

**SUNSHINE COAST
SCHOOL SPORT**

10 – 19 Years

Cross Country trials



Program

Tuesday, 02 June 2026
Noosaville State School

GENERAL INFORMATION

Information relating to the Sunshine Coast School Sport regional cross country trial is outlined below.

COURSE ORIENTATION / COURSE MAPS

- Course orientation is available on Wednesday 27 and Thursday 28 May from 4:00pm.
- Course orientation will not be available on the day of the regional cross-country trial.
- Course maps and video footage are available on our [website](#).

UNIFORM / FOOTWEAR

- District sport uniform to be worn if possible. Otherwise, school sport uniform.
- Footwear is compulsory in all events and must comply with the World Athletics Shoe regulations. Approved Shoe List <https://certcheck.worldathletics.org>
- Shoes with or without spikes may be worn in 10-12 years and 13-19 years events. Maximum spike length is 6mm.
- Due to the nature of the course surface, shoes with spikes are not recommended.

PERSONAL DEVICES

- Competitors are not allowed outside assistance during competition.
- Mobile phones or other electronic devices are not permitted.
- Earbuds / EarPods / AirPods and headphones are not permitted.

CHECK IN / TEAM AREAS

- District team members must check-in with their team manager upon arrival.
- Look for your district's tent and banner.
- Competitors must follow your district's process for returning the *regional trial consent booklet* and proof of payment.

QRSS CONSENT FORM

- This form provides consent for athletes to have their name published on the regional school sport website, in district, regional or state programs, regional team photographs, event results, etc.
- If you have not completed a *QRSS consent form* and wish to give consent for your child's name to be published, please contact your district team manager.
- Athletes who have not provided consent for the publishing of their name will be identified on the regional school sport website and event results by their specific individual school code.

MARSHALLING

- The marshalling area is located near the start line. Please refer to the course maps for details.
- Athletes will be called to the marshalling area approximately 15-20 minutes before the start of their race.

PACING

- Parents, coaches or other people are not permitted to run next to an athlete beside the course as this may be considered as outside assistance.

SPECTATORS

- Spectators are required to stay behind all bunted areas and are not permitted in the competition area.

CANTEEN

- Competitors are requested to bring their own snacks / lunch. A coffee van and P&C run canteen will be available to purchase food and refreshments.

SUN SAFETY

- Students must apply / reapply their own sunscreen at regular periods during the day.
- When not competing, competitors must wear a hat and / or remain in the shaded areas.

HYDRATION

- Competitors must bring their own water bottle and hydrate regularly throughout the day.

FIRST AID

- Qualified first aid medics will attend this event.

PHOTOGRAPHY (For Personal / Family Use)

- The taking of photographs (for personal / family use) is permitted at regional events and at Queensland Representative School Sport events except where an event is held at a venue where venue management prohibits such photography.
- Where a venue prohibits photography, signage stating that photography is not permitted will be displayed at venue entry points.
- Social media - Only post pictures and or race results of your child. Please do not publish any photos or personal information of other students without consent.

COMPETITION CONDITIONS

AGES

Competitors must be turning 10 to 19 years of age in 2026.

10 years - born 2016

15 years - born 2011

11 years - born 2015

16 years - born 2010

12 years - born 2014

17 years - born 2009

13 years - born 2013

18-19 years - born 2008 – 2007

14 years - born 2012

COMPETITION PROCEDURES

- The regional cross-country trials will be conducted in line with the *QRSS competition procedures* with local variations.
- All queries, complaints or protests must be directed through the district team manager. Systems are in place at a school and district level to ensure that nominations are correct prior to the regional trial.
- Only competitors nominated by their district prior to the regional trial are eligible to compete.
- No nominations or substitutions are accepted on the day of the regional trial.
- Athletes who are unable to complete their event must report to the nearest checkpoint official.

EVENTS

- The regional cross-country trials are conducted for the purpose of selecting a regional team to attend the Queensland Representative School Sport (QRSS) state cross country championship.
- The QRSS state championship will be held in Toowoomba from 18 to 20 July 2026.

