

# Little Athletics South Australia 2018 CROSS COUNTRY SEASON



Date	Host Centre	Location
05/05/2018	Flinders Little Athletics Centre & Flinders Athletics Club (Joint LASA & ASA meet)	Flinders University, Bedford Park.
06/05/2018	Northern Districts Little Athletics Centre	Carisbrooke Reserve, Salisbury Park.
13/05/2018	Mother's Day	No Meet
20/05/2018	Mount Barker & Districts Little Athletics Centre (LONG COURSE)	Keith Stevenson Park, Mount Barker.
	Port Augusta Little Athletics Centre	TBA
27/05/2018	Noarlunga & Southern Districts Little Athletics Centre's	Thalassa Park, Aberfoyle Park.
	Mount Gambier Districts Little Athletics Centre	Marist Park Oval, Mount Gambier.
03/06/2018	Mid North Clare Little Athletics Centre	TBA
11/06/2018	Adelaide Harriers Little Athletics Centre (MONDAY Queen's Birthday Long Weekend)	TBA
17/06/2018	Enfield Little Athletics Centre	Carisbrooke Reserve, Salisbury Park.
	Mount Gambier Districts Little Athletics Centre	Marist Park Oval, Mount Gambier.
24/06/2018	Barossa Valley Little Athletics Centre	Bethany Reserve, Tanunda.
01/07/2018	Mid Coast Little Athletics Centre	Tatachilla Lutheran College, Tatachilla.
08/07/2018	Hallett Cove & Reynella East Little Athletics Centre	Reynella East College, Reynella East.
	Mount Gambier Districts Little Athletics Centre	Marist Park Oval, Mount Gambier.
15/07/2018	Tea Tree Gully Little Athletics Centre	Bulkana Oval, Banksia Park.
<b>22/07/2018</b>	<b>STATE CROSS COUNTRY CHAMPIONSHIPS</b>	<b>Bonython Park, Adelaide.</b>

- Events highlighted in grey indicate that there is no meet scheduled for that day.
- Some event times and distances for country and joint meets may differ from the normal program on the next page, so please check the SALAA website in lead up to each event for specific information.

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## PROGRAMME OF EVENTS (05/05/2018 – Flinders Twilight Meet ONLY) SHORT COURSE

6:00 PM	U/9 and U/10 Boys & Girls	1000m
6:15 PM	U/11 and U/12 Boys & Girls	1500m
6:30 PM	U/6, U/7 and U/8 Boys & Girls	500m
6:45 PM	Tiny Tots Dash	50m
6:50 PM	Rec Aths	1000m
7:00 PM	U13 and U/14 Boys & Girls (SALAA and ASA)	* 2000m
7:45 PM	U/15, U/16, U/17 Boys & Girls (SALAA and ASA)	* 3000m

*\*Any athlete who would like to qualify for both (LASA/ASA) events will be encouraged to register in the Athletics SA competition. However, dual registered athletes competing in the Athletics SA event may still have that event counted as a qualifying event for the Little Athletics SA Cross Country Championships.*

## PROGRAMME OF EVENTS (06/05/2018 - 11/06/2018) SHORT COURSE

11:00 AM	U/15-U/17 Boys & Girls	2000m
11:20 AM	U/14 Boys & Girls	2000m
11:40 AM	U/13 Boys & Girls	2000m
12:00 NOON	U/6 Boys & Girls	400m
12:10 PM	U/7 Boys & Girls	600m
12:20 PM	U/8 Boys & Girls	800m
12:30 PM	Tiny Tots Dash	40m
12:35 PM	Rec Aths	1000m
	Lunch and presentations commence	
1:15 PM	U/9 Boys & Girls	1000m
1:30 PM	U/10 Boys & Girls	1000m
1:45 PM	U/11 Boys & Girls	1200m
2:00 PM	U/12 Boys & Girls	1200m
2:15 PM	Open - fun event only (U/6-U/17 & Family)	1000m

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## PROGRAMME OF EVENTS (17/06/2018 - 15/07/2018)

### LONG COURSE

11:00 AM	U/15-U/17 Boys & Girls	3000m
11:20 AM	U/14 Boys & Girls	3000m
11:40 AM	U/13 Boys & Girls	3000m
12:00 NOON	U/6 Boys & Girls	500m
12:10 PM	U/7 Boys & Girls	750m
12:20 PM	U/8 Boys & Girls	1000m
12:30 PM	Tiny Tots Dash	40m
12:35 PM	Rec Aths	1000m
	Lunch and presentations commence	
1:15 PM	U/9 Boys & Girls	1500m
1:30 PM	U/10 Boys & Girls	1500m
1:45 PM	U/11 Boys & Girls	2000m
2:00 PM	U/12 Boys & Girls	2000m
2:15 PM	Open - fun event only (U/6-U/17 & Family)	1000m

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## INFORMATION & REQUIREMENTS FOR ALL CROSS COUNTRY MEETS

1. A copy of the rules are available from the SALAA website:  
<http://salaa.org.au/Competition/Standard-Rules-of-Competition>
2. Only registered Little Athletes are permitted to participate in age group events, and only registered Recreational Athletes are permitted to participate in the Rec Aths event.
3. Athletes must compete in their own age group.
4. Para-athletes may participate in Cross Country events. Where necessary, a para-athlete may compete in a younger age group than their own where the distance covered by that age group is more appropriate to their abilities. State Cross Country Championships
5. Correct Centre uniform MUST be worn at all meetings.
6. FOOTWEAR is compulsory - spikes are not permitted.
7. There is a \$2.00 entry fee per athlete per meet throughout the season. Note - There is no fee for the 'Open' or 'Tiny Tots' events.
8. Competitors must report, with their entry fee, to the starting line 10 minutes prior to the advertised starting time for their event.
9. To be eligible for the State Cross Country Championships, all athletes must compete in at least three meets during the season. Note – At most, one 'Come & Try' meet can count towards qualification.
10. Athletes who are unable to meet all of the above qualification requirements due to illness or injury, or other satisfactory reason, may appeal in writing to the Competition and Events Coordinator (c/o the Association Office) to have certain eligibility requirements waived to enable them to compete.
11. Athletes will be required to register online for the Championship event only. There will be a \$10.00 registration fee.
12. All competitors will receive a certificate showing their performance.
13. Competition will continue regardless of the weather.
14. No pacing of competing athletes permitted - this includes U6 to U8.
15. On arrival at the Cross Country meetings, please check the notice board for any information regarding the course and other event day details.
16. There will be Canteen facilities available at all Cross Country venues.
17. An event will be conducted for Under 6, 7 and 8 Boys and Girls, however it will not be a Championship event and medals will not be presented.
18. Open events will not be timed on the day of the Cross Country Championships.
19. Those unregistered participants who choose to run in the open event is advised they are not covered under the Association insurance policy.