



2026 State Cross Country Championships

Athlete Information

EVENT: 2026 State Cross Country Championships

EVENT DATE: Sunday, 19 July 2026

PROGRAM: Please [CLICK HERE](#)

LOCATION: [Waite Arboretum](#), Fullarton Road, Urrbrae

EVENT IS A JOINT EVENT. PLEASE MAKE SURE YOU READ THE BELOW DETAILS PLUS THE [FAQ'S](#).

PROGRAM, AGE GROUPS & DISTANCES

LITTLE ATHLETICS SA AGE GROUPS	TIME	ATHLETICS SA AGE GROUPS	DISTANCE
Tiny Tots Fun Run	10:30AM	No Event	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	U11 & Para U13	2km
U11 Boys & Girls	12:10PM	U12	3km
BREAK			
U12 & U13 Boys & Girls	1:15PM	U13 & U14 Boys & Girls & Para U14+	3km
U16 & U17 Boys	1:40PM	U20W, U18M, U17M, O35W & O50W	6km
U16 & U17 Girls, U14 & U15 Boys & Girls	2:15PM	U16 & U15 M & W, U18W & U17W	4km
	2:45PM	Open M & W, U20M, O35M & O50M	10km/8km/6km

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

PARKING

Parking is available along Fullarton Road and Claremont Ave and surrounding streets.

CHECK-IN & MARSHALLING

Athlete check-in will open from 9:30am. **ALL** Athletes should check-in no later than **30 minutes** prior to the start of their event. **ALL** Athletes shall go to the call room (marquee) near the finish line **10 minutes** prior to the start of their event to ensure they don't miss the start of their race. Some races will have a different starting line therefore will be escorted by officials to the start line for their event.

UNIFORM

Athletes must compete in the correct uniform applicable to their age group and competition entry.

Tiny Tots – U11

Athletes must wear full Little Athletics Centre uniform with registration patch and Coles age group patch firmly attached.

U12+ Age Groups

- **Competing only in the Little Athletics SA State Cross Country Championships:**
Athletes must wear full Little Athletics Centre uniform with registration patch and Coles age group patch firmly attached.
- **Competing in both the Little Athletics SA and Athletics SA State Cross Country Championships:**
Athletes may wear either:
 - full Little Athletics Centre uniform with registration patch and Coles age group patch firmly attached; **or**
 - full Athletics SA Club uniform with registration bib firmly attached.
- **Competing only in the Athletics SA State Cross Country Championships:**
Athletes must wear full Athletics SA Club uniform with registration bib firmly attached. See ASA website for more information.

Uniform Guidelines

- Shorts must be in the athlete's Centre/club approved colour.
- Shorts may display a manufacturer's logo no larger than **3cm x 3cm**.
- Compression shorts worn under competition shorts must be either the Centre approved colour or black.
- Shorts branded with the Little Athletics SA logo may be worn, provided they are in the Centre colour and of plain design.
- Athletics SA State Shorts or briefs may **NOT** be worn
- Full-length black tights/leggings are permitted for cross country events but must be plain with no logos.

If any patches/bibs are misplaced, please contact events@salaa.org.au or events@athleticssa.com.au prior to the Championships or visit the **Administration Tent** on the day.

NOTE: Athletes whose uniform does not comply with these regulations will be **ineligible to participate** in this State Competition.

SHOES

All athletes competing in Little Athletics SA events must wear footwear.

- Athletes are not permitted to wear football boots/cleats
- Athletes in the U11 and below age groups are prohibited from wearing spikes
- Athletes in the U12 age group and above, are permitted to wear spikes.
- Athletes in the U20 age group and above – World Athletics shoe rule does not apply.

FINISH PROCESS

Athletes will be placed into order as they finish the race. Their pop stick will then be collected for recording. Once your pop stick has been collected you may leave the finish area and wait for your presentation.

MOBILE DEVICES

Athletes must not bring mobile devices (phones, tablets, etc) to the Call Room or onto the field of play. These should be left with a parent.

THE RACE & OBSTRUCTION REMINDER

Athletes are not allowed to obstruct or jostle another athlete to impede their progress and may be disqualified if they do so.

