



2025 10 - 19 Years CROSS COUNTRY NEWSLETTER

Summary Letter for Parents & Students

DATE of TRIALS Tuesday 3rd June 2025

TIME: 8.30am till 2.15pm (approx.).

VENUE: Runaway Bay Sports Complex
RUNAWAY BAY CRICKET FIELDS
Sports Drive (*Off Morala Ave*)
Runaway Bay

8:15 a.m.	Officials Meetings
8:25 – 8:50.a.m.	Course open for inspection (10-12yrs supervised & 13-19yrs unsupervised)
9:00 a.m.	First Event
1:45 p.m.	Final Event
2:15 p.m.	Trial concludes

Program of Events will be found on South Coast website www.southcoastschoolsport.eq.edu.au or through your own school Sports Coordinator closer to the event.

COURSE MAPS A map of the proposed 2km, 3km, 4km, 6km & 8km courses has been forwarded to your Sports Coordinator or can be found on our SSSC website

COST The nomination fee charged to students is **\$25 (GST Inc)** per student. Method of Payment - RSS (Online) Shop Instructions on SSSC website <https://rssshop.education.qld.gov.au/regional-trials>

CHECK IN All students will need to

- Check in with their specific District Officials at the designated table in the Runaway Bay Basketball Hall (look for appropriate District flag).
- Hand in fully completed permission & Details booklet (see box below)
- Be allocated a specific competitors number
- Direct all queries re nominations through the district officials. You will need to ensure that before you check in that you have with you the following FULLY COMPLETED documents:

1. A copy of the New School Sport South Coast - Permission and Details Booklet including signatures on the Project Consent Form and Principals Approval NB. This document must be completed using online new version only.
2. https://southcoastschoolsport.eq.edu.au/supportandresources/formsanddocuments/documents/2025%20february%20version%20tobe%20updated%20%20permission%20%20details%20booklet%20_fillable.pdf
3. Students / Parents must complete then print out the online completed document
 - The document must then be taken to the students school to get the Principal (or nominee's) signature.
 - Students must then bring this fully **completed** booklet to the regional trials and hand it in to the district managers **prior to** competition.

NB. If the steps above are not followed the students will not be allowed to compete.

This document has been designed as an electronic version and can be printed and saved to a device. NB. Adobe Reader must be installed on the device for this to work. This can be downloaded from the Adobe website.

FOOTWEAR **10-12yr spikes or football boots are not to be worn.**

13-19yr It is optional for 13-19yr athletes to wear spikes. It is advised that if athletes bring spikes they also should bring an alternative pair of shoes that aren't spikes as weather changes may cause a change in the condition of the track and it might be deemed that spikes should not be worn. This will be the individual athlete's decision after doing the course orientation.

JEWELLERY All jewellery is considered as a risk and is not to be worn during the race as it can be a serious hazard. If this presents a problem/issue the jewellery is required to be taped at the very least.

PARKING The best parking will be at the end of Sports Drive in front of the Indoor Stadium (where check in will take place). Once this is full, please utilise other designated parking areas around the sports precinct.

QRSS STATE CHAMPIONSHIPS

The State Championships will be:

- Held in Brisbane from **Friday 18th July to Sunday 20th July 2025** Course TBA.
- **Students must be available for all three days of the championships, this includes the opening ceremony, individual events and relay team events**
- Each region is entitled to nominate **6 competitors in all age divisions**.

RESULTS & SOUTH COAST TEAM

In the majority of age divisions, the first * **five (5) 10-19yrs finishers** (plus the next 5 – as reserves) will be directed to the Regional Team Tent. The sixth team member for each age group will be determined after reviewing all exemptions for the event.

Competitors who have qualified for the State Championships **MUST**

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|-------------------|--|
| 1. Report | To South Coast Regional Team Tent to provide details including email address |
| 2. Collect | Abbreviated team letter. |
| 3. Try on | Appropriate apparel for sizing and online ordering purposes. |
| 4. Inform | South Coast officials asap if you do not wish to take up the invitation to compete at the upcoming state championships. |

Once the team is finalised, a **full team letter, instructions for levy payments and online ordering, state program** and other **associated documents** will be forwarded by email in the days following the Regional Trials.

Michael Cacciola

Regional Cross Country Convenor
South Coast Convenor

Bruce Hurford

Regional School Sport Officer
South Coast



8:15 a.m. Officials meeting			
8:25 a.m. Walk the course			
Event No.	Event Time	Age Division	Distance
1	9:00 a.m.	Boys 18 / 19 years (2007 – 2006)	8km
2	9:35 a.m.	Boys 16 years (2009)	6km
3	9:40 p.m.	Girls 18 / 19 years (2007 – 2006)	6km
4	10:10 a.m.	Boys 17 years (2008)	6km
5	10:40 a.m.	Boys 11 years (2014)	3km
6	10:55 a.m.	Girls 11 years (2014)	3km
7	11:10 a.m.	Boys 12 years (2013)	3km
8	11:25 a.m.	Girls 12 years (2013)	3km
	11:40 a.m.	Break for Officials	
9 & 10	12:05 p.m.	Boys Multi Class 13 -19yr (2012 – 2006) & Boys 13 years (2012)	3km
11 & 12	12.20 p.m.	Girls Multi Class 13 -19yr (2012 – 2006) & Girls 13 years (2012)	3km
13 & 14	12:35 p.m.	Boys Multi Class 10 -12yr (2015 – 2013) & Boys 10 years (2015)	2km
15 & 16	12:50 p.m.	Girls Multi Class 10 -12yr (2015 – 2013) & Girls 10 years (2015)	2km
17	1:05 p.m.	Boys 14 years (2011)	4km
18	1:10 p.m.	Girls 14 years (2011)	4km
19	1:30 p.m.	Boys 15 years (2010)	4km
20	1:35 p.m.	Girls 15 years (2010)	4km
21	1:55 p.m.	Girls 16 years (2009)	4km
22	2:00 p.m.	Girls 17 years (2008)	4km
APPROX. CONCLUSION OF RACES 2.20PM			