



coles

# 2021 CROSS COUNTRY CHAMPIONSHIPS



*At Bonython Park, Adelaide*



**PROGRAM  
BOOKLET**



**STATE CROSS COUNTRY  
CHAMPIONSHIPS**



**SUNDAY, 18TH JULY 2021**

# COMPETITION RULES



1. Events will be conducted under the rules of LASA.
2. Correct Centre Uniform must be worn inclusive of all patches.
3. Footwear is compulsory. NO spikes are allowed in any event – this includes football boots.
4. Pacing by non-competitors will result in disqualification.
5. Certificates will be issued to all competitors at the Championships.
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 \$11.20 must be paid online via the LASA Member Portal by Monday 12<sup>th</sup> July 2021. 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 Mum's & Dad's 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 near the start line 10 minutes prior to the start of their race.
11. There is no limit to the number of competitors from each club, subject to Rule 7.
12. Medals will be awarded to First, Second and Third placegetters in the Under 9 to Under 17 age groups. Medals are not presented for the Tiny Tots, Under 6 to Under 8 and Open events.
13. Association Trophies (Boys and Girls) for Teams Championships will be presented to the winning teams.
14. Please note that Tiny Tots are free to enter but times are not recorded.

## LASA SCORING SYSTEM – CHAMPIONSHIP ONLY

- 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 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.
- Medals and Certificates will be presented as soon as possible after the conclusion of each event.

# PROGRAMME OF EVENTS



## LASA CROSS COUNTRY MEETS & CHAMPIONSHIP

State Cross Country Championships – Sunday 18<sup>th</sup> July 2021

Check-In Time	Marshalling Time	Race Time	Age Group	Distance
9:50 AM – 10:10 AM	10:20 AM	10:30 AM	U/13-U/17 Boys & Girls	3km
10:20 AM – 10:40 AM	10:50 AM	11:00 AM	U/12 Boys & Girls	2km
10:35 AM – 10:55 AM	11:05 AM	11:15 AM	U/11 Boys & Girls	2km
10:50 AM – 11:10 AM	11:20 AM	11:30 AM	U/10 Boys & Girls	1.5km
11:05 AM – 11:25 AM	11:35 AM	11:45 AM	U/9 Boys & Girls	1.5km
11:20 AM – 11:40 AM	11:50 AM	12:00 PM	Mums & Dads	1km
11:50 AM – 12:10 PM	12:20 PM	12:30 PM	Tiny Tots	200m
12:00 PM – 12:20 PM	12:30 PM	12:40 PM	U/6 Boys & Girls	500m
12:10 PM – 12:30 PM	12:40 PM	12:50 PM	U/7 Boys & Girls	750m
12:20 PM – 12:40 PM	12:50 PM	1:00 PM	U/8 Boys & Girls	1km
	1:10 PM	1:20PM	Open Fun Event (All Ages)	1km

NOTE: Where there are large groups, the girl's race will start after the boy's.

