



2026 State Cross Country Championships

PROGRAM

SUNDAY, 19 JULY

WAITE ARBORETUM, URRBRAE

LITTLE ATHLETICS SA AGE GROUPS	TIME	ATHLETICS SA AGE GROUPS	DISTANCE
Tiny Tots Fun Run	10:30AM		300m
U6 Boys & Girls Fun Run	10:45AM		500m
U7 Boys & Girls Fun Run	11:00AM		750m
U8 Boys & Girls	11:15AM		1km
U9 Boys & Girls	11:30AM		1.5km
U10 Boys & Girls	11:50AM		2km
U11 Boys & Girls	12:10PM		3km
BREAK			
U12 & U13 Boys & Girls	1:15PM	U14 Boys & Girls & Para	3km
U16 & U17 Boys	1:40PM	U20W, U18M, O35 W&M & O50W	6km
U16 & U17 Girls, U14 & U15 Boys & Girls	2:15PM	U16 M & W, U18W	4km
	2:45PM	Open M & W, U20M, O35M & O50M	10km/8km/6km

LITTLE ATHLETICS AGE GROUPS & ATHLETICS SA AGE GROUPS

For athletes competing in joint Little Athletics SA and Athletics SA races, please refer to the age group equivalencies below:

Year of birth	Little Athletics Age Group	Athletics SA Age Group
2016	U10	U11
2015	U11	U12
2014	U12	U13
2013	U13	U14
2012	U14	U15
2011	U15	U16
2010	U16	U17
2009	U17	U18