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REGIONAL SELECTION TRIAL INFORMATION – 2024

Cross Country 10-19 years (Boys & Girls)

Trial date	Tuesday 21 May 2024	Trial time	8:00 am – 2:30pm
Trial venue	St Paul's School, Bald Hills – Entry is via Attunga St only (Google Maps) A canteen will be open for students and parents to access. Students should still bring their own food and drink containers to keep up fluid levels and avoid health problems in sharing containers.		
Convenor	Erin Carswell (Metropolitan North School Sport), erin-lee.carswell@ged.qld.gov.au		
Eligibility	To compete in the 10-12 years competition , students must be 10, 11 or 12 years of age as at 31 December in the year of the competition. To compete in the 13-19 years competition , students must be 13, 14, 15, 16, 17, 18 and 19 years of age as at 31 December in the year of the competition.		
Trial format	Please refer to order of events on page 3 for race start times		
Compulsory Forms	<p>All students <u>MUST</u> have the appropriate paperwork from their District or School/College to compete at this event.</p> <ul style="list-style-type: none"> Regional Trial Permission/Consent Form Queensland Representative School Sport (QRSS) Consent Principals Approval Form <p>Students WILL NOT be permitted to trial without appropriate school and parental/guardian consent. Forms are to be in the possession of either the District Manager or School teacher attending the day.</p>		
Payment to attend trial	<p>As we look to return to a full representative school sport calendar and the introduction of new teams in 2024, MNSS is reintroducing the full regional trial fee of \$25.00. Payment of the fee is via the MN RSS Shop and must be paid before the prescribed date.</p> <ul style="list-style-type: none"> rssshop.education.qld.gov.au/met-north Registrations must be received by 3pm on Thursday 16 May 2024 If you experience any difficulty, please refer to Payment guide—regional trials (PDF, 645KB) 		
Nominations to MNRSS	<p>Nominations from Districts must be sent via the Excel Documentation provided on the SharePoint by Thursday 11 May 2023. Nominations can be sent earlier than the due date to: Met.North@ged.qld.gov.au</p> <p>Note: Multi-Class Athletes should have their classification in brackets after their first name. E.g., SMITH, JOHN (T12). If no classification is available, then use (MC) in brackets after the first name.</p> <p>10-12 Years: Bramble Bay, City, North, North West & Pine Rivers Districts are invited to select teams of eight (8) in each age group/gender to contest these Championships.</p> <p>12-19 Years: Central and North West District may nominate a maximum of six (6) competitors for each age group/gender.</p> <p>12-19 Years Pine Rivers may nominate a maximum of eight (8) competitors for each age group/gender.</p> <p>12-19 Years: Schools in North Independent and North West Independent may nominate a maximum of four (4) competitors for each age group/gender.</p> <p>Multi-Class athletes are to be included as additional competitors but must have competed at the District/School meet.</p> <p>Each District/School is responsible for adequate Duty of Care supervision of their team/students at the regional selection trial.</p>		