This mostly occurs when an athlete is being passed by another athlete. If the athlete being passed moves to try and 'block' the passing athlete, they can be considered impeding the other athlete's progress and so be disqualified.

When being passed, the athlete being passed should hold their line. i.e. continue ahead so that the passing athlete can move out and around them. The athlete being passed may attempt to run faster to prevent the other athlete from passing them – they just can't move into the path of the other athlete.

Any deliberate pushing or shoving during the race will result in athlete(s) being disqualified. It is recognised that there will often be some incidental contact during cross country races, particularly at the start when athletes are bunched up. Incidental contact will generally not lead to disqualification.

PROTESTS AND APPEALS

Protests may be lodged at these championships in accordance with Rule TR8 for U8 to U17 events. Protests will not be considered for Tiny Tots, U6 & U7 Fun Runs.

All Athletics SA events will follow the WA Protest Ruling.

RESULTS

Live results can be found at <https://live.salaa.org.au/>.

Official results for this event will be published on the Little Athletics SA website at <https://salaa.org.au/results/cross-country-season/> and the Athletics SA website at <https://www.athleticssa.com.au/result/winter-26>

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 make their way to the presentation area.

The **top three placed athletes in the Under 8 and above age groups** races will receive **medals**, with all athletes for each Little Athletics SA race receiving a participation certificate. These will be presented on the day. Tiny Tots to Under 7 events are Fun Run events and do not have medals presented. Certificates will be awarded for participation.

The **Little Athletics SA Male & Female Centre Champions Trophy** will be awarded at the conclusion of events. Points are only scored for the U8 to U17 age groups in Little Athletics events. Points are determined as follows:

- Add 1 to the largest field of qualified athletes on the day than equals penalty points (e.g., largest field U10 Boys – 22 athletes – penalty 23 for the boys).
- First receives 1 point, second receives 2 points, 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 teams' ability to score team points.
- 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.

PARTICIPATION MEDALS

Little Athletics SA participation medals will be available for purchase on the day from the Administration marquee for \$10. They are a great way to recognise athletes for their performance, including achieving a personal best or performing well on the day. We are **cashless** on the day. Please be aware we will not be carrying any cash.

NOTICE

Please be aware that there are notices around the course notifying members of the public that they are not to touch or eat any mushrooms in the field. Please take notice and if you do see a mushroom, please do not let your child touch them.



FIRST AID

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

- An adult must accompany underage athletes when presenting to the sports trainer seeking first aid.
- Please note that first aid will charge \$4 per taping if athletes do not supply their own tape.
- First Aid will not administer or supply prescription or over the counter medications. They will also not supply an EpiPen or Asthma medication.
- Athletes with Asthma or Allergies must provide their own medication and bring appropriate health record. Sports Trainers can provide an Asthma puffer and spacer if needed.
- An EpiPen may be administered if supplied by the person being treated.

SUNFLOWER – HIDDEN DISABILITIES

Little Athletics SA has partnered up with Hidden Disabilities Sunflower.

The Hidden Disabilities Sunflower is a simple tool for you to voluntarily share that you have a disability or condition that may not be immediately apparent – and you may need a helping hand, understanding, or more time with doing things.

If you would like to use this tool, please head to the Little Athletics SA Administration marquee at the front gate and pick up your wrist band.

FOOD

Adelaide University Athletics Club will be hosting a BBQ throughout the day, and a coffee van will be on site for all the coffee enthusiasts. Be sure to stop by for a bite to eat and your favourite coffee! These guys are also **cashless**! Make sure you have a card ready.

ADELAIDE UNIVERSITY

Little Athletics SA and Athletics SA extends its sincere thanks to Adelaide University for welcoming us to the picturesque Waite Arboretum for the State Cross Country Championships. We are grateful for Adelaide University's support of grassroots sport and for helping us create a wonderful experience for our athletes and families who will attend this event.

PHOTOGRAPHY

Photographers will be on site to take action photos at these Championships.

