

LOCATION:

SET UP A COURSE WHERE APPROPRIATE. SCHOOLS ARE ENCOURAGED TO ORGANISE AN EVENT DURING WEEK 7, TERM 2 AND TO MAXIMISE PARTICIPATION.

SCHOOL ENTRIES:

IF YOUR SCHOOL HOLDS AN EVENT, ALL STUDENTS' TIMES CAN BE UPLOADED ON THE RECORDING SHEET PROVIDED THEN SUBMITTED TO SSWA

INDIVIDUAL STUDENTS

ALSO HAVE THE OPPORTUNITY TO COMPLETE IT OUTSIDE OF SCHOOL DURING THE COMPETITION DATES, ON THEIR CHOICE OF TRACK.



INDIVIDUAL ENTRIES: SUBMIT ONLINE AT

schoolsportwa.com.au/interschool/secondary/cross-country/
STUDENTS SHOULD PROVIDE EVIDENCE OF THEIR DISTANCE COVERED AND TIME. THIS CAN BE A PHOTO OF YOUR RESULTS (PHONE APP, GPS WATCH, TREADMILL SCREEN, ETC.)

RULES

SEE NEXT PAGE

*Submit times on spreadsheet
provided to:*

school.sport@education.wa.edu.au

SECONDARY VIRTUAL CROSS COUNTRY

COMPETITION DATES 8-15 JUNE

**STUDENTS ARE ALLOWED
AND ENCOURAGED TO
ENTER MORE THAN ONCE
THROUGHOUT
THE COMPETITION TO
ACHIEVE THEIR BEST
POSSIBLE TIME.**

YEAR GROUP:

**YEAR 7
YEAR 8
YEAR 9
YEAR 10(G)**

**DISTANCE:
3000M**

YEAR GROUP:

YEAR 10 (B)/YEAR 11&OVER (G)

**DISTANCE:
4000M**

**YEAR 11 (B) DISTANCE:
5000M**

**YEAR 12 (B) DISTANCE:
6000M**

MULTI CLASS

**YR 7 & 8
DISTANCE:
500M**

**YEAR 9 & 10
DISTANCE:
1000M**



*SCHOOLS: Submit spreadsheet by June 17
INDIVIDUALS: Submit time online by June 17*

**VIRTUAL
SECONDARY CROSS
COUNTRY**

COMPETITION DATES 8-15 JUNE

*Results published 24 June
For more details refer to
the spreadsheet provided*