



# **SOUTH WEST HIGH SCHOOLS INTERSCHOOL CROSS COUNTRY CARNIVAL**

Tuesday, 5 August 2025

Palmer Oval, Bunbury Cathedral Grammar  
School

**INITIAL INFORMATION**

# INFORMATION

**Date:**

Tuesday 5 August 2025

**Start Time:**

The program will begin at 10.00am. Schools should ensure that athletes and officials arrive at the event no later than 9.30am

**Venue:**

Palmer Oval, Bunbury Cathedral Grammar School

**Participating Schools:**

Nominations are due Friday 27 June

Nominations to be done via the school sport website

<https://www.schoolsportwa.com.au/interschool/country/south-west-region/overview/cross-country>

**Carnival Coordinator:**

Jason Reid  
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0409 917 410

**Cost:**

Following the event, schools will be issued with a tax invoice from SSWA based on the number of divisions they have entered. The amount will work out to be \$70 per division depending on the number of team nominated, this works out to between \$14 per student for a team of 5). The maximum cost for all teams entering is \$700. The final amount will be sent to school once nominations and budget is finalised.

**Events and Year Groups / Ages**

Events will be conducted in year groups. There will be an age cutoff for the year group. The age cutoff for the year group is 30<sup>th</sup> June. The following cutoffs will apply:

| <b>Year Group</b> | <b>Age cutoffs</b>         |
|-------------------|----------------------------|
| Year 7            | 1 July 2012 – younger      |
| Year 8            | 1 July 2011 – 30 June 2012 |
| Year 9            | 1 July 2010 – 30 June 2011 |
| Year 10           | 1 July 2009 – 30 June 2010 |
| Open              | Before 30 June 2009        |

Schools will compete for the following shields:

Year 7,8,9,10 and Open Champions  
Champion School

**Student Entry**

Schools will receive information on how to nominate their students and place them in their events before the end of Term 2.

# PROGRAM OF EVENTS

Races will start at the scheduled race time

Schools are permitted to enter a team of 5 runners (maximum) in each category.

**PLEASE NOTE; STARTING TIMES ARE APPROXIMATE. However we would like to stay as close to this times as possible**

| TIME  | AGE GROUP   | DISTANCE |
|-------|---|----------|
| 10.00 | Year 7 Girls  | 2.5km    |
| 10.15 | Year 7 Boys   | 2.5km    |
| 10.30 | Year 8 Girls  | 2.5km    |
| 10.45 | Year 8 Boys   | 2.5km    |
| 11.00 | Year 9 Girls  | 2.5km    |
| 11.15 | Year 9 Boys   | 2.5km    |
| 11.30 | Year 10 Girls                                       | 5km      |
| 11.45 | Year 10 Boys  | 5km      |
| 12.00 | Open Girls  | 5km      |
| 12.15 | Open Boys   | 5km      |
| 12.30 | 1km Time Trials<br>• Year 7<br>• Year 8<br>• Year 9 | 1km x4   |
| 1.45  | PRESENTATION FOR ALL DIVISIONS                      |          |

Relays will be held at the completion of the carnival and will consist of four runner per age group and gender running 1km each. Students can only compete in one relay.