Virtual Cross Country Carnival 2020

We're excited to announce the launch of the Padua Virtual Cross Country Carnival where students, staff and families can join in the fun while exercising within Government guidelines!

How does it work?

Walk, jog, run and record a time over a distance, then upload it to Google Classroom. To qualify, students are required to run the following distances:

What do I need to do?

Download Strava (for free) or similar App. When you go for a run, just press 'start recording'. Choose your own course and run in a safe environment within 5km of your home.

How to submit a time

Upload your run as an assignment to the **Google Classroom**: Cross Country Remote Please check your inbox for the **Class Code**

Select Mornington, Rosebud, Tyabb or Padua staff and parents when uploading your assignment.

Don't forget to add your House Group and Year Level to 'Private Comments' then attach a screen shot of your time, run, or map. You can submit as many runs as you like (submit each run in a Google Slide). Please note that this event is entirely optional.

Year 7 Girls 3km	Year 7 Boys 3km
Year 8 Girls 3km	Year 8 Boys 4km
Year 9 Girls 3km	Year 9 Boys 4km
Year 10 Girls 3km	Year 10 Boys 4km
Year 11 Girls 3km	Year11 Boys 4km
Year 12 Girls 3km	Year12 Boys 4km

Parents and staff can submit a 5km time (fastest time will be announced)

The fastest time in each gender and each age group will receive a medal. Please note we recognise that the terrain and course will vary.

It's all about getting out & having fun!

Start today!
EVENT CONCLUDES
Wed 16 September

PADUA COLLEGE