However, parents may take photos/videos from the sidelines, in line with SALAA Photography Standards [SALAA Photography Policy](#) and the [Athletics SA Video and Photography Policy](#)

STATE TEAM SELECTION – AUSTRALIAN ATHLETICS CROSS COUNTRY CHAMPIONSHIPS

Athletes in the U10 and above age groups will be eligible for selection into the South Australian State Team to represent South Australia at the Australian Athletics Cross Country Championships, to be held in Ballarat on **Saturday, 22 August 2026**.

Athletes who are members of Little Athletics SA only and do not compete in the Athletics SA State Cross Country Championships remain eligible for selection.

Athletes selected in the State Team who are not current Athletics SA members will be required to obtain Athletics SA membership upon selection. For further information, please contact Athletics SA at **development@athleticssa.com.au**.

State Team selection is conducted and controlled by Athletics SA.

<https://www.athleticssa.com.au/athletes/2026-aus-crosscountrychamps>

VENUE & COURSE MAPS

2026 STATE CROSS COUNTRY CHAMPIONSHIPS



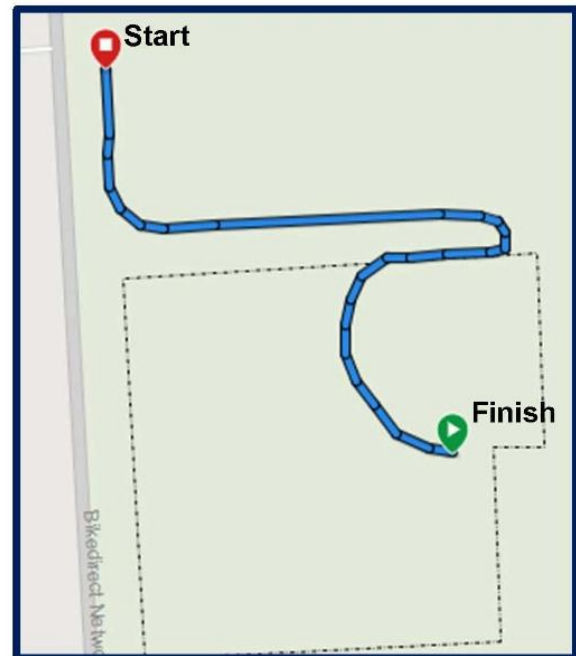
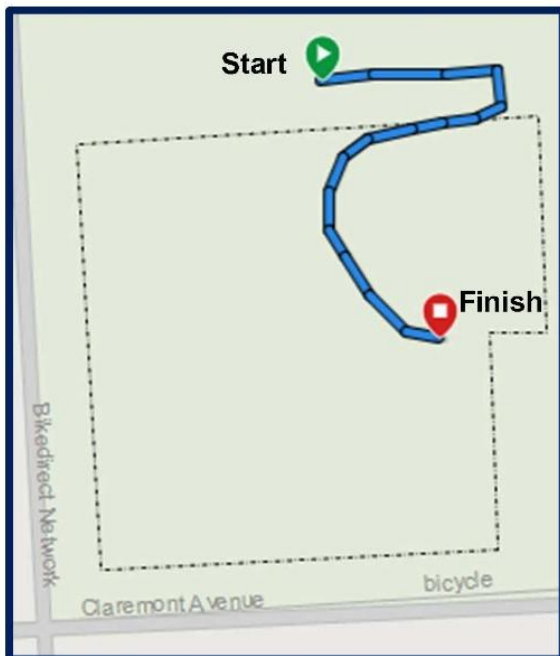
VENUE MAP