DISPUTES

- The Referee / Regional School Sport Officer has full control of the regional cross-country trials.
- Protests / concerns will only be accepted from district team managers.
- Protests must be submitted to the Referee in writing by the district team manager within 10 minutes following the conclusion of the event. Team managers to present any endorsed protests immediately to the event Referee. No discussion will be held with parents or coaches directly.
- The Referee's decision is final.

EXEMPTION APPLICATIONS

- Athletes who meet approved criteria can apply to be exempt from competing at the regional trial.
- To access the application form and more information please visit our regional [website](#).
- Students can only apply for an exemption through their district.
- Requests for exemptions must be forwarded by the district cross country convenor to the regional sport office no later than 24 hours prior to the regional cross-country trial.

REGIONAL SELECTION CRITERIA FOR STATE CHAMPIONSHIP

10 - 19 YEARS SELECTION CRITERIA:

- Regions can nominate six competitors per age division and gender for able-bodied and multi-class events.
- Multi-class athletes must be classified by a national disability sporting organisation, such as Sport Inclusion Australia or Athletics Australia.
- Athletes who compete at the regional trial are given priority for team selection. If an athlete has an approved exemption they can still be considered for the regional team, but selection is not guaranteed.
- Athletes selected through exemption will be listed as an "additional competitor." Each region is allowed to nominate up to three additional competitors in total, subject to approval from the QRSS committee.

REGIONAL TEAM SELECTION AND PAYMENT PROCESS

▪ Step 1 – Regional selection

- Event results will be displayed on the 'Results wall' near the canteen. Athletes' names will only be published if the *QRSS Consent Form* has been returned by the due date. Otherwise, all other competitors will be identified by their specific individual school code.
- The top 10 finishers will proceed to the presentation area. Medallions will be awarded for 1st, 2nd and 3rd place. Ribbons will be awarded for 4th – 10th place.
- Parent contact details will be confirmed for competitors who finish 7th, 8th, 9th and 10th. These students are reserves for the regional team and will be contacted in case of any withdrawals.
- Invited athletes will receive a regional team invitation letter at the regional trial.
 - You must register via the QR code on the invitation letter
 - You must download the full *Team Invitation* and *Regional team permission booklet* from our website.
- Invited multi-class athletes must be classified by a national disability sporting organisation, such as Sport Inclusion Australia or Athletics Australia.
- Invited multi-class athletes must be listed on the National Master list, or provide a copy of their current classification card to the regional school sport office as proof of classification.


▪ Step 2 – Regional uniform

- Regional uniform items are available from School Locker - Maroochydore.
- Parents must order through the School Locker online shop or purchase in store.

▪ Step 3 – Payment of team levy

- Payment of the regional team levy must be made through our regional online shop.
- Payment must be made using a VISA or MASTERCARD credit/debit card.

To access our regional online shop:

- Click the 'Regional online shop' tab on our regional website home page
<https://sunshinesport.eq.edu.au>
- Click  Pay now
Levies and apparel
- Click '*State Championships*' and follow the prompts
Click '*Login*' if an existing user OR click '*Register now*' if a first time user
When prompted, enter the sport code listed in the *Regional Team Invitation*.

Sunshine Coast School Sport
2026 Regional Cross-Country Trial



Order of Events

TIME	EVENT	DISTANCE
8:30am	Officials' meeting	
9:15am	Course officials in place	
9:30am	17/18-19 Boys	6 km
10:00am	16 Boys & 18-19 Girls (staggered start)	6 km
10:30am	10 Boys + 10-12 Boys Multi-class	2 km
10:50am	10 Girls + 10-12 Girls Multi-class	2 km
11:10am	11 Boys	3 km
11:25am	11 Girls	3 km
11:40am	12 Boys	3 km
11:55am	12 Girls	3 km
12:20pm	13 Boys + 13-19 Boys Multi-Class	3 km
12:40pm	13 Girls + 13-19 Girls Multi-Class	3 km
1:00pm	14 Boys & 14 Girls (staggered start)	4 km
1:30pm	15 Boys & 15 Girls (staggered start)	4 km
2:00pm	16 Girls & 17 Girls (staggered start)	4 km
2:30pm	Departure	

NB. Presentations will occur at the conclusion of each event.