

2006 McDONALD'S CROSS COUNTRY PROGRAMME

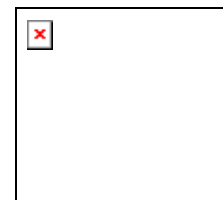
GENERAL INFORMATION FOR ALL CROSS COUNTRY MEETS

1. Copy of the Rules are available from your Centres Conference Folder
2. Only registered Little Athletes are permitted to participate in age group events.
3. Athletes must compete in their own age group.
4. Correct Centre Uniform MUST be worn at all meetings.
5. Entry fee Normally \$1 each Meet – Championship \$2.
6. FOOTWEAR is compulsory – spikes are not permitted.
7. Competitors must report, with their entry fee, to the starting line 5 minutes prior to the advertised starting time for their event.
8. All competitors will receive a McDonald's Participation Certificate showing their performance.
9. Competition will continue regardless of the weather.
10. To be eligible for the McDonald's State Cross Country Championships, athletes from Metropolitan Centres must compete in at least four meets and athletes from Country Centres in at least two meets during the season. The Cross Country Relay will count towards qualification.
11. 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 Technical Director (c/o the Association Office) to have certain eligibility requirements waived to enable them to compete.
12. No pacing of competing athletes permitted. This includes U6 to U/8.
13. On arrival at the Cross Country Meetings please check the Notice Board for information regarding the Course and other information.
14. There will be Canteen Facilities available at all Cross Country Venues.
15. 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.
16. Open Events will not be timed on the day of the McDonald's Cross Country Championships.
17. Those Adults who choose to compete in Parents Events are advised they are not covered Under the Association Insurance Policy.

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14 th May	Hills LAC	Heathfield High School Hender Road, Heathfield
21 st May	Flinders/Hallett Cove LAC	Blackwood Football Club Trevor Terrace, Blackwood
28 th May	Not Programmed	SALAA AGM
4 th June	Munno Para LAC	Kooranowa Reserve Vincent Road, Smithfield Plains
11 th June	Eastern Districts LAC	Kensington Gardens Cricket Club Cnr West Terrace & The Parade Kensington Gardens
18 th June	Barossa Valley LAC	Bethany Reserve Bethany via Tanunda
25 th June	Noarlunga LAC Cross Country Relay	Wilfred Taylor Reserve Wheatsheaf Rd, Morphett Vale
2 nd July	Gawler LAC	Dead Mans Pass Reserve Gawler Tce, Gawler South
9 th July	Salisbury East LAC	Carisbrook Reserve Main North Rd, Salisbury Park (Opposite Old Spot Hotel)
16 th July	Southern Hills LAC	Flagstaff Hill Primary School Black Road, Flagstaff Hill
23 rd July	Southern Districts LAC	Shepherds Hill Recreation Park Ayliffes Road, Eden Hills

**McDonald's State Cross Country Championship
30th July 2006
Tea Tree Gully L.A.C.
Bulkana Oval,
Spring Crescent, Banksia Park**



PROGRAMME OF EVENTS

7/5/2006 – 11/6/2006

11.00 am	U14 Boys & Girls	2000m
11.20 am	U15-U17 Boys & Girls	2000m
11.40 am	U6 Boys & Girls	400m
11.50 am	U7 Boys & Girls	600m
12.00 noon	U8 Boys & Girls	800m
12.15 pm	U9 Boys & Girls	1000m
12.30 pm	Mums & Dads	500 & 1000m

Tiny tots – 40m Fun Run

12.40pm Lunch and Presentations

Other Presentations throughout the afternoon

1.15 pm	U10 Boys & Girls	1000m
1.30 pm	U11 Boys & Girls	1200m
1.45 pm	U12 Boys & Girls	1200m
2.00 pm	U13 Boys & Girls	2000m
2.20 pm	Open – fun event only	1000m
	(U6-U17 & Family)	

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PROGRAMME OF EVENTS

18/6/2006 – 30/7/2006

11.00 am	U14 Boys & Girls	3000m
11.20 am	U15-U17 Boys & Girls	3000m
11.40 am	U6 Boys & Girls	500m
11.50 am	U7 Boys & Girls	750m
12.00 noon	U8 Boys & Girls	1000m
12.15 pm	U9 Boys & Girls	1500m
12.30 pm	Mums & Dads	500 & 1000m

Tiny Tots – 40m Fun Run

12.40 pm Lunch and Presentations

Other Presentations throughout the afternoon

1.15 pm	U10 Boys & Girls	1500m
1.30 pm	U11 Boys & Girls	2000m
1.45 pm	U12 Boys & Girls	2000m
2.00pm	U13 Boys & Girls	3000m
2.20pm	Open – fun event only	1000m
	(U6 –U17 & Family)	