

Virtual Challenge Rules

3KM Walk/Run/Wheelchair



What you are doing:

1. Walk, run or wheelchair and track your time for a total distance of 3KM (mins:secs).
2. There is no requirement on location, layout of course or whether you are indoors or outdoors.
3. Submit your individual or average team/class time.
4. Make sure the student-leader and teacher-coach verify your times.

What you need:

1. Proper clothing and footwear for the conditions.
2. Stopwatch or a device to keep time.

That's all there is to it!

Remember to stay safe, have proper supervision and the more students that participate the more points you get.

You Have Been Challenged!