



## 2024 10 - 19 Years CROSS COUNTRY NEWSLETTER

### Summary Letter for Parents & Students

---

**DATE of TRIALS**    Tuesday 28 May 2024

**TIME:**                **8.30am till 2.30pm** (approx.).

**VENUE:**                **Rivermount College**  
RIVERMOUNT COLLEGE GROUNDS  
Rivermount Drive Yatala

8:15 a.m.	Officials Meetings
8:30 – 8:55.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](http://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 Rivermount College 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. [https://southcoastschoolsport.eq.edu.au/supportandresources/formsanddocuments/documents/south-coast-documents/2023%20february%20version%20to%20be%20updated%20%20permission%20%20details%20booklet%20\\_fillable%20\(v3\).pdf](https://southcoastschoolsport.eq.edu.au/supportandresources/formsanddocuments/documents/south-coast-documents/2023%20february%20version%20to%20be%20updated%20%20permission%20%20details%20booklet%20_fillable%20(v3).pdf)

- 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.

Be aware that there are some muddy sections that may not be suitable for spikes as well as timber crossings. 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.

**QSS STATE CHAMPIONSHIPS**

The State Championships will be:

- Held in St Paul's School, Bald Hills, Brisbane from **Friday 12th July to Sunday 14<sup>th</sup> July 2024**.
- The course orientation / opening ceremony will be held on the **afternoon of Saturday 13 July 2024**.
- **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**.

**PARKING**

Parking will be limited, therefore it is recommended that you allow ample time for parking and working into the event.

Rivermount College staff will be there to direct people who are accessing the venue.

Once the school is at capacity, visitors will have use local street parking and then walk on to the campus.

**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**

1.	<b>Report</b>	To South Coast Regional Team Tent to <b>provide details including email address</b>
2.	<b>Collect</b>	<b>Abbreviated team letter.</b>
3.	<b>Try on</b>	<b>Appropriate apparel for sizing</b> and online ordering purposes.
4.	<b>Inform</b>	South Coast officials asap if you <b>do not wish</b> 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.

*Andy Knapper*

Regional Cross Country  
South Coast Convenor

*Bruce Hurford*

Regional School Sport Officer  
South Coast



**Program:**

<b>8:15 a.m.</b>	<b>Officials meeting</b>	
<b>8:30 a.m.</b>	<b>Walk the course (10-12yrs escorted, 13-19yrs students – not escorted)</b>	
<b>Event Time</b>	<b>Age Division</b>	
9:00 a.m.	Boys 18 / 19 years	(2005 – 2006)
9:25 a.m.	Boys 16 years	(2008)
9:40 p.m.	Boys 17 years	(2007)
10:00 a.m.	Girls 18 / 19 years	(2005 – 2006)
10:30 a.m.	Boys Multi Class 10 -12yr (2014 – 2012) & Boys 10 years	(2014)
10:40 a.m.	Girls Multi Class 10 -12yr (2014 – 2012) & Girls 10 years	(2014)
10:50 a.m.	Boys 11 years	(2013)
11:00 a.m.	Girls 11 years	(2013)
11:10 a.m.	Boys 12 years	(2012)
11:25 a.m.	Girls 12 years	(2012)
<b>11:45 a.m.</b>	<b>Break for Officials</b>	
12:05 p.m.	Boys Multi Class 13 -19yr (2011 – 2005) & Boys 13 years	(2011)
12:20 p.m.	Girls Multi Class 13 -19yr (2011 – 2005) & Girls 13 years	(2011)
12:35 p.m.	Boys 14 years	(2010)
12:50 p.m.	Girls 14 years	(2010)
1:05 p.m.	Boys 15 years	(2009)
1:15 p.m.	Girls 15 years	(2009)
1:30 p.m.	Girls 16 years	(2008)
1:45 p.m.	Girls 17 years	(2007)
<b>APPROX. CONCLUSION OF RACES 2.15PM</b>		