



The Rockhampton  
Grammar School  
Established 1881

# Prep – Year 12 Cross Country Carnival Race Day Information Package



# RGS Cross Country



## Cross Country Carnival Race Times & Distances

Race	Age	Distance	Start Time
1	16 / Open Boys	6000m	8:45am
2	Primary Participation Race (7yrs – 12yrs)	600m	8:50am
3	7/8 years Boys & Girls	1000m	9:00am
4	Secondary Girls Participation Race (12 yrs – Open)	1500m	9:05am
5	6 years Boys & Girls	350m	9:05am
6	Secondary Boys Participation Race (12 yrs – Open)	1500m	9:15am
7	Prep Girls	200m	9:20am
8	Prep Boys	200m	9:25am
9	13 / 14 / 15 yrs Girls	4000m	9:30am
	<b>Primary Presentations 6 – 8 years (Primary Hill)</b>		<b>9:30am</b>
10	11 / 12 yrs Boys & Girls	3000m	9:55am
11	16 / Open Girls	4000m	10:10am
12	9 / 10 yrs Boys & Girls	2000m	10:20am
13	13 / 14 / 15 yrs Boys	4000m	10:30am
<b>Presentations 9yrs – Opens</b>			11:25am
Students dismissed			11:50am

**Please note:** Race times and course layouts may be adjusted if required due to weather or other unforeseen circumstances.

### Race Age

Race age is determined by year of birth, not year level (except Prep students).

6 yrs = 2020	7yrs = 2019	8yrs = 2018	9yrs = 2017	10yrs = 2016	11yrs = 2015
12yrs = 2014	13yrs = 2013	14yrs = 2012	15yrs = 2011	16yrs = 2010	Opens = 08/09

# RGS Cross Country



## Team Selection

Students aged **10 Years - Open** are eligible to trial for selection in the RGS Cross Country Team, which represents the School at the Rockhampton District Trials.

- The top six runners in each age group and gender will qualify for the RGS team.
- Successful students will be notified via email following the event, along with registration details.

## Special Consideration

If your child is unable to attend but would likely be eligible for RGS team selection (top six in their age group), please contact:

- **Primary:** Mr Lachlan Libke – [lilbke@rgs.qld.edu.au](mailto:lilbke@rgs.qld.edu.au)
- **Secondary:** Mr Todd Wells – [twells@rgs.qld.edu.au](mailto:twells@rgs.qld.edu.au)

by **Friday 27 March** to discuss the possibility of special consideration.

## Event Day Information

### Arrival Time

- Students are to arrive at **Rugby Park (Normanby Street Carpark)** at **8:00am (no later than 8:20am)**.
- **Parents are responsible for transporting students to and from Rugby Park.**  
*(Boarding students will be transported by School bus.)*

### On Arrival

- Students will meet their:
  - **Classroom Teacher (Primary)**, or
  - **House Patron (Secondary)**for roll marking and to collect their race sticker.

### Primary Students

- After collecting their race sticker, students will marshal in their age groups for their event.
- Following each race, Primary students will be escorted by their age group teacher from the finish line to the **Primary Tent Hill** to reunite with parents.

## Parent Viewing Areas

Parents are welcome to view races from:

- The **Secondary Hill** (between the two fields)
- The **Primary Hill** (MacGregor Street end of field)
- The designated **Parent Area** (Rugby Park grandstands)

The Rugby Park field is restricted to competitors and officials only, to reduce congestion and unnecessary course crossings. We kindly ask that parents allow sufficient space for staff and students to marshal runners safely.

**Important:** Accessing the finish line area requires crossing parts of the course. To minimise disruption and ensure student safety, please only use the designated parent viewing areas.

A coffee van will be available on the day for families.

## Dress Code

Students are to wear:

- School Sport uniform or House shirt
- Appropriate running shoes
- School hat

Additional Information:

- Zinc/face colouring in house colours is permitted.
- As RGS has hired the Botanical Gardens for this event, we ask families to help us care for the venue by avoiding costumes or accessories that may create mess or litter.

Costumes outside the outlined dress code are not permitted. Students who are not appropriately dressed may be asked to remove items before their race and could miss their start time if not ready to compete.

