



SUNSHINE COAST SCHOOL SPORT

10-19 REGIONAL CROSS COUNTRY TRIAL

MULTI-CLASS 10-19 INDIVIDUAL NOMINATION FORM



PLEASE RETURN THIS FORM TO YOUR SCHOOL SPORT CO-ORDINATOR 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 current classification?	<input type="radio"/> YES <input type="radio"/> NO	List classification:	
If NO , you can only compete at the district and / or regional trial. Please refer to the attached classification guide to list your category below in which you wish to compete.			
Category:			
Please visit Queensland School Sport website and choose 'Inclusion' tab to investigate the classification process.			

EVENTS

Enter a time for the cross country event below you wish to participate in at the district / regional trial.

EVENT	TIME
<input type="radio"/> Cross country 10-12 years (2km run)	
<input type="radio"/> Cross country 13-19 years (3km run)	

ESSENTIAL INFORMATION

Multi-class athletes are encouraged to participate in district and/or regional cross country trials.

Multi-class athletes who wish to compete at the Queensland Representative School Sport (QRSS) State Championship must compete at our regional trial.

Please be aware that the regional trial is not a "participation" activity but rather a representative pathway.

Multi-class athletes must be capable of running 2km (10-12 years) or 3km (13-19 years) over uneven terrain.

TRAINING Multi-class athletes should have completed sufficient preparation prior to competing at the district / regional cross country trials.

AGE DIVISIONS 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.

QUALIFYING STANDARDS Multi-class athletes must hold a current registration with a national disability sporting organisation (eg. Sport Inclusion Australia, Athletics Australia) to be selected in the regional team.

The school sport office will refer to the appropriate Master list to confirm the classification.

Multi-class athletes who are eligible for selection in the regional team must achieve the relevant QRSS state qualifying time at the regional trial in order to attend the QRSS Cross Country State Championship.

QRSS CONSENT All multi-class athletes must have completed the *QRSS Consent form* and returned it to their school sport co-ordinator by the due date.

Guide for competition categories for children with disability for use in athletics and cross country

This guide is unique to Sunshine Coast Regional School Sport. This guide has been developed by Dr Simone Pearce, Lecturer, School of Law and Society at the University of the Sunshine Coast for use within the Sunshine Coast Region. This guide is designed with the intent of providing every and any child with a disability the opportunity to take part in competitive athletics in a fair and meaningful way.

Sunshine Coast School Sport have a vision to provide opportunities for children with disability within the region to take part in athletics in a safe and inclusive way, without the barriers and confusion that sometimes surrounds Multi-class or Para athletics. It does not matter whether a child has a *formal classification (the official way Athletics Australia, Paralympics Australia, Sport Inclusion, Virtus, Disability Sport Australia etc recognise impairment categories)*, or can be *classified*, Sunshine Coast School Sport would like to provide opportunities to compete as fairly as possible.

This guide provides categories in which children might compete, based on the functional impact of their impairment. These categories sometimes align with the 'usual' classification system used in Multi-class and Para events for children with disability, and the new and evolving classifications that are being introduced at higher levels of the sport. Some of the categories in this guide are designed to provide children with disabilities that do not fit within the usual classifications, a group or category to compete in.

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	T/F01
Visual Impairment	Any visual impairment for which the child is verified in the education system	T/F11 – T13
Intellectual impairment	Intellectual Impairment (as diagnosed with less than IQ of 75)	T/F20/ Virtus II-1
Downs Syndrome	Downs Syndrome	Virtus II-2
Autism /ASD No Intellectual Impairment	Autism /ASD No II	Virtus II-3
Athletes with hypertonia, Ataxia or Athetosis who compete sitting or with aid	Coordination, balance, power and strength, and physical difficulties that is a verified impairment or diagnosed. Wheelchair or Race Runners	T/F31 – T34 RR1,2,3,
Athletes with hypertonia, Ataxia or 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	T/F35 – T38, RR1,2,3.
Athletes with short stature	Short stature	TF40 – TF41
Athletes with limb deficiencies, muscle weakness or joint restriction who compete standing	Limb deficiency, muscle weakness disorders, joint disabilities, relatively ambulant. More significant impairment.	TF42 – TF46
Single arm, through wrist	Primarily for competitors with a below elbow or wrist amputation or impairment.	T47
Wheelchair – track events	Impairment that requires and/or athlete prefers a wheelchair	T51 – T54
Wheelchair –Field Events	Impairment that requires and/or athlete prefers a wheelchair, particular to throwing events	F 52-58
Transplant recipients	Transplant recipients	T/F60
Absence of both lower limb	Limb deficiency, muscle weakness disorders, joint disabilities, can be quite ambulant.	T/F62
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.	T/F63
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.	T/F64
Impairment that is covered in more than one of the above categories of disability	A combination of impairments that might include intellectual, autism and/or physical, neurological effects, or a developmental delay.	N/A
Unspecified or different disability	Any disability not included above.	N/A