District team representative	(A) District Event Officials										
	<table><tr><th colspan="2">Day 1 (10-19 years)</th></tr><tr><td>Bramble Bay, City, North West (Primary) & Pine Rivers</td><td>2</td></tr><tr><td>Central, North & North West (Secondary)</td><td>2</td></tr><tr><td>North Independent & North West Independent</td><td>1 per school</td></tr><tr><td>Student Helpers</td><td>Pine Rivers District</td></tr></table>	Day 1 (10-19 years)		Bramble Bay, City, North West (Primary) & Pine Rivers	2	Central, North & North West (Secondary)	2	North Independent & North West Independent	1 per school	Student Helpers	Pine Rivers District
	Day 1 (10-19 years)										
	Bramble Bay, City, North West (Primary) & Pine Rivers	2									
	Central, North & North West (Secondary)	2									
North Independent & North West Independent	1 per school										
Student Helpers	Pine Rivers District										
Summary: As with all planning, the outcome is dependent on the professionalism of the participants. Each district/ school must supply the correct number of staff and those staff must be punctual, well briefed and ready to perform.											
(B) Each District team MUST have adequate supervising officials for their District entrants.											
(C) Independent Schools will be responsible for their own school’s students as in the past.											
	In the interests of Work Place Health and Safety, Officials’ names MUST be updated on the MNRSS SharePoint no later than Tuesday 14 th May 2024 (earlier if possible).										
	NB: A meeting of the nominated officials with the Regional Convenor will be conducted at 8:00 am.										
Absentee Application for Exemption	<p>Students who wish to be selected in the regional team must attend the regional selection trial.</p> <p>If you are unable to attend and wish to be considered for selection, the Absentee Application for Exemption form must be submitted.</p> <ul style="list-style-type: none">To obtain this form, please contact Erin Carswell, erin-lee.carswell@qed.qld.gov.auApplications close on the day prior to the commencement of the eventEach application is decided individually. Acceptance of this application is not automatic and if accepted only entitles a child to be CONSIDERED for selectionMetropolitan North School Sport reserves the right to refuse late applications <p>Please note students completing this application should also be nominated by their respective District/School to the Regional Convenor.</p>										
Wet Weather	Weather information will be available via our Facebook site on the morning of the selection trial.										
Team selection	One (1) team will be selected to contest the State Championship. A region may nominate a maximum of six (6) competitors for each individual event in all divisions, as per QSS policy .										
QRSS State Championship	Friday 12 th July to Sunday 14 th July 2024 at St Pauls School, Bald Hills.										
QRSS Student official’s program	<p>Queensland Representative School Sport (QRSS) offers students in Queensland an opportunity to participate in all facets of the representative school sport pathway and actively promotes the development of students in all areas of sport. Student official opportunities include referee/umpire roles, key official roles, and Student Advisory Committee membership.</p> <p>Students are invited to register their interest here.</p>										

FACILITIES AVAILABLE AT ST PAUL'S SCHOOL

- Buses should bring runners to the car park TO THE REAR OF THE SCHOOL via Attunga Street. Competitors can then proceed directly to the start.
- Students are to respect the venue by staying on the oval area at all times except when using the toilet facilities. Please adhere to this.

Special note: Please ensure parents are made aware that the parking is at the rear of the school via Attunga Street. Cars parked illegally at the front of the school may be towed away at the owner's expense.

Please remember: Attendance at this regional selection trial is dependent on registration via the [MN RSS Shop](#) and on the presentation of the Principal Approval/Student permission form to the District Official or Convenor.

METROPOLITAN NORTH SCHOOL SPORT

CROSS COUNTRY 10-19 YEARS BOYS & GIRLS ORDER OF EVENT – 2024

7.30 a.m. Officials Meeting

8.25 a.m. Course Closed

8:30	Boys	18-19 Years	8km
9:00	Girls	18-19 Years	6km
9:25	Boys	16-17 Years	6km
9:50	Girls	16-17 Years	4km
10:15	Boys	14-15 Years	4km
10:35	Girls	14-15 Years	4km
10:55	Combined	10-12 Years Multi-Class	2km
11:15	Boys	10 Years	2km
11:25	Girls	10 Years	2km
11:40	Boys	11 Years	3km
12:00	Girls	11 Years	3km
12:15	Boys	12 Years	3km
12:35	Girls	12 Years	3km
12:50	Boys	13 Years	3km
1:05	Girls	13 Years	3km

Course maps

- **8km events** (18-19 years boys only) = 3km Course – 2 Laps then 2km Course – 1 Lap
- **2km events** (10 years boys & girls, Multi-class 10-12 years boys & girls) = 2km Course – 1 Lap
- **4km events** (14 years boys & girls, 15 years boys & girls, 16 years girls and 17 years girls) = 2km Course – 2 Laps



Course maps

- **8km events** (18-19 years boys only) = 3km Course – 2 Laps then 2km Course – 1 Lap
- **2km events** (10 years boys & girls, Multi-class 10-12 years boys & girls) = 2km Course – 1 Lap
- **4km events** (14 years boys & girls, 15 years boys & girls, 16 years girls and 17 years girls) = 2km Course – 2 Laps

