

Little Athletics South Australia 2017 CROSS COUNTRY SEASON



Date	Host Centre	Location
09/04/2017	Port Lincoln Little Athletics Centre	Brinkworth Reserve, Port Lincoln
30/04/2017	Naracoorte & Districts Little Athletics Centre	Naracoorte Nature Park, Naracoorte
30/04/2017	Port Lincoln Little Athletics Centre	Brinkworth Reserve, Port Lincoln
06/05/2017	Flinders Little Athletics Centre (Joint with Flinders AC - Twilight Meet)	Flinders University, Bedford Park
07/05/2017	Northern Districts Little Athletics	Carisbrooke Reserve, Salisbury Park
07/05/2017	Naracoorte & Districts Little Athletics Centre	Naracoorte Nature Park, Naracoorte
14/05/2017	Mother's Day	
21/05/2017	Gawler Little Athletics Centre	Dead Man's Pass Reserve, Gawler South
21/05/2017	Port Lincoln Little Athletics Centre	Brinkworth Reserve, Port Lincoln
28/05/2017	Southern Hills Little Athletics Centre	Flagstaff Hill Primary School, Flagstaff Hill
04/06/2017	Mt Barker & Districts Little Athletics Centre	Keith Stephenson Park, Mount Barker
11/06/2017	Long Weekend	
18/06/2017	Hills Little Athletics Centre	Heathfield High School Oval, Heathfield
25/06/2017	Barossa Valley Little Athletics Centre	Bethany Reserve, Tanunda
02/07/2017	Noarlunga and Southern Districts Little Athletics Centre	Thalassa Park, Windebanks Rd, Aberfoyle Park
09/07/2017	Enfield Little Athletics Centre (Joint with Enfield AC)	Carisbrooke Reserve, Salisbury Park
16/07/2017	Tea Tree Gully Little Athletics Centre	Bulkana Oval, Banksia Park
23/07/2017	CROSS COUNTRY CHAMPIONSHIP Mid Coast Little Athletics Centre	Tatachilla Lutheran College, Tatachilla

- 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 (6/5/2017 – 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	Mums & Dads	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 (SALAA/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 (7/5/2017 - 4/6/2017) 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	Mums & Dads	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 (18/6/2017 - 23/7/2017)

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	Mums & Dads	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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CROSS COUNTRY PROGRAMME

GENERAL INFORMATION 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.
3. Athletes must compete in their own age group.
4. Correct Centre uniform MUST be worn at all meetings.
5. FOOTWEAR is compulsory - spikes are not permitted.
6. 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.
7. Competitors must report, with their entry fee, to the starting line 5 minutes prior to the advertised starting time for their event.
8. To be eligible for the State Cross Country Championships, all athletes must compete in at least three meets during the season. Note - 'Come & Try' meets do not count towards qualification.
9. 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.
10. This season, athletes will be required to register online for the Championship event only. There will be a \$5.00 registration fee.
11. All competitors will receive a Certificate showing their performance.
12. Competition will continue regardless of the weather.
13. No pacing of competing athletes permitted - This includes U6 to U/8.
14. On arrival at the Cross Country meetings, please check the notice board for any information regarding the course and other event day details.
15. There will be Canteen facilities available at all Cross Country venues.
16. 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.
17. Open events will not be timed on the day of the Cross Country Championships.
18. Those adults who choose to compete in 'parent's events' are advised they are not covered under the Association insurance policy.