

## 2018 JOG -A-THON SCHEDULE

<b>8.00am</b>	SET UP begins at HFS and then the SPHS track Hang signs & distribute balloons
<b>9:15am</b>	Students walk to the SPHS track accompanied by parents and teachers
<b>9:30am</b>	Prayer circle and Warm up
<b>10:00am</b>	Jogging begins! Parents mark lap cards Parents spray students to keep cool
<b>11:00am</b>	Final lap and cool down
<b>11:05am</b>	Clean up begins – parents remove signs
<b>11:10am</b>	Students walk back to school with parents & teachers
<b>11:15am</b>	Students receive popsicles from parents at HFS Breezeway
<b>11:35am</b>	Students return to classroom for final dismissal
<b>12noon</b>	Dismissal