

**Rule LR11 must be read in conjunction with the Little Athletics SA Competitions and Regulations and Rule LR5 (Eligibility)**

## LR11 Cross Country Season and Championships

### Specified Dates

1. Athletes must be registered with the Association by 30/6/2024 to be eligible for the State Cross Country Championships.
2. Athletes must have submitted their entry by 17/7/2024 for the State Cross Country Championships.

### Cross Country Competitions

3. The Cross Country season runs from May to July each year.
4. LASA will publish a program of Cross Country competitions to be conducted by centres during the season.
5. Centres are to nominate by July 31 each year to be included in the following seasons cross country program.
6. In addition to the LASA Cross Country program, centres located more than 100km from Adelaide may conduct their own Cross Country competitions.
7. Results of all Cross Country competitions must be submitted to LASA by the Monday following the competition.
8. Only results from competitions submitted to LASA will be counted towards an athlete's eligibility for the State Cross Country Championships.

### LASA Programmed Meets

9. Cross Country competitions on the LASA Cross Country program are to be conducted to the timetable set by LASA, unless an alternative program has been approved by LASA.

### Regional Cross Country Meets

10. Regional centres may conduct their own cross country meets at a day and time that suits their membership.
11. Centres must advise LASA of the date and time of scheduled Cross Country meets prior to the meet.
12. Centres may elect to conduct different distance events, however the distance for each age group should not exceed the maximum LASA distances.

### Eligibility

#### General

13. Only registered Little Athletes are able to participate in age group events.
14. Athletes must compete in their own age group for an event to count towards State Championships eligibility.
15. Athletes may compete with a younger age group over a shorter distance if this better suits their ability.
16. Unregistered athletes may participate in one Cross Country meeting as a 'Come and Try'.

17. A 'Come and Try' will not count towards an athlete's qualification for State Cross Country Championships.
18. Multi-Class (Para) athletes may participate in Cross Country events. Where necessary, a Multi-Class athlete may compete in a younger age group than their own where the distance covered by that age group is more appropriate to their abilities.

#### State Cross Country Championships

19. To be eligible for State Cross Country Championships, athletes in the Under 9 to Under 17 age groups must have competed in at least three preliminary Cross Country competitions – for athletes in the Tiny Tot to Under 8 age groups, they must have competed in at least one preliminary Cross Country competition.
20. Athletes who are unable to meet the above qualification requirements due to illness or injury, or compassionate grounds, may appeal in writing to the Organising Committee via the Competition and Events Coordinator to have certain eligibility requirements waived to enable them to compete.

#### Entry Fees

21. For LASA programmed events, the entry fee is \$2 per event.
22. A different fee may be set for the Cross Country Championships.
23. There is no fee for the Tiny Tots or open events.

#### Marshalling

24. Athletes are to report to the designated marshalling area 10 minutes before the scheduled starting time of their event.

#### Protests and Appeals

25. Protests may be lodged at the State Cross Country Championships in accordance with Rule TR8 for Under 9 to Under 17 events. Protests will not be considered for Tiny Tots to Under 8 fun runs, or mums and dads races.

#### Recording and Awards

##### Programmed Competitions

26. Athletes will receive a certificate.
27. Participation ribbons may be issued by the host centre.
28. If place ribbons are awarded, they should only be awarded in the Under 9 and above age groups.
29. Results of Cross Country competitions are to be submitted to LASA by the Monday following the competition.

#### State Cross Country Championships

30. Medals will be awarded to the first three placegetters in each event for the Under 9 to Under 17 age groups.
31. All participating athletes will receive a certificate.

#### Scoring System

32. For the State Cross Country Championships, a scoring system applies to determine the Boys and Girls Champion Centres.

33. Points are only scored for the Under 9 to Under 17 age groups.

34. Points are determined as follows:

34.1. 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).

34.2. First receives 1 point, second receives 2 points, third receives 3 points and so on.

34.3. Only three qualified Athletes from each Centre can score points for their Centre. Additional placegetters from each Centre will have no bearing on other teams' ability to score team points.

34.4. 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.