

2026 10 – 19 years Cross Country Regional Trials

Trial Date	Wednesday 27 May 2026
NEW Venue	<u>John Paul College</u> – 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. Each district has their own banner, tent and running singlets which they need to bring to the trial. 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 7.45am – Course closed at 9.15am Course orientation will be from 8.30am – 9.15am
Age Groups	10 years born 2016, 11 years born 2015, 12 years born 2014, 13 years born 2013, 14 years born 2012, 15 years born 2011, 16 years born 2010, 17 years born 2009, 18 & 19 years born 2006 & 2005.
Information for 12 yrs students	12 year old students born (2014) will participate in events for their age group regardless of whether they attend a primary or a secondary school.
Footwear	All runners must wear shoes. Spikes are NOT permitted in ANY age group due to the change in course set-up and identified increased risk of injury.
Lunch	A canteen will be in operation on the day.
Parking	Ample parking is available at or near the venue. Please share Appendix L – John Paul Parking Map with your District Team contacts.
Sun Safety	There is limited shade at the venue. Districts are responsible for collecting (from district secretary), bringing & erecting their own shade tent in your allocated space to ensure that students are sun smart during this event. Sunscreen will be available at the Metropolitan West School Sport tent if required for students & officials.
Eligibility	<ul style="list-style-type: none"> • Students must be between 10-19 years inclusive by 31 December, 2026 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 permission booklet <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 • ALL 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@ged.qld.edu.au

Please note: Students can only nominate to attend these trials through their School Sports Coordinator to their relevant district team.
Nominations outside of this process will not be accepted.

Nominations Process

Nomination Due date	District nominations are due by 3pm on Thursday 7 May 2026.
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.

Forms, levy payments and apparel orders are due by **3.00pm Wednesday 10 June 2026 – met.west@ged.qld.gov.**

****APPAREL/UNIFORM ORDERING PROCESS****

Apparel orders will be made directly through an external supplier and the ordered apparel/uniform items will be delivered directly to the customer. Further details will be emailed to the MWSS 10-19 Years Cross Country Team Members after the MWSS 10-19 Years Cross Country Trial. Invited students will register their details via the provided QR Code.

Please note that the **Team Levies** will still need to be paid via the Metropolitan West School Sport online shop portal & that there will **not** be a MWSS 10-19 Years Cross Country team photograph. This change was made after consulting parent/caregivers as there is no longer required to attend a uniform collection session.

Competitors who fail to finalise their place in the team by **3.00pm Wednesday 10 June 2026, may be withdrawn & replaced by another competitor.**

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.

PLEASE NOTE: 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.

All Multi-Class Athletes wishing to compete at the QRSS State Cross Country Championships will be nominated subject to the QRSS Qualifying Times (Appendix I).

Met West Team Invitation

<p>State Championships</p>	<p>The Queensland School Sport 10 – 19 years State Cross Country Championships will be held on Saturday 18 to Monday 20 July 2026 hosted by Darling Downs School Sport at the Highfields Sports & Recreation Grounds, Highfields - Toowoomba.</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>
<p>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 MUST SUBMIT 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 ann-louise.edwards@ged.qld.gov.au</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>

