



Tea Tree Gully LAC Cross Country Host Day Sunday 20 July 2014



LOCATION:

Bulkana Oval, Spring Crescent,
Banksia Park

PROGRAMME OF EVENTS:

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



2014 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 \$2 per athlete per meet. Note there is no fee for the Open or Tiny Tots events.
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. Note that 'Come and Try' meets do not 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 U8.
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.



500m





750m





1000m/2000m





1500m/3000m

