

**SUNSHINE COAST
SCHOOL SPORT**

10 – 19 Years

Cross Country trials



Program

**Tuesday, 04 June 2024
Noosaville State School**

GENERAL INFORMATION

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 submit their completed *Regional Trial Permission / Consent Form and Student Health Information Form* to their district team manager and pay the regional trial levy prior to participating at the regional trial.

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 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.

SPECTATORS

There are no restrictions on the number of spectators permitted to attend this event.

Spectators will be required to stay behind all bunted areas.

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.

UNIFORM / RUNNING SPIKES

District sport uniform is to be worn if possible. Otherwise, school sport uniform. Footwear is compulsory in all events.

Spikes are permitted for 13-19 years competitors only. However due to the nature of the course surface they are not recommended. Maximum spike length is 6mm.

COURSE ORIENTATION

Competitors will have the opportunity to walk the courses on 23, 24 and 25 May from 4pm.

Course orientation will not be available on the day of the regional cross-country trial.

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.

District team managers must inform marshals of event withdrawals as soon as possible on the day.

SUN SAFETY

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

HYDRATION

Competitors are advised to bring their own water bottle and hydrate regularly throughout the day. A water station will be available for athletes to refill their water bottles.

FIRST AID

Qualified first aid medics will be on-site should a competitor need medical assistance.

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.

COMPETITION CONDITIONS

AGES

Competitors must be turning 10 to 19 years of age in 2024.

10 years	born 2014
11 years	born 2013
12 years	born 2012
13 years	born 2011
14 years	born 2010
15 years	born 2009
16 years	born 2008
17 years	born 2007
18-19 years	born 2006 – 2005

COMPETITION PROCEDURES

- The regional cross-country trials will be conducted under the current World Athletics competition rules.
- 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 and checked prior to the regional trial.
- Only competitors nominated by their district prior to the regional trial are eligible to compete.
- No nominations or substitutions accepted at the regional trial on the day.
- Athletes who are unable to complete their event must report to the nearest checkpoint official.

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 entered into with parents or coaches directly. The Referee's decision is final.

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 at St Paul's School in Bald Hills, Brisbane from 12-14 July 2024.

EXEMPTION APPLICATIONS

- Athletes who meet approved criteria can apply to be exempt from competing at the regional cross-country 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.
- If an exemption has been approved, these will be announced prior to the start of each event.

REGIONAL SELECTION CRITERIA FOR STATE CHAMPIONSHIP

10 - 19 YEARS SELECTION CRITERIA:

- The top 10 finishers after each event will remain briefly in the recording tent. Medallions will be awarded for 1st, 2nd and 3rd place and ribbons will be awarded to 4th – 10th placings.
- Parent contact details will be confirmed for competitors who finish 7th, 8th, 9th and 10th. These students are the reserves for the regional team and will be contacted in case of any withdrawals.
- Regions are permitted to nominate six competitors per age division and gender.

MULTI-CLASS SELECTION CRITERIA:

- Multi-class athletes must hold a current registration with a national disability sporting organisation (eg. Sport Inclusion Australia, Athletics Australia) to be selected in our regional team.
- 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 run a time that is equal to, or faster than, the 2024 QRSS 10-19 Multi-Class State Qualifying Times will be invited to join our regional team to compete at the QRSS state cross country championship.

REGIONAL TEAM SELECTION AND PAYMENT PROCESS

▪ Step 1 – Regional Selection

- Event results will be displayed on the 'Results wall' near the canteen. Please note athletes' names will only be published if the *QRSS Consent Form* has been returned by the due date. All other competitors will be identified by their specific individual school code.
- Invited team members will receive their regional team invitation letter.
- The top 10 finishers will then proceed to the presentation area.
- All qualifying competitors are required to download the full *Team Invitation* and *Student Permission Booklet* from our website. The *Student Permission Booklet* is an electronic fillable PDF document that needs to be completed and returned to the regional sport office by the due date.
- Invited multi-class team members must either be listed on the appropriate Masterlist or provide a copy of their current classification card to the regional school sport office prior to attending the state championship.


▪ Step 2 – Regional Uniform Shop

- Qualifying competitors will only have the opportunity to try on regional uniform apparel at the regional cross country trial. No apparel will be available for purchase at the venue.
- All ordered uniform items must be collected from the regional school sport office.

▪ Step 3 – Payment

- The purchase of uniforms and payment of the regional team levy will need to be made through the regional online shop on the Sunshine Coast School Sport website. Uniform orders can be collected from the regional sports office prior to the state championship.
- Payment must be made through our regional online shop 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*.

▪ Step 4 – Collection of ordered items

- Uniform orders can be collected from our office when you receive email notification that your order is ready for collection.
- Please arrange a time within our opening hours to collect your order, or alternatively arrange for the collection of your order by an authorised third party.

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	17/18-19 Boys	6 km
10:00 am	16 Boys & 18-19 Girls (Staggered Start)	6 km
10:30 am	10 Boys + 10-12 Boys Multi-class	2 km
10:50 am	10 Girls + 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 + 13-19 Boys Multi-Class	3 km
12:40 am	13 Girls + 13-19 Girls Multi-Class	3 km
1:00 pm	14 Boys & 14 Girls (Staggered Start)	4 km
1:30 pm	15 Boys & 15 Girls (Staggered Start)	4 km
2:00 pm	16 Girls & 17 Girls (Staggered Start)	4 km
2:30 pm	Departure	

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