

| SAT 22 | Arrive Glasgow Airport Saturday 22nd March | | | | | | | | | |
|-----------------------|--|--|--|-----|---|-------------|-------|---|---------------------|--|
| SUN 23rd | Open Top Bus Tour-City Centre and the cinema | | | | | | | | | |
| | Registration Period 1 | Period 2 | Period 3 | INT | Period 4 | Period 5 | LUNCH | Period 6 | Period 7 | Evening Programme |
| 8.50 | | 9.00 - 9.55 | 9.55 - 10.50 | | 11.05-11.55 | 11.55-12.50 | | 1.45-2.35 | 2.35-3.30 | |
| MON 24th | Easter Holiday- shopping for athletics kit and a visit to the National Stadium | | | | | | | | | |
| TUES 25th | Mrs Carpy Music 1 | Geography | Technological studies- Miss McDermid Tech 1 | | GSOS Athletics - Kelvin Hall – Technical Events – Long Jump/Shot Putt/Sprint starts | | | Art Miss Lynch Art1 | Mathematics | Visit to Shettleston Harriers Club night |
| WED 26th | Mrs Carpy Music 1 | Geography | English | | French Mrs Albarracin ML2 | Mathematics | | GSOS Athletics - Kelvin Hall – Track session 200m intervals or Fartlek | | XSCAPE (sledging) |
| THUR 27th | Cross Country Development Day- UK Athletics | | | | | | | | | Free evening-Youth Hostel |
| FRID 28th | Mrs Carpy Music 1 | Personal and Social Education | GSOS Athletics - Games/ reactions / relays / fun | | Science | English | | Technological studies | French | Science Centre |
| SAT 29th | Cycling in Millport | | | | | | | | | |
| SUN 30th | World Cross Country Championships Edinburgh. Sightseeing: Edinburgh Castle | | | | | | | | | |
| Registration Period 1 | Registration Period 1 | Period 2 | Period 3 | INT | Period 4 | Period 5 | LUNCH | Period 6 | Period 7 | Evening Programme |
| 8.50 | | 9.00 - 9.55 | 9.55 - 10.50 | | 11.05-11.55 | 11.55-12.50 | | 1.45-2.35 | 2.35-3.30 | |
| MON 31st | Mrs Carpy Music 1 | GSOS athletics - Aerobic Development Steady run or strides with jog back recovery | Mathematics | | English | Science | | French | Geography | Free evening-Youth hostel |
| TUES 1st April | Mrs Carpy Music 1 | Geography | Technological studies | | GSOS Athletics - Kelvin Hall – Technical Events – Long Jump/Shot Putt/Sprint starts | | | Art | Mathematics | Visit to Inverclyde Athletics Club 5.00-6.30pm |
| WED 2nd | Mrs Carpy Music 1 | Geography | English | | French | Mathematics | | GSOS Athletics - Kelvin Hall – Track session 200m intervals or Fartlek | | Home Stay Civic Reception - City Chambers |
| THUR 3rd | Mrs Carpy Music 1 | Science | Religious Studies | | GSOS Athletics - Generic Programme | | | English | Mathematics | Home Stay Meal with families |
| FRID 4th | Mrs Carpy Music 1 | Personal and Social Education | GSOS Athletics - Games/ reactions / relays / fun | | Science | English | | Technological studies | French Mrs Auld ML2 | Home Stay Tenpin Bowling Night |
| SAT 5th | Depart from Glasgow to Malawi | | | | | | | | | |