

# Little Athletics SA 2024 Cross Country Season



## 2024 Weekly Meet Schedule

| WEEK | DATE                    | HOST CENTRE                          | MEET LOCATION  | Course Length |
|------|-------------------------|--------------------------------------|--|---------------|
| 1    | Sunday, 5 May 2024      | <b>Mt Barker</b>                     | Cornerstone College, 68 Adelaide Rd, Mt Barker         | Short         |
| 2    | Sunday, 14 May 2024     | <b>MOTHERS DAY – NO MEET</b>         |  |               |
| 3    | Sunday, 19 May 2024     | <b>Munno Para</b>                    | Stebonheath Park, Davoren Rd, Munno Para               | Long          |
| 4    | Sunday, 26 May 2024***  | <b>Western</b>                       | Grange Beach (Corner of Jetty Street and Esplanade)    | Short         |
| 5    | Sunday, 2 June 2024***  | <b>Ingle Farm/Salisbury</b>          | Bridgestone, Frost Rd, Salisbury                       | Long          |
| 6    | Sunday, 9 June          | <b>KINGS BIRTHDAY LONG WEEKEND</b>   | NO MEET  |               |
| 7    | Sunday, 16 June 2024*** | <b>South Coast</b>                   | Encounter Lutheran College, 64 Adelaide Rd, Hayborough | Long          |
| 8    | Sunday, 23 June 2024*** | <b>Golden Grove</b>                  | Tilley Reserve, Hancock Rd, Surrey Downs               | Long          |
| 9    | Sunday, 30 June 2024*** | <b>Northern Districts</b>            | Carisbrooke Park, Main North Rd, Salisbury Park        | Long          |
| 10   | Sunday, 7 July 2024***  | <b>Barossa Valley</b>                | Bethany Reserve, Barossa Valley                        | Long          |
| 11   | Sunday, 21 July 2024    | <b>LASA – State XC Championships</b> | Carisbrooke Park, Main North Rd, Salisbury Park        | Long          |

\*\*\* - clashes with Academy Meets 2024

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| PROGRAMME OF EVENTS – SHORT COURSE |                                     |          |
|------------------------------------|-------------------------------------|----------|
| TIME                               | AGE GROUPS ELIGIBLE                 | DISTANCE |
| 10:30am                            | U/13-U/17 Boys & Girls and Rec Aths | 2km      |
| 11:00am                            | U/12 Boys & Girls                   | 1.5km    |
| 11:15am                            | U/11 Boys & Girls                   | 1.5km    |
| 11:30am                            | U/10 Boys & Girls                   | 1km      |
| 11:45am                            | U/9 Boys & Girls                    | 1km      |
| 12:00 NOON                         | Mum's & Dads                        | 1km      |
| LUNCH BREAK                        |                                     |          |
| 12:30pm                            | Tiny Tots                           | 200m     |
| 12:40pm                            | U/6 Boys & Girls                    | 500m     |
| 12:50pm                            | U/7 Boys & Girls                    | 750m     |
| 1:00pm                             | U/8 Boys & Girls                    | 750m     |
| 1:10pm                             | Open Fun Event (All Ages)           | 1km      |

| PROGRAMME OF EVENTS – LONG COURSE |                                     |          |
|-----------------------------------|-------------------------------------|----------|
| TIME                              | AGE GROUPS ELIGIBLE                 | DISTANCE |
| 10:30am                           | U/13-U/17 Boys & Girls and Rec Aths | 3km      |
| 11:00am                           | U/12 Boys & Girls                   | 2km      |
| 11:15am                           | U/11 Boys & Girls                   | 2km      |
| 11:30am                           | U/10 Boys & Girls                   | 1.5km    |
| 11:45am                           | U/9 Boys & Girls                    | 1.5km    |
| 12:00 NOON                        | Mum's & Dads                        | 1km      |
| LUNCH BREAK                       |                                     |          |
| 12:30pm                           | Tiny Tots                           | 200m     |
| 12:40pm                           | U/6 Boys & Girls                    | 500m     |
| 12:50pm                           | U/7 Boys & Girls                    | 750m     |
| 1:00pm                            | U/8 Boys & Girls                    | 1km      |
| 1:10pm                            | Open Fun Event (All Ages)           | 1km      |

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## INFORMATION & REQUIREMENTS FOR ALL CROSS COUNTRY MEETS

1. A copy of the rules are available from the SALAA website:  
<https://salaa.org.au/competition-rules-regulations/>
2. Only registered Little Athletes are permitted to participate in age group events, and only registered Recreational Athletes are permitted to participate in the Rec Aths event.
3. Athletes MAY compete in a younger age group so that they can participate in a shorter distance, however, this event will not count towards Championship Qualification.
4. Para-athletes may participate in Cross Country events. Where necessary, a para-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.
5. Correct Centre uniform MUST be worn at all meetings. For LASA Winter memberships this includes plain black uniform.
6. FOOTWEAR is compulsory - spikes are not permitted.
7. 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.
8. Competitors must report, with their entry fee, to the starting line 10 minutes prior to the advertised starting time for their event.
9. To be eligible for the State Cross Country Championships, all athletes must compete in **at least three meets** for their correct age group during the season. Note – 'Come & Try' meets do not count towards qualification.
10. Athletes who are unable to meet all 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.
11. Athletes will be required to register online for the Championship event only. There will be a **\$15.00 registration fee**.
12. All competitors will receive a certificate showing their performance.
13. Competition will continue regardless of the weather.
14. No pacing of competing athletes permitted - this includes U6 to U8.
15. On arrival at the Cross-Country meetings, please sign-in and check the notice board for any information regarding the course and other event day details.
16. There will be Canteen facilities available at all Cross-Country venues.
17. 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.
18. Open events will not be timed on the day of the Cross-Country Championships.
19. Those unregistered participants who choose to run in the open event is advised they are not covered under the Association insurance policy.