

SSOF Course Details

	Boys		Girls	
	Distance	Climb	Distance	Climb
P5/6	1.3	35	1.2	30
P7	1.9	60	1.6	45
S1	2.1	60	2	55
S2	2.4	75	2.1	75
S3	3.4	90	2.7	90
S4	3	125	3.4	90
S5/6	3.6	130	3	125