## School Operations

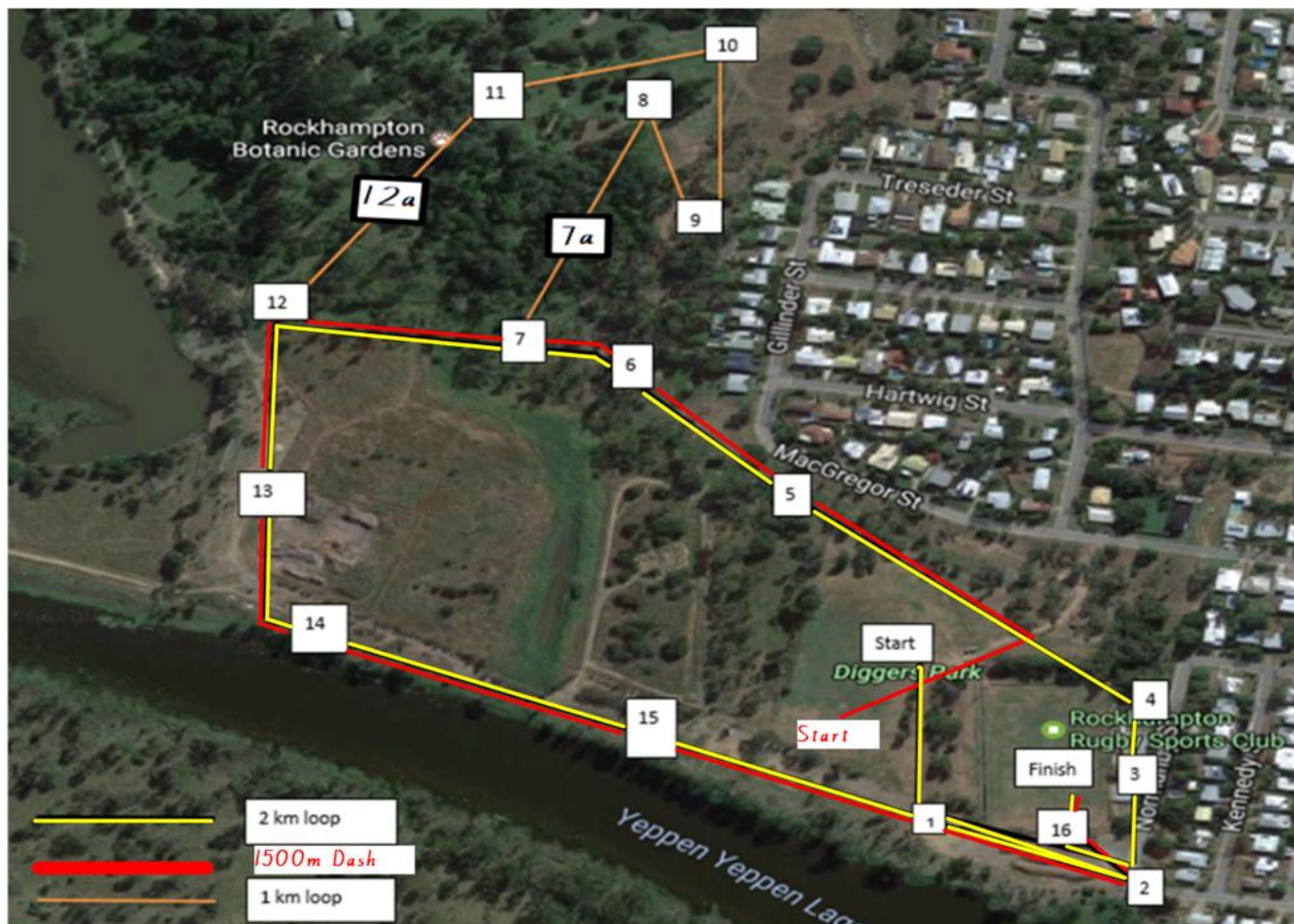
The Rockhampton Grammar School will close at **11:50am** on this day.

There will be no afternoon supervision, no school bus services and no Before or After School Care facilities operating.

# RGS Cross Country



## Course Maps



- **1500m Secondary Participation Dash (12 Years – Open)**  
One lap of the red course.  
*This is an alternative to the competitive race. Students cannot compete in both.*
- **2km** – One 2km loop (marked in yellow)
- **3km** – One 3km loop (travel along the yellow 2km course until reaching the additional orange 3km section of the course before returning to the yellow 2km course to finish).
- **4km** – Two x 2km loops
- **6km** – Two x 3km loops

