



**Nomination Form for Colours**  
**Cross-Country**

**NAME:** \_\_\_\_\_

**SPORT:** Cross-Country

**TEAM:** 16 Years / Open Inter-School Cross-Country Team

	<b>Demonstrated</b>	<b>Comments</b>
Sportsmanship and a good attitude is displayed at all times throughout the season with no questioning/disagreements with teammates, coaches, officials or opposition players or officials.		
Evidence of consistent high level of performance in the sport.		
Minimum 90% attendance at compulsory training sessions*		
Selection in North Queensland Open or 16 Years Cross-Country team		
<b>OR</b>		
Top 3 placing at Inter-House and Inter-School Cross-Country carnival (which guarantees selection in Charters Towers team)*		
<b>AND</b>		
Attendance at North Queensland Cross-Country trials*		

*\*If sessions or competitions are missed as a result of extenuating circumstances/sickness/injury or higher level school representation, notice and relevant medical documentation must be provided to the coach and/or Sports Co-ordinator prior to the training session/competition or as soon as possible afterwards (ie: within 3 days).*

**Coach Signature:** \_\_\_\_\_