

2025 RDS 10-12 Years Trials

Event	District Trials Date and time	Nominations due date	District Trials Venue	Equipment required	Capricornia Trials
Netball 10-11 years and 11-12 years Girls & Boys	Wednesday 5 February 2025 4pm – 7pm	Friday 31 January 2025	Central Queensland University stadium	Appropriate footwear, water bottle, school sport uniform PERMISSION BOOKLET	20 February 2025 Rockhampton
AFL 10-12 years Boys and Girls	Monday 10 February 2025 4pm – 6pm	Friday 7 February 2025	Rockhampton State High	Appropriate footwear, mouthguard, hat, water bottle, school sport uniform PERMISSION BOOKLET	27 Feb 2025 Rockhampton
Swimming	Paper nominations	Due directly to Cap Sport Wednesday 12 February 2024			
Hockey 10-12 years Boys and Girls	Tuesday 18 February 2025 4pm – 5:30pm	Friday 14 February 2025	Kalka Shades, Water St	Own playing equipment, mouthguard, hat, water bottle, school sport uniform PERMISSION BOOKLET	4 March 2025 Rockhampton
Basketball 10 -12 years Boys & Girls	Wednesday 19 February 2025 4pm – 6pm (Both genders)	Monday 17 February 2025	Central Queensland University stadium	Appropriate footwear, water bottle, school sport uniform PERMISSION BOOKLET	10 March 2025 Mackay
Squash 10-19 years Boys and Girls	Paper nominations	Thursday 20 February 2025			28 February 2025 Rockhampton
Football 10-12 years Boys	Monday 3 March 2025 4pm – 5:30pm Students may need to be shortlisted and called back depending on numbers.	Friday 28 February 2025	Cap Coast Football – Apex Park	Appropriate footwear, hat, water bottle, school sport uniform PERMISSION BOOKLET	27 March 2025 Gladstone

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Football 10-12 years Girls	Monday 3 March 2025 4pm – 5:30pm Students may need to be shortlisted and called back depending on numbers.	Friday 28 February 2025	Cap Coast Football – Apex Park	Appropriate footwear, hat, water bottle, school sport uniform PERMISSION BOOKLET	27 March 2025 Gladstone
Cross Country 10-19 years Boys & Girls	Tuesday 6 May 2025	Students selected from school carnivals			27 May 2025 Rockhampton
Rugby League 10, 11 and 12 Years Boys	Muster: Sunday 2 March 2025 9am – 12pm Shortlisted students: Sunday 9 March 2025 9am – 12pm	Thursday 27 February 2025	Emmaus College	Appropriate footwear, mouthguard, hat, water bottle, school sport uniform PERMISSION BOOKLET	28 April 2025 Central Highlands
11-12 Years Girls	Wednesday 5 March 2025 4pm – 5:30pm	Monday 3 March 2025	Frenchville State School	Appropriate footwear, mouthguard, hat, water bottle, school sport uniform PERMISSION BOOKLET	10 June 2025 Central Highlands
Tennis 10 – 12 Years Boys and Girls	Thursday 6 March 2025 9am – 3pm	Monday 3 March 2025	Rockhampton Tennis centre	Own playing equipment, hat, water bottle, school sport PERMISSION BOOKLET uniform	26 March 2025 Gladstone
Touch Football 10 – 12 Years Boys and Girls	1 st trial: Wednesday 12 March 2025 4pm – 5:45pm Shortlisted: Friday 14 March 2025 4pm – 5:45pm	Monday 10 March 2025	Rockhampton Touch Fields	Appropriate footwear, hat, water bottle, school sport uniform PERMISSION BOOKLET	31 March 2025 Mackay

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Softball 10 – 12 Years Boys and Girls	Trial 1: Wednesday 19 March 2025 4pm – 5:30pm Trial 2: Wednesday 26 March 2025 4pm – 5:30pm	Monday 17 March 2025	Rockhampton Softball Association	Own playing equipment, hat, water bottle, school sport uniform PERMISSION BOOKLET	13 May 2025 Rockhampton
Golf 10 – 18 Years Boys & Girls	Paper nomination	Due 17 March directly to Cap Sport			
Rugby Union 11 – 12 Years Boys	Wednesday 30 April 2025 4pm – 5:30pm	Monday 28 April 2025	Kettle Park (behind Fantastic Furniture)	Appropriate footwear, mouthguard, hat, water bottle, school sport uniform PERMISSION BOOKLET	12 May 2025 Rockhampton
Cricket 10 – 12 Years Boys	Monday 21 July 2025 4pm – 5:30pm	Friday 1 August 2025	Victoria Park	Own playing equipment, hat, water bottle, school sport uniform PERMISSION BOOKLET	5 Aug 2025 Mackay
Athletics 10 – 19 Years Boys & Girls	28 – 30 July 2025	Students selected from school carnivals	North Rockhampton State High		18/19 August 2025 Mackay
Cricket 10 – 12 Years Girls	Trial through Wide Bay Sports				