

# SUNSHINE COAST SCHOOL SPORT – CROSS COUNTRY

## Multi-class 10-19 years individual nomination form

PLEASE RETURN THIS FORM TO YOUR SCHOOL SPORT COORDINATOR WHO WILL FORWARD IT TO YOUR DISTRICT CROSS COUNTRY CONVENOR BY THE DUE DATE.

Student name:		Gender:	
School:		Date of birth:	
Parent email:		Parent mobile:	
District:		Age (as at 31-Dec):	
Do you have a classification?	YES	NO	List Classification:
If <b>NO</b> , you can only compete at the district and / or regional trial. Please see the attached classification guide and write the category below in which you want to compete.			
Category:			
Please visit <a href="#">Queensland Representative School Sport</a> website and choose 'inclusion' tab to get more information on the classification process.			

### EVENTS

Select the cross country even below you wish to run at the district or regional trial.

EVENT
Cross Country 10-12 years (2km run)
Cross Country 13-19 years (3km run)

### ESSENTIAL INFORMATION

We encourage multi-class athletes to run in district and regional cross country trials.

If you want to compete at the QRSS state championship, you must run at our regional cross country trial.

There are not regional or state qualifying times for multi-class events, but you must be able to run the distances for each age division below.

<b>TRAINING</b>	Multi-class athletes should be properly trained and prepared before taking part in district or regional cross country trials, so they can run safely and avoid injury.	
<b>AGE DIVISIONS</b>	10-12 years	Multi-class athletes will run 2km in the 10 years boys or girls event.
	13-19 years	Multi-class athletes will run 3km in the 13 years boys or girls event.
<b>REGIONAL TEAM SELECTION</b>	<p>To be selected in our regional team, multi-class athletes must be classified by a national disability sporting organisation, such as Sport Inclusion Australia or Athletics Australia.</p> <p>The school sport office will refer to the national Master List to confirm your classification.</p> <p>Our region may nominate a maximum of 6 competitors for each individual event in all age divisions (10, 11, 12, 13-14, 15-16, 17-19 years).</p>	
<b>QRSS CONSENT</b>	All athletes must have completed the <i>QRSS consent form</i> and returned it to their school sport coordinator by the due date.	

## Multi-class events that the QRSS 10-19 years Cross Country state championship

All multi-class athletes must have a current provisional or full national level classification or higher to qualify for entry. This classification is provided by Athletics Australia and/or Sport inclusion Australia.

- If an athlete is undergoing the classification process, or the classification is past its review date at the time their nomination is received, entry as an exhibition athlete may be offered at the discretion of the QRSS Cross Country executive chair. Exhibition athletes will not be eligible for medals or state team selection.
- Athletes of all ages and disability categories will run in a combined event over a distance of 2km (10-12 years) and 3km (13-19 years).
- The following disability categories will be able to compete in the QRSS State Championship:

Disability	Disability type grouping – EQ verified impairment or diagnosis (at times, verification will not be the same as diagnosis)	Possible athletics classification range (if the child was classified)
Hearing Impairment	Deaf or hearing impaired at all.	T01
Visual Impairment	Any visual impairment for which the child is verified in the education system ( T11 athletes must run with a guide runner and T12-T13 athletes can elect to have a sighted guide runner).	T11 – T13
Intellectual Impairment	Intellectual impairment (as diagnosed with less than IQ of 75).	T20, Virtus II-1
+ Downs Syndrome	Downs Syndrome ( <i>Medical clearance is required</i> )	Virtus II-2
Autism / ASD with no intellectual impairment	Autism / ASD number II	Virtus II-3
Athletes with hypertonia, ataxia, athetosis who compete standing	Coordination, balance, power and strength, and physical difficulties with sporting activities that is a verified impairment; race runners; Cerebral Palsy, syndromes other than Downs Syndrome.	T13 – T38, RR1,2,3
+, # Athletes of short stature	Short stature. <i>Medical clearance is required.</i>	T40 – T41
Athletes with limb deficiencies, muscle weakness or joint restriction who compete standing	Limb deficiency, muscle weakness disorders, joint disabilities, relatively ambulant. More significant impairment. (NO PROSTHESES)	T42 – T46
+ Transplant recipients	Transplant recipients – <i>Medical clearance is required.</i>	T60
+ Absence of both lower limbs	Limb deficiency, muscle weakness disorders, joint disabilities, can be quite ambulant (WITH PROSTHESES) – <i>Medical clearance is required.</i>	T62
+ Absence of one leg above the knee; runners with movement moderately affected in one leg or the absence of limbs above the knee.	Limb deficiency, muscle weakness disorders, joint disabilities, can be quite ambulant (WITH PROSTHESES) – <i>Medical clearance is required.</i>	T63
+ Absence of one leg below the knee; lesser absence of both legs below the knee; or moderately affected in one lower leg.	Limb deficiency, muscle weakness disorders, joint disabilities, can be quite ambulant (WITH PROSTHESES) – <i>Medical clearance is required.</i>	T64

### Note:

+ Medical clearance is required prior to competing.

# T40/T41 athletes will be eligible for medals, however they will not be eligible for state team selection as this category is not offered at the School Sport Australia national championship. Athletes of short stature will compete at the same event but will have their own stand-alone invitation category. The T30 benchmark will not be used for athletes of short stature. Medal will be awarded for this category along in three age groups (10-12, 13-14/15-16, 17-19 years) for boys and girls.