

## Sunshine Coast Regional cross country trial notice, 2024

### TRIAL DATE

- **Tuesday 04 June 2024.** (Wet weather back up 11 June 2024)

### VENUE

- Noosaville State School, 75 Beckmans Road, Noosaville

### TIME

- First event will commence at 9:30am. We expect to finish around 2:30pm
- You should arrive at least one hour prior to the start of your age division's race start time. Please see our Order of Events for approximate timelines.
- If you are running in the first event at 9:30am, then arrive no later than 9:00am.

### COST

- \$25.00 per competitor (including GST)
- Payment for the regional trial must be made using our regional online shop.
- Click the 'Regional online shop' tab on our regional website home page <https://sunshinesport.eq.edu.au>
- Click the "Pay now – Levies and apparel" button.
- Click 'Regional Trials' and follow the prompts



### PARKING

- Limited parking on-site. Off street parking is available nearby. Please see our parking map for more information.

### ELIGIBILITY

- Eligible students must be turning 10 years old to 19 years old in 2024.
- You can only compete in one age group division in any event type.
- To compete in this event, you must have been nominated to us by your representative school sport district as part of their cross country team.

## CHECK-IN REQUIREMENTS

- All district team members must check-in with their district team manager upon arrival.
- Make sure to follow the steps outlined by your district for filling out the necessary permission and medical forms, as well as bring along proof of payment for the regional trial fee.
- No forms = no trial participation

## TRIAL FORMAT

- District teams only
- You must have been selected in a district team prior to the regional trial.

## PROGRAM - ORDER OF EVENTS

- The order of events is attached and available on our website.
- Advertised event times are an estimate only.
- It is your responsibility to make sure you are at the cross country venue, checked-in with your district team manager and ready to race one hour before your event is advertised to start.
- No programs will be available for sale at the regional trial. Please download a copy of the program from our website.

## COURSE ORIENTATION

- The course will be open to walk on the following dates:  
Thursday, 23 May 2024 from 4:00pm  
Friday, 24 May 2024 from 4:00pm  
Saturday, 25 May 2024 from 4:00pm

## COURSE MAPS

- Course maps are available on our website.

## DISTRICT NOMINATION INFORMATION

- Each Sunshine Coast RSS district is permitted to nominate up to six competitors per age division.
- Competitors can only participate in their own age division (age as of 31 December 2024)

- All nominations must be forwarded to us through the district cross country convenor or team selector.
- We will publish event nominations on our website when all district nominations have been received and confirmed.
- No nominations or substitutions will be accepted at the trial event on the day.

## MULTI-CLASS ATHLETES

- Multi-class athletes wishing to be selected in the regional cross country team must participate at the regional trial.
- The regional trial is not a “participation” activity but rather a representative pathway. Multi-class athletes should be capable of competing the required course distances of 2km (10-12 years) and 3km (13-19 years) over uneven terrain.
- There are no multi-class regional qualifying times. Please refer to the *DRAFT QRSS 10-19 Multiclass State Qualifying Times* as a guide.
- 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.
- If a multi-class athlete does not have an official classification, they can still participate at the regional trial, however they are not able to be selected in our regional team.
- Interested multi-class athletes need to contact their school sport coordinator for the regional cross country multi-class information.
- If a multi-class athlete competes at the regional trial in an able-bodied event and has also submitted a multi-class individual nomination form, then their time from the able-bodied event will be used for multi-class selections to the state championship.
- Multi-class athletes who meet the requirements will receive a district team invitation.
- All multi-class athletes will be identified with a specific-coloured wristband.
- Visually impaired athletes are able to run with a guide runner.

## EXEMPTIONS

- Requests for exemptions must be submitted prior to the regional trial using the *Absentee application for exemption - cross country* and must conform to the regional exemption policy.

- Requests for exemptions must be forwarded to the regional sport office no later than 24 hours prior to the regional cross country trial. The application form is available on our regional website.

## UNIFORMS - ACCEPTABLE APPAREL FOR COMPETING IN

- Your district sport uniform to be worn if possible. Your school sport uniform is also acceptable.
- Appropriate footwear (shoes) is compulsory to be worn in all events.

## RUNNING SPIKES

- 13-19 years competitors can wear shoes with running spikes.
- Due to the nature of the course surface, spikes are not recommended to be worn.
- The maximum allowable spike length is 6 millimetres.

## SUN SAFETY

- Competitors must supply your own sunscreen.
- You must apply and reapply sunscreen at regular periods during the day.
- When not competing, you must wear a sun-safe hat and preferably stay in shaded areas.

## HYDRATION

- You must bring your own water bottle and hydrate regularly throughout the trial.

## FIRST AID

- Qualified first aid medics will be in attendance at the regional trial.

## CANTEEN AND CATERING

- A canteen will be available to purchase food and drinks. A coffee van will also be onsite.
- We encourage all attendees to bring your own snacks and lunch items.

## REGIONAL TEAM SELECTION

- Maximum of six nominations for all age divisions.
- Invited team members will receive a parent letter at the regional trial.
- Invited team members must register via the QR code on the invitation letter.

- Invited team members must download the full Team Invitation and Student Permission Booklet from our website.
- A uniform 'try-on' shop will be set up on the day. Regional team members will be able to try on regional apparel.
- Multi-class athletes must hold a current registration with a national disability sporting organisation. Eg Sport Inclusion Australia, Athletics Australia.
- Multi-class athletes must either be listed on the appropriate Master list, or provide a copy of their classification card to the regional school sport office as proof of classification.

## QUEENSLAND REPRESENTATIVE SCHOOL SPORT STATE CHAMPIONSHIP INFORMATION

- Dates: 12 to 14 July 2024
- Location: St Paul's School, Bald Hills
- Travel: Private transport
- Cost: Approximately \$180.00 plus the purchase of apparel items

**Sunshine Coast School Sport**  
**2024 Regional Cross-Country Trials**



**Order of Events**

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

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