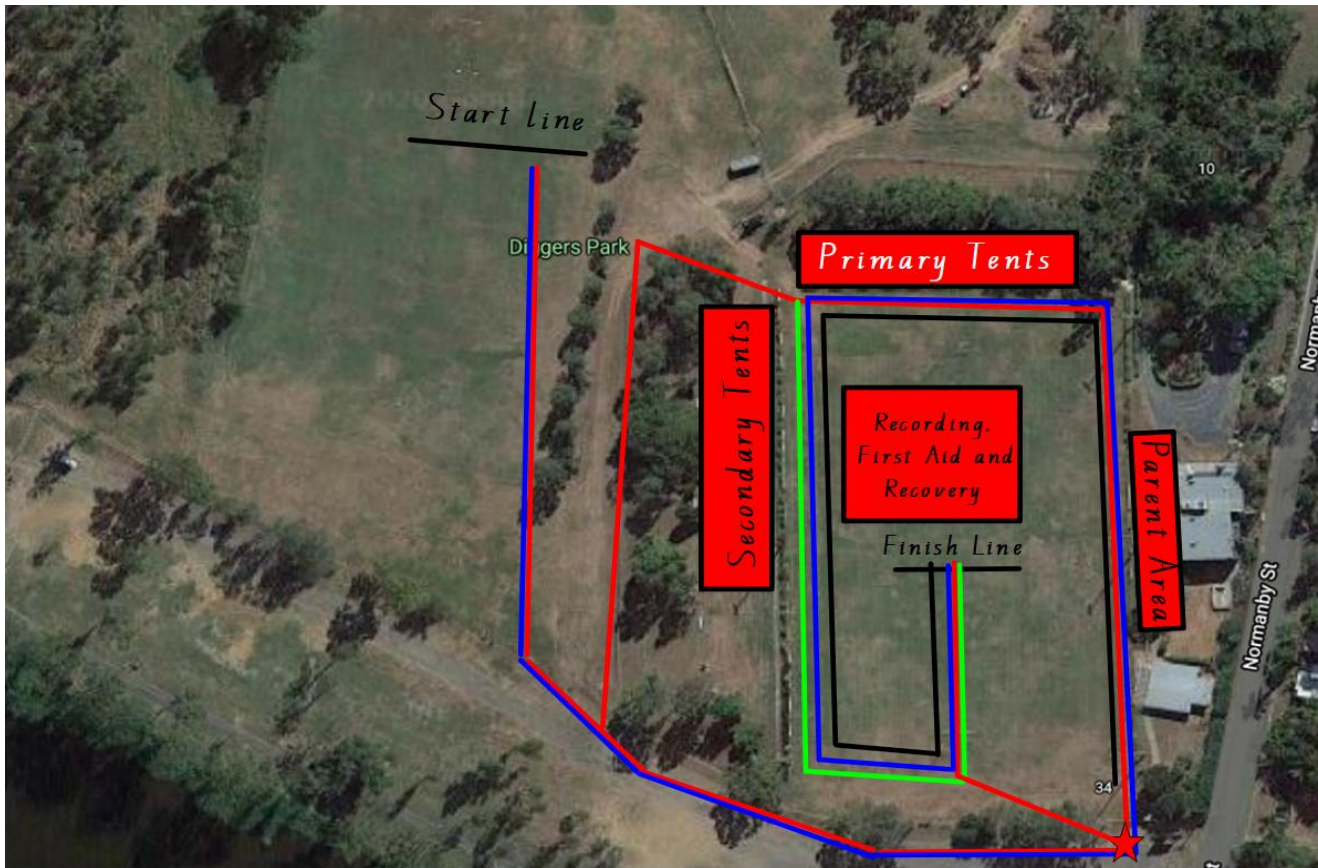
For the 4km and 6km events, if the lead runner is on their final lap and overtakes another student before they commence their second lap, that runner may be asked to leave the course. This ensures appropriate time allowances for all competitors.

**Water stations** are located at Aid Stations 3 and 12.

# RGS Cross Country



## Lower Primary Courses



- **Prep:** 200m (Green Line)
- **6 Years:** 350m (Black Line)
- **Primary Participation Dash (7–12 Years):** 600m (Blue Line)
- **7/8 Years Competitive:** 1000m (Red Line)  
Students will start on the Second Oval, follow the red line around the Main Oval, return via the gate to the Second Oval, and follow the marked chute to the finish line.

Virtual course maps are provided below for reference.

# RGS Cross Country



## Virtual Course Tours

Below you will find the age groups, race distances and links to virtual course tours. These resources are designed to help students become familiar with their course prior to race day and build confidence ahead of the event.

Students are also encouraged to take advantage of the weekly Cross Country training sessions held at Rugby Park to practise on the course.

**Full Virtual Course Playlist:** [Cross Country Virtual Tour](#)

Age	Distance	Virtual Course Link
Preps	200m	<a href="#">Prep Race</a>
6 Years (Primary)	350m	<a href="#">6 Yrs Race</a>
Primary Participation Dash (7 – 12yrs)	600m	<a href="#">Primary Participation Dash</a>
7/8 Years (Primary)	1000m	<a href="#">7/8 Yrs Race</a>
9/10 Years (Primary)	2000m	<a href="#">2km Loop</a>
11/12 Years (Primary and Secondary)	3000m	<a href="#">3km Loop</a>
Secondary Participation Dash 12yrs – Open	1500m	
13/14/15 Years (Secondary)	4000m	<a href="#">2km Loop (2 x laps)</a>
16/Open Girls (Secondary)	4000m	<a href="#">2km Loop (2 x laps)</a>
16/Open Boys (Secondary)	6000m	<a href="#">3km Loop (2 laps)</a>

# RGS Cross Country



## Absence

If your child won't be attending Cross Country, please remember to notify RGS Absentee at [absentee@rgs.qld.edu.au](mailto:absentee@rgs.qld.edu.au).

## Questions

If you have any questions, please contact:

**Primary:** Mr Lachlan Libke – [lilibke@rgs.qld.edu.au](mailto:lilibke@rgs.qld.edu.au)

**Secondary:** RGS Sport – [RGSSport@rgs.qld.edu.au](mailto:RGSSport@rgs.qld.edu.au)

We look forward to a wonderful whole-school Cross Country event and appreciate your support in ensuring the day runs safely and smoothly for all students.

