

Sprint test**4.4 km****Turn at each punch**

1	100						
2	100						
3	300						
4	100						
5	100						
6	500						
7	100						
8	100						
9	300						
10	100						
11	800						
12	100						
13	200						
14	100						
15	300						
16	100						
17	300						
18	100						
19	200	Girls stop here - 4km					
20	100						

**300**