

2024 10 – 19 years Cross Country Regional Trials

Trial Date	Wednesday 22 May 2024
Venue	John Paul College – Cec Munns Sports Centre John Paul Drive Daisy Hill (off Chatswood Road)
Times	Scheduled Events will commence at 9.35am sharp. District managers must be at the venue by 7.45am to set up their district banner and tent. <u>Each district has their own banner, tent and running singlets which they need to bring to the trial.</u> Please contact your district secretary in advance to organise the collection of the district banner and tent. Please note districts will need to organise for a district official to take the district banner, tent and singlets with them at the end of the trial. A District Manager meeting will be held at 8.15am. Athletes must report to their District managers on arrival & be in attendance no less than one (1) hour prior to their scheduled event time.
Order of Events	Order of Events (Appendix A). Printed programs will not be available. The Order of Events will only be available on the Metropolitan West School Sport website.
Warm Up/ Course Orientation	Course will be open at 8.00am – Course closed at 8.30am Course orientation will be from 8.45am – 9.15am
Age Groups	10 years born 2014, 11years 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.
Information for 12 yrs students	12 year old students born (2012) will participate in events for their age group regardless of whether they attend a primary or a secondary school.
Lunch	A canteen will be in operation on the day.
Parking	Ample parking is available at or near the venue.
Sun Safety	There is limited shade at the venue. Districts are responsible for erecting their own shade tent to ensure that students are sun smart during this event. Sunscreen will be available at the Metropolitan West School Sport tent if required by students and officials.
Eligibility	<ul style="list-style-type: none"> • Students must be between 10-19 years inclusive by 31 December, 2024 and be currently enrolled in an affiliated Metropolitan West School Sport School. • Prior to trialling, students must submit the following forms to their <u>District Team Manager (hand in to District Manager at the trial):</u> <ul style="list-style-type: none"> ▪ District Principal approval form ▪ District Student details/medical history & parent consent forms <p style="text-align: center;">No Forms = No Participation</p>
Competition Conditions	<ul style="list-style-type: none"> • As per QSS guidelines, portable music devices are not permitted during competition • <u>ALL</u> 10 - 19 years competitors are to wear their <u>district uniform/singlet</u> • Students cannot remove their uniform/singlet during competition • Spikes are only permitted to be worn in the 13-19 years age group. • Metropolitan West School Sport reserves the right to disqualify competitors who do not meet the above conditions.

Sports Medicine	Sports medicine personnel will be in attendance for the duration of the trial. It is the responsibility of the District Managers to follow through with any first aid or medical treatment required by the athletes.
Programs	Printed programs will not be available. The Order of Events will only be available on the Metropolitan West School Sport website and is the responsibility of each individual competitor.
Convenor	Metropolitan West School Sport Office Phone: 3028 8053 Email: ann-louise.edwards@qed.qld.edu.au
Please note:	Students can only nominate to attend these trials through their School Sports Coordinator to their relevant district team. <u>Nominations outside of this process will not be accepted.</u>

Nominations Process

Nomination Due date	District nominations are due by 3pm on Thursday 2 May 2024.
Nomination Fee	Each competitor nominating for the trial <u>WILL NOT</u> be required to pay a nomination fee this year, including students who only submit a paper nomination for events not being conducted at the trial.
Met West Team Invitation	<p>Payment and apparel orders must be completed via the Metropolitan West School Sport online shop by 3.00pm Monday 5 June 2023. The Student Permission Details Booklet (fillable) must be submitted to the Metropolitan West School Sport Office by <u>3.00pm Monday 3 June 2024</u> via e-mail. E-mail : met.west@qed.qld.gov.au</p> <p>Competitors who fail to finalise their place in the team by <u>3.00pm Monday 3 June 2024</u> <u>may be withdrawn & replaced by another competitor.</u> The <u>10-19 Years uniform collection and photograph session</u> will be held at the Mt Gravatt East State School hall, Newnham Rd Mt Gravatt East between <u>3.30pm - 4.30pm on Tuesday 11 June 2024. The photo will be taken at approximately 4.30pm. The departure time will be approximately 4.45pm.</u></p> <p>This is a <u>session for all 10-19 Years athletes</u> invited to be part of the Metropolitan West School Sport Cross Country team. Due to strict nomination timelines, full payment must be made through the online portal and forms must be returned by <u>Monday 3 June 2024</u>. Competitors who do not provide full payment and forms (met.west@qed.qld.gov.au) by the due date will be automatically withdrawn from the Met West School Sport team and replaced with another competitor. Forms & payments cannot be returned at the uniform collection & photograph sessions.</p> <p>Up to the first six (6) competitors in each event are eligible for an invitation to join the Metropolitan West School Sport Cross Country Team. <u>PLEASE NOTE:</u> Finishing in the first 6 places as outlined above in any event is not a guarantee of an invitation to join the Metropolitan West School Sport Cross Country Team. Quality of performances and the inclusion of any athletes under the absent competitor policy will determine the final number of placegetters who will be selected.</p> <ul style="list-style-type: none"> All Multi-Class Athletes wishing to compete at the QSS State Cross Country Championships will be nominated subject to the QSS Qualifying Times (Appendix I).

<p style="text-align: center;">Absent Competitor</p>	<p>Any student wishing to be considered for selection in the Metropolitan West School Sport Cross Country Team, but is unable to compete at the Metropolitan West School Sport Regional Trials due to participation in a higher level of competition in Cross Country, QSS Regional/State team in a different sport, illness or injury <u>MUST SUBMIT</u> a written request on the Absentee Application for Exemption Form. (Appendix B - Form) These students must be initially selected in their respective District team to warrant consideration for an invitation into the Metropolitan West School Sport Regional team.</p> <p>The Absentee Application for Exemption Form & necessary paperwork (as listed on the form) must be received by the Regional Convenor by 8.00am on the day of the Metropolitan West School Sport Regional Cross Country Trial. If emailing the form on the morning of the trial please email form to <u>ann-louise.edwards@ged.qld.gov.au</u></p> <p>The Metropolitan West School Sport Cross Country Selection Committee will consider such applications and advise in due course if the student is to be invited to be a part of the Metropolitan West School Sport Cross Country Team. The decision by the Metropolitan West School Sport Cross Country Committee is final and is not subject to appeal.</p>
<p style="text-align: center;">State Championships</p>	<p>The Queensland School Sport 10 – 19 years State Cross Country Championships will be held on Friday 12 to Sunday 14 July 2024 in Bald Hills hosted by Metropolitan North School Sport.</p> <p>Students should be advised in advance that, if they qualify as members of the Metropolitan West School Sport Cross Country Team they will be required to purchase the Metropolitan West School Sport compulsory uniforms to be worn at the State Championships and pay a team levy.</p>