle College (Yr 6 – Yr 9)  
Senior College (Yr 10 – Year 12)

1km maximum per day  
3km maximum per day  
4km maximum per day  
5km maximum per day

Download a running app to verify distances eg. Strava, Map my Run, Runkeeper, Nike.  
Screenshot run summary (inc. total km) at the end of your run.

Email your screenshot to [PLCsport@pacluth.qld.edu.au](mailto:PLCsport@pacluth.qld.edu.au) to log your run.

Some students will have the opportunity to run and log km's during class time in PE.

Prior to running all students should ensure they warmed up properly  
and have adequate supervision as decided by their caregivers for their age and ability.