



SOUTH WEST HIGH SCHOOLS INTERSCHOOL CROSS COUNTRY CARNIVAL

Tuesday, 4 August 2026

Palmer Oval, Bunbury Cathedral Grammar
School

INITIAL INFORMATION

INFORMATION

Date:

Tuesday 4 August 2026

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 26 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
jason.reid@education.wa.edu.au
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 30th June. The following cutoffs will apply:

Year Group	Age cutoffs
Year 7	1 July 2013 – younger
Year 8	1 July 2012 – 30 June 2013
Year 9	1 July 2011 – 30 June 2012
Year 10	1 July 2010 – 30 June 2011
Open	Before 30 June 2010

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 • Year 7 • Year 8 • 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.