

## 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 Certificate showing their performance.
9. Competition will continue regardless of the weather.
10. To be eligible for 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.
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 Cross Country Championships.
17. Those Adults who choose to compete in Parents Events are advised they are not covered Under the Association Insurance Policy.

## CROSS COUNTRY PROGRAMME

5 <sup>th</sup> May	Hills L.A.C.	Heathfield High School, Hender Road, Heathfield
12 <sup>th</sup> May	To be advised	
19 <sup>th</sup> May	South Coast L.A.C.	Victor Harbor R-7 School Oval The Parkway, Victor Harbor SALAA AGM
26 <sup>th</sup> May	Not Programmed	
2 <sup>nd</sup> June	Flinders L.A.C.	Flinders University Flinders Drive, Bedford Park
9 <sup>th</sup> June	Eastern Districts L.A.C.	Kensington Gdns. Cricket Club Cnr. West Terrace & The Parade, Kensington Gardens
16 <sup>th</sup> June	Barossa Valley L.A.C.	Bethany Reserve, Bethany via Tanunda
23 <sup>rd</sup> June	Gawler L.A.C.	Dead Man's Pass Reserve Gawler Tce, Gawler South
30 <sup>th</sup> June	Campbelltown L.A.C.	Foxfield Oval Reserve Maryvale Road, Athelstone
7 <sup>th</sup> July	Salisbury East L.A.C.	Carisbrook Reserve, Main North Road, Salisbury Park
14 <sup>th</sup> July	Tea Tree Gully L.A.C.	Bulkana Oval, Spring Crescent, Banksia Park

**McDonald's State Cross Country Championship**  
**21<sup>st</sup> July 2013 Hosted by**  
**Noarlunga Little Athletics Centre**  
**Wilfred Taylor Reserve,**  
**Wheatsheaf Road, Morphett Vale**



## PROGRAMME OF EVENTS

**5/5/2013 – 9/6/2013**

11.00 a.m.	U/15-U/17 Boys & Girls	2000m
11.20 a.m.	U/14 Boys & Girls	2000m
11.40 a.m.	U/13 Boys & Girls	2000m
12.00 noon	U/6 Boys & Girls	400m
12.10 p.m.	U/7 Boys & Girls	600m
12.20 p.m.	U/8 Boys & Girls	800m
12.30 p.m.	Tiny Tots Dash	40m
12.35 p.m.	Mums & Dads	1000m
	Lunch and Presentations	
	Other Presentations throughout the afternoon	
1.15 p.m.	U/9 Boys & Girls	1000m
1.30 p.m.	U/10 Boys & Girls	1000m
1.45 p.m.	U/11 Boys & Girls	1200m
2.00 p.m.	U/12 Boys & Girls	1200m
2.15 p.m.	Open - fun event only (U/6-U/17 & Family)	1000m

## PROGRAMME OF EVENTS

**16/6/2013 – 21/7/2013**

11.00 a.m.	U/15-U/17 Boys & Girls	3000m
11.20 a.m.	U/14 Boys & Girls	3000m
11.40 a.m.	U/13 Boys & Girls	3000m
12.00 noon	U/6 Boys & Girls	500m
12.10 p.m.	U/7 Boys & Girls	750m
12.20 p.m.	U/8 Boys & Girls	1000m
12.30 p.m.	Tiny Tots Dash	40m
12.35 p.m.	Mums & Dads	1000m
	Lunch and Presentations	
	Other Presentations throughout the afternoon	
1.15 p.m.	U/9 Boys & Girls	1500m
1.30 p.m.	U/10 Boys & Girls	1500m
1.45 p.m.	U/11 Boys & Girls	2000m
2.00 p.m.	U/12 Boys & Girls	2000m
2.15 p.m.	Open - fun event only (U/6-U/17 & Family)	1000m



# **2013 McDonald's CROSS COUNTRY Proposed Programme**