

### PROGRAMME OF EVENTS

7.5.95 to 11.6.95

11.00 am	U/12 Boys & Girls	1200m
11.15 am	U/11 Boys & Girls	1200m
11.30 am	U/10 Boys & Girls	1000m
11.45 am	U/9 Boys & Girls	1000m
12.00 noon	U/6 Boys & Girls	400m
12.15 pm	U/7 Boys & Girls	600m
12.30 pm	Mums & Dads	500 & 1000m

12.40 pm Lunch and Presentations.  
Other Presentations throughout the afternoon.

1.15 pm	U/15 Boys & Girls	2000m
1.30 pm	U/14 Boys & Girls	2000m
1.45 pm	U/13 Boys & Girls	2000m
2.00 pm	U/8 Boys & Girls	800m
2.15 pm	Open - fun event only (U/6 - U/15 & Family)	1000m

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### PROGRAMME OF EVENTS

18.6.95 to 30.7.95

11.00 am	U/12 Boys & Girls	2000m
11.15 am	U/11 Boys & Girls	2000m
11.30 am	U/10 Boys & Girls	1500m
11.45 am	U/9 Boys & Girls	1500m
12.00 noon	U/6 Boys & Girls	500m
12.15 pm	U/7 Boys & Girls	750m
12.30 pm	Mums & Dads	500 & 1000m

12.40 pm Lunch and Presentations.  
Other Presentations throughout the afternoon.

1.15 pm	U/15 Boys & Girls	3000m
1.30 pm	U/14 Boys & Girls	3000m
1.45 pm	U/13 Boys & Girls	3000m
2.00 pm	U/8 Boys & Girls	1000m
2.15 pm	Open - fun event only (U/6 - U/15 & Family)	1000m

1995

S.A. LITTLE ATHLETICS



FAMILY FUN AND FITNESS

## CROSS COUNTRY PROGRAMME



# 1995 CROSS COUNTRY PROGRAMME

## STANDARD RULES FOR ALL CROSS COUNTRY MEETS:

1. Only registered Little Athletes are permitted to participate in age group events.
2. Correct Centre Uniform **MUST** be worn at all meetings.
3. Entry Fee - Normally 50 cents each Meet - Championship \$1.
4. FOOTWEAR is compulsory - Spikes not permitted.
5. Competitors must report, with their entry fee, to the starting line 5 minutes prior to the advertised starting time for their event.
6. All Competitors will receive a Certificate showing their performances.
7. Competition will continue regardless of the weather.
8. To be eligible for State Cross Country Championship, athletes must have competed in two Cross Country Meets, and be registered with the Association.
9. No Pacing of competing athletes permitted. This includes U6 to U8.

### Please Note;

- (1) On arrival at the Cross Country Meetings please check the Notice Board for information regarding the Course and other information.
- (2) There will be Canteen Facilities available at all Cross Country Venues.
- (3) 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.
- (4) Open Events will not be timed on the day of the Cross Country Championship.

# CROSS COUNTRY PROGRAMME 1995

7th May	MUNNO PARA	Central District Rugby Ground, Uley Road
14th May	TEA TREE GULLY	Bulkana Reserve, Spring Crescent Banksia Park
21st May	LE FEVRE	Fort Largs Police Academy, Strathfield Terrace, Taperoo
28th May	PLYMPTON	Blackwood High School Ground, Seymour Street, Blackwood
4th June	WESTPORT	Point Malcolm Reserve, Military Road, Semaphore South
11th June	SALISBURY	Harry Bowey Reserve, Riverdale Drive, Salisbury Park
18th June	BAROSSA VALLEY	Bethany Reserve, Bethany via Tanunda
25th June	CAMPBELLTOWN	Wadmore Park, Maryvale Road, Athelstone
2nd July	HENLEY BEACH	Henley & Grange Memorial Oval, Cudmore Terrace, Henley Beach
9th July	ELIZABETH	Harry Bowey Reserve, Riverdale Drive, Salisbury Park
16th July	TORRENS VALLEY	Birdwood Town Oval, Birdwood
23rd July	SALISBURY EAST	Carisbrook Reserve, Salisbury Park
30th July	NOARLUNGA	Wirreanda High School, States Road, Morphett Vale

## 6th August CROSS COUNTRY CHAMPIONSHIPS

Host Centre: Hills

at Heathfield High School, Heathfield