

CALENDAR & VENUES

DATE	HOST CENTRE	MEET LOCATION	COURSE	SPIKES (FOR THOSE IN U12+ AGE GROUPS)
Sunday, 26 April	Naracoorte	Naracoorte Conservation Park, Adjacent the school	Check Programs for Distances	
Sunday, 3 May	Hallett Cove	Capella Reserve, Hallett Cove	Short	
Sunday, 3 May (10am start for all)	Mt Gambier	Marist Park, Mt Gambier	Long	
Sunday, 10 May	No Event			
Sunday, 17 May	Southern	Knox Park, Cnr Kalimna Walk & Kantalpa Grove, Morphett Vale	Short	
Sunday, 24 May	Mid Coast	Tatachilla Lutheran College, Tatachilla (Mclaren Vale)	Short	
Sunday, 24 May (10am start for all)	Mt Gambier	Marist Park, Mt Gambier	Long	
Sunday, 31 May	Hills	Heathfield High School, Hender Rd, Heathfield	Short	
Monday, 8 June	No Event			
Sunday, 14 June	Barossa Valley	Bethany Reserve, Barossa Valley	Long	
Sunday, 21 June	Ingle Farm /Gawler	Bridgestone Athletics Track	Long	
Sunday, 21 June (10am start for all)	Mt Gambier	Marist Park, Mt Gambier	Long	
Sunday, 28 June	Munno Para	Kooranowa Reserve, Vincent Rd, Smithfield Plains	Short	
Sunday, 5 July	Waikerie	Leonard Norman Drive, Waikerie	Short	
Sunday, 12 July	Golden Grove	Tilley Reserve, Hancock Rd, Surrey Downs	Long	
Sunday, 19 July	State Cross Country Championships	Waite Arboretum, Urrbrae (Held with Athletics SA)	Long	

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PROGRAMS & COURSE DISTANCES

PROGRAMME OF EVENTS – <u>SHORT COURSE</u>		
TIME	AGE GROUPS ELIGIBLE	DISTANCE
10:30am	Tiny Tots	200m
10:40am	U/6 Boys & Girls	500m
10:50am	U/7 Boys & Girls	750m
11:00am	U/8 Boys & Girls	750m
11:10am	U/9 Boys & Girls	1km
11:25am	Mum's & Dads*	1km
11:40am	U/10 Boys & Girls	1km
LUNCH BREAK		
12:10pm	U/11 Boys & Girls	1.5km
12:25pm	U/12 & U/13 Boys & Girls	2km
12:40pm	U/14-U/17 Boys & Girls	3km

PROGRAMME OF EVENTS – <u>LONG COURSE</u> (Mt Gambier program starts at 10am with all participants expected at start at the same time)		
TIME	AGE GROUPS ELIGIBLE	DISTANCE
10:30am	Tiny Tots Fun Run	300m
10:40am	U/6 Boys & Girls Fun Run	500m
10:50am	U/7 Boys & Girls Fun Run	750m
11:00am	U/8 Boys & Girls	1km
11:10am	U/9 Boys & Girls	1.5km
11:25am	Mum's & Dads*	1km
11:40am	U/10 Boys & Girls	2km
LUNCH BREAK		
12:10pm	U/11 Boys & Girls	3km
12:25pm	U/12 & U/13 Boys & Girls	3km
12:45pm	U/14-U/15 Boys & U/14-U/17 Girls	4km
12:45pm	U/16 & U/17 Boys	6km

***note** – there will be no Mum's & Dads race at State Championships

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PROGRAMME OF EVENTS – <u>NARACORTE VENUE</u> (same venue & distances as South-East Schools Cross Country Championships)		
TIME	AGE GROUPS ELIGIBLE	DISTANCE
10:30am	Tiny Tots Fun Run	300m
10:40am	U/6 Boys & Girls Fun Run	500m
10:50am	U/7 Boys & Girls Fun Run	750m
11:00am	U/8 Boys & Girls	1.3km
11:10am	U/9 Boys & Girls	1.3km
11:25am	U/10 Boys & Girls	1.8km
11:40am	U/11 Boys & Girls s	2.5km
LUNCH BREAK		
12:25pm	U/12 & U/13 Boys & Girls	2.5km
12:45pm	U/14-U/15 Boys & U/14-U17 Girls	2.5km
12:45pm	U/16 & U/17 Boys	2.5km

INFORMATION & REQUIREMENTS

1. A copy of the competition rules is available on the SALAA website:
<https://salaa.org.au/competition-rules-regulations/>
2. Registered LASA athletes may compete in age-group events. Unregistered athletes may participate in **one meet only** as a *Come & Try*. Any further participation requires registration with LASA, either through a club/centre or via a LASA Winter Membership. Please refer to the website for full details.
3. Athletes may compete in a younger age group to participate in a shorter distance; however, these performances will **not** count towards Championship qualification.
4. Para-athletes are welcome to participate in Cross Country events. Where appropriate, a para-athlete may compete in a younger age group if the distance is more suitable to their abilities.
5. Correct centre uniform **must** be worn at all meetings. Athletes registered under a LASA Winter Membership must wear a plain black uniform.
6. Footwear Ruling
 - a All athletes must wear footwear.
 - b Athletes are not permitted to wear football boots/cleats.
 - c Athletes in the U11 and below age groups are prohibited from wearing spikes.

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- d Athletes in the U12 age group and above, are permitted to wear spikes, only where the cross country course is run entirely on grass and/or dirt surfaces.
 - i Spikes not allowed on courses that have concrete, bitumen, or other hard surfaces. This restriction is in place due to safety considerations for athletes and officials.
- 7. The entry fee is **\$5.00 per athlete, per meet** for **club-hosted meets**. This fee contributes to the costs associated with conducting the event.
- 8. There is no fee for Tiny Tots and Mums & Dads race.
- 9. Entry Fee and how to enter for the Little Athletics SA State Cross Country will be communicated closer to the date.
- 10. Competitors must report to the starting line **10 minutes prior** to the advertised start time, with their entry fee for club-hosted meets.
- 11. To be eligible for the State Cross Country Championships in July, U8–U17 athletes must compete in **at least three meets** in their **correct age group** during the season. *Note: Come & Try meets do not count towards qualification.*
- 12. Athletes unable to meet the qualification requirements due to illness, injury, or another satisfactory reason may submit an exemption form (available upon request) to the Competition Manager requesting an eligibility exemption.
- 13. All competitors will receive a participation certificate.
- 14. U6–U7 athletes **do not** receive Championship medals at the State Cross Country Championships.
- 15. The Mums and Dads race **will not** be conducted at the State Cross Country Championships.
- 16. Competition will proceed regardless of weather conditions.
- 17. **Pacing is not permitted**, including parents running alongside athletes in the U6–U7 age groups.
- 18. Assistance for athletes with a disability is permitted with approval from the Competition Director. A blue vest must be worn and can be collected from the check-in table.
- 19. Upon arrival, all participants must check in and review the notice board for course information and any event-day updates.
- 20. Canteen facilities will be available at all Cross Country venues.
- 21. Tiny Tots events may not be timed.