**2021 Little Athletics SA Cross Country  
Championship Course Map**

-  1500m / 3000m Course
-  1000m / 2000m Course
-  750m Course
-  500m Course

 **Start / Finish Line**

 **Running Direction**



# 2021 Little Athletics SA Cross Country Championships Site Map



Entry Point

Registration

Marshalling

Start/  
Finish Line

First Aid

Results

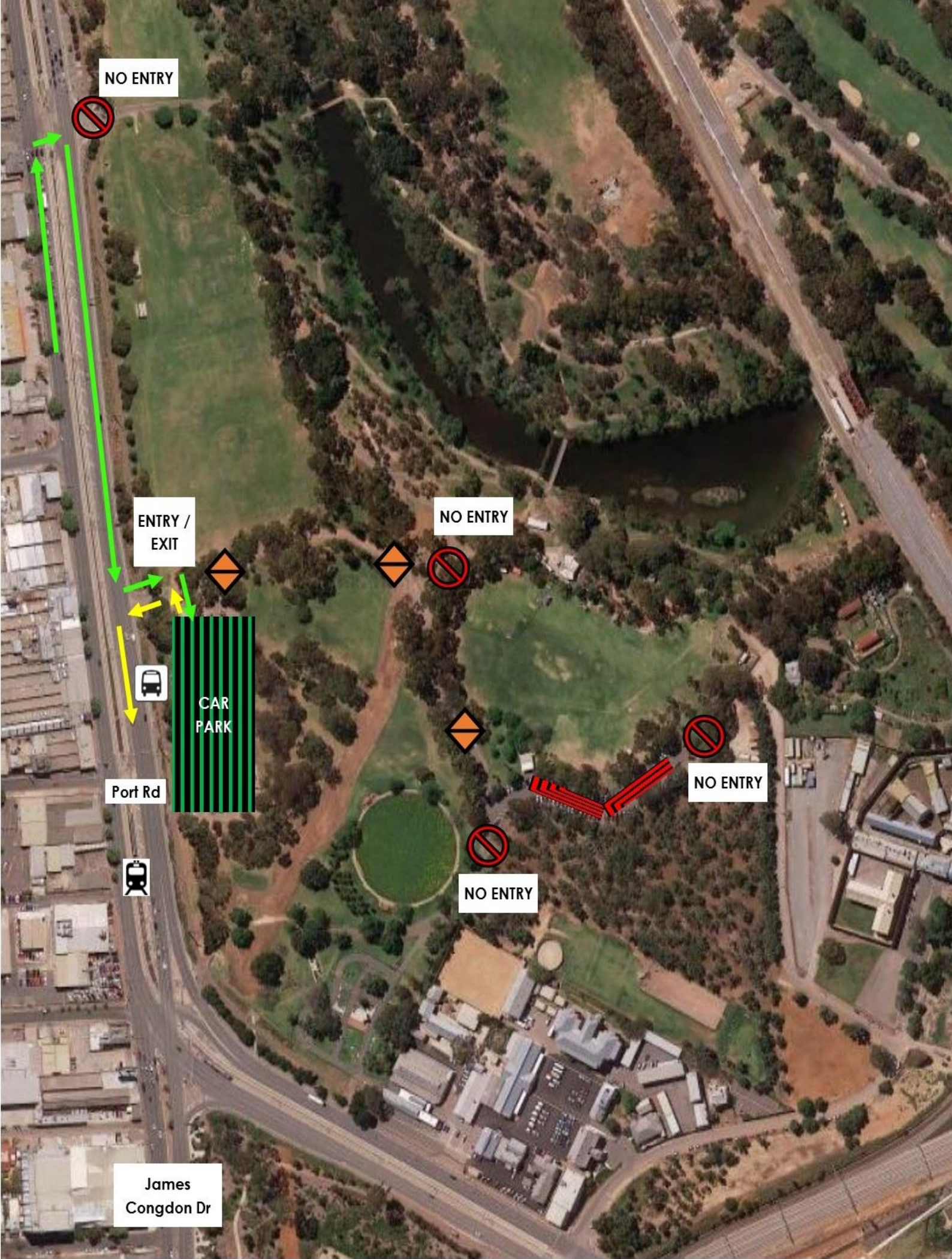
Start/Finish Marquee

Toilet

Presentations

Toilet

Exit Point



NO ENTRY

ENTRY /  
EXIT

NO ENTRY







NO ENTRY

NO ENTRY

Port Rd

CAR  
PARK

James  
Congdon Dr

						
Entry Direction	Exit Direction	Course Crossing	Bus Stop	Tram Stop	Participant Car Park	Staff / Volunteer Car Park

# GENERAL INFORMATION



## **PARKING**

The main car park for Bonython Park will be accessed via Port Road. Please be mindful that there will be many families around the area and there are no lines marked within the car park.

## **CHECK-IN & MARSHALLING**

Athletes should check-in at least 20 minutes prior to the start of their event to highlight their name on the start list. Athletes should then marshall near the start/finish line (there will be a marquee for athletes to gather under) at least 10 minutes prior to the start of their event.

## **COVID-19**

In line with government regulations, Little Athletics SA will be implementing the following measures to combat COVID-19:

- SALAA ask that all spectators sign in with the QR code.
- Hand sanitiser will be made available at the registration desk, presentation area (championships only), and start/finish line tent. SALAA encourages all athletes and spectators to supply their own hand sanitiser in addition to this.
- Physical distancing posters positioned around the event site – SALAA politely remind all spectators to maintain physical distancing measures whilst watching their athletes compete.
- Presentations – Medal and trophy presentations will have limited physical contact by athletes collecting individual medals as part of the presentation process.
- COVID-Safe App – SALAA encourages all spectators to download and use the COVID-Safe App.

Little Athletics SA appreciates your understanding and support of these measures.

## **COURSE MAPS**

There will be laminated A3 copies up around the Check-In area, but no printed hard copies available. We recommend saving this Program and printing your own copy or taking a photo of the copies on the day.

## **UNIFORM**

Athletes should be in full centre uniform with their registration patch, Coles patch and age group patch attached. Spikes are NOT permitted for Cross Country events, including football boots.

Shorts must be in your centre's approved colour. They can have a small manufacturer's logo, no larger than 3cm x 3cm. If wearing compression shorts under competition shorts these must be in your centres approved colour or black. Note that shorts branded with the Little Athletics SA logo may be worn, provided

# GENERAL INFORMATION



they are in the centre colour and of plain design. Full length black tights/leggings are permitted for cross country events, however these must be plain with no logo's.

NOTE: Athletes whose uniform does not comply with the regulations will be ineligible to participate.

## **FINISH PROCESS**

Athletes will be placed into order as they finish the race. Once your bib number has been recorded you may leave the finish area and wait for your presentation.

## **RESULTS**

Official results for this event will be published on the Little Athletics SA website at [www.salaa.org.au/results/](http://www.salaa.org.au/results/) within 3 days of each event concluding.

## **PRESENTATIONS**

Presentations will be held as soon as possible after the completion of each event. An announcement will be made over the PA system for these athletes to congregate to the presentation area. This will be located in the centre of the park.

The top three placed athletes in the Under 9 to Under 17 age groups will receive medals, with all athletes for each race receiving a participation certificate, containing their race time.

## **FIRST AID**

First Aid will be available near the start/finish line, under the walled marquee.





*Foundation of all sports!*

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[littleathleticssa.com.au](http://littleathleticssa.com.au)



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