



# STATE CROSS COUNTRY CHAMPIONSHIPS

# 2017

Hosted by **Mid Coast Little Athletics Centre**  
at Tatachilla Lutheran College, Tatachilla



'Re-Energise Your Business'

# COMPETITION RULES



1. This event will be conducted under the rules of LASA.
2. Correct Centre Uniform must be worn.
3. Footwear is compulsory. NO spikes are allowed in any event.
4. Pacing by non-competitors will result in disqualification.
5. Certificates will be issued to all competitors.
6. Competitors should familiarise themselves with the course prior to competing.
7. Registered members of LASA in U9-U17 age groups are eligible to enter, receive medals and score points for their Centre, provided that athletes have competed in THREE Cross Country meetings during the current season. Athletes must have competed in their own age group. Athletes unable to meet this requirement due to illness, injury or other satisfactory reason may apply in writing to the Organising Committee via the Competition and Events Coordinator prior to the championship for special consideration.
8. For U6-U17 athletes, the entry fee of \$5 must be paid online via the LASA Member Portal by Wednesday 19<sup>th</sup> July. Tiny Tots that will be participating must register via the LASA Member Portal, however, there is no fee for the Tiny Tots event. Parents competing in the Mums and Dads races must pay an entry fee at the check-in desk on the day.
9. Competitors must report to the check-in desk at least 20 minutes prior to the start of their race to confirm their entry.
10. Competitors are to report to the marshal at the start line 10 minutes prior to the start of their race.
11. There is no limit to the number of competitors from each Centre, subject to Rule 7.
12. Medals will be awarded to First, Second and Third placegetters, subject to Rule 7. Medals however, will not be presented to placegetters in the Open, Mums and Dads or Tiny Tots, U6, U7 and U8 Events.
13. Association Trophies (Boys and Girls) for Teams Championships will be presented to the winning teams.
14. Where possible, athletes who have not met the eligibility criteria may participate on the day, however will not be eligible for medals or score points for their centre. The athletes will still be required to pay the \$5 entry fee.

## LASA SCORING SYSTEM

- Add 1 to largest field of qualified athletes on the day that equals penalty points. (E.g. largest field U10 B - 22 Athletes - penalty 23 for Boys).
- First receives 1 point, second receives 2 points, and third receives 3 points and so on.
- Only three qualified Athletes from each Centre can score points for their Centre. Additional placegetters from each Centre will have no bearing on other team's ability to score team points.
- If a Centre has only 2 qualified entrants who come first and sixth, points gained for that Centre are 1, 6 and 23 (penalty). The lowest team points scored wins the trophy. ('Qualified means those registered Little Athletes who meet Rule 7.').
- Medals and Certificates will be presented as soon as possible after the conclusion of each event.

# PROGRAMME OF EVENTS



## Little Athletics South Australia STATE CROSS COUNTRY CHAMPIONSHIPS 2017

SUNDAY 23<sup>rd</sup> JULY 2017

<b>11.00 AM</b>	U/15-U/17 Boys & Girls	3000m
<b>11.20 AM</b>	U/14 Boys & Girls	3000m
<b>11.40 AM</b>	U/13 Boys & Girls	3000m
<b>12.00 noon</b>	U/6 Boys & Girls	500m
<b>12.10 PM</b>	U/7 Boys & Girls	750m
<b>12.20 PM</b>	U/8 Boys & Girls	1000m
<b>12.30 PM</b>	Tiny Tots Dash	
<b>12:35 PM</b>	Mums and Dads	1000m
<b>12.40 PM</b>	<b>Lunch Break</b>	
<b>1.15 PM</b>	U/9 Boys & Girls	1500m
<b>1.30 PM</b>	U/10 Boys & Girls	1500m
<b>1.45 PM</b>	U/11 Boys & Girls	2000m
<b>2.00 PM</b>	U/12 Boys & Girls	2000m
<b>2.15 PM</b>	Open - fun event only	1000m

# COURSE MAPS



**500m**  
Under 6



**750m**  
Under 7



**1000-2000m (1000m per lap)**  
1000m: Under 8, Mums/Dads & Fun Event  
2000m: Under 11 and Under 12



**1500-3000m (1500m per lap)**  
1500m: Under 9 and Under 10  
3000m: Under 13 to Under 17

# OTHER INFORMATION



## MERCHANDISE

Little Athletics SA have an amazing State Cross Country Championships 2017 Hoodie available to purchase!

The hoodies will need to be pre-ordered prior to the event, with **pre-order closing on Monday 3<sup>rd</sup> July 2017**. This is to ensure that the hoodies can be collected prior to or on the day of the Championship event.

Cost is **\$49.95** with an additional \$10.00 to include a name.

To purchase a youth or adult size hoodie, please visit the Little Athletics SA website at <http://salaa.org.au/Championship-Events/winter-cross-country-program>.



Note: Blackchrome will not be in attendance on the day. If you did not get an order in before the pre-order date and would like to purchase a hoodie, this can be arranged by contacting Shannon Thaller on 8244 5500 or [shannont@blackchrome.com.au](mailto:shannont@blackchrome.com.au). The hoodie will be sent directly to your home address after the event. A delivery charge will be incurred.

## ACCOMMODATION

For any families wanting to make a weekend of the Cross Country Championships, there are some accommodation options available to choose from:

### ***Big 4 Port Willunga Tourist Park***

22 Tuit Rd, Aldinga SA 5173

Ph: 1300 731 474

### ***McLaren Vale and Fleurieu Visitor Information Centre***

796 Main Rd, McLaren Vale SA 5171

Ph: 08 8323 9944