COURSE MAPS

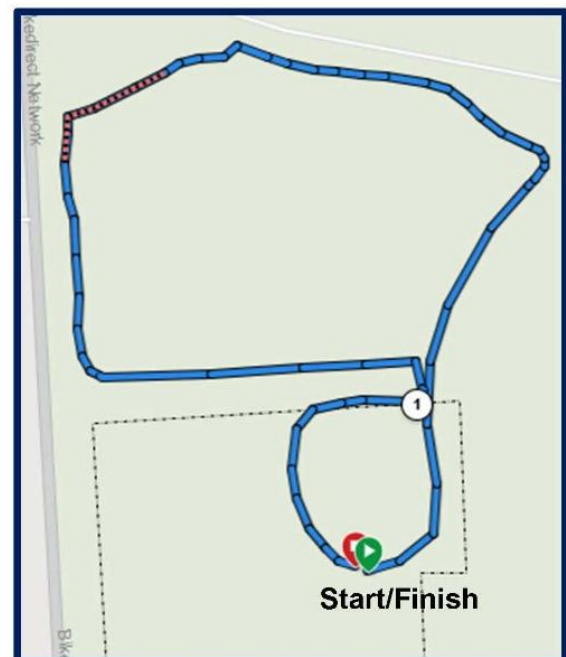
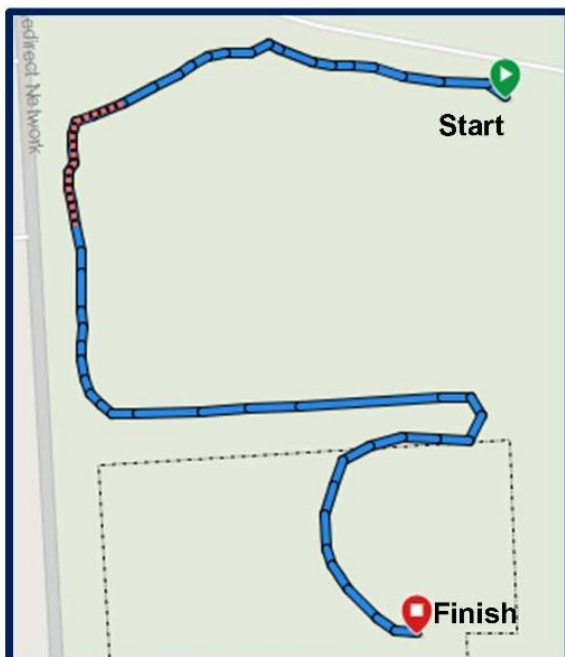
WAITE ARBORETUM, URRBRAE



U6 – 500m



U8 – 1 km



Maps are indicative of the course but may be slightly different on the day

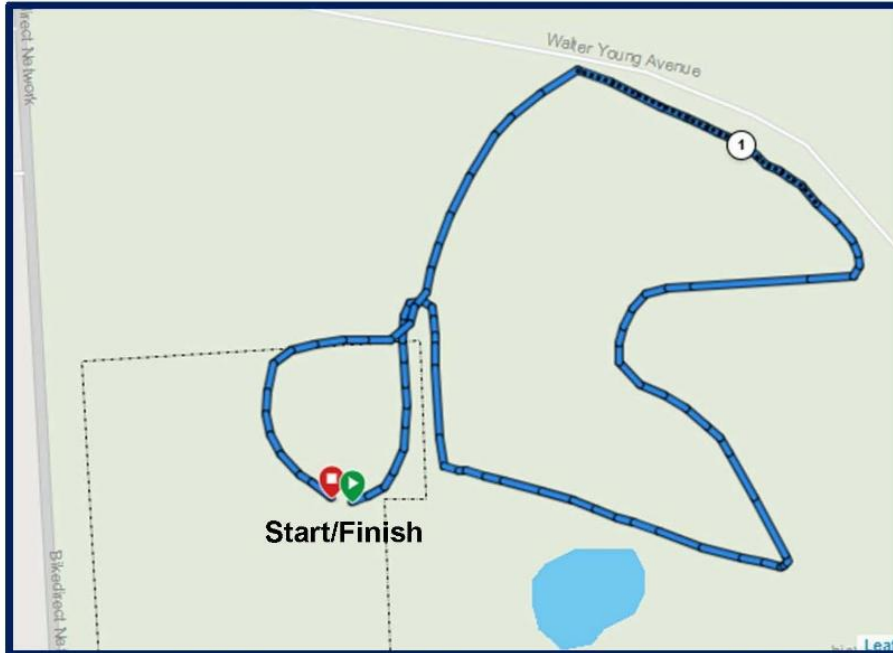
COURSE MAPS

SUNDAY, 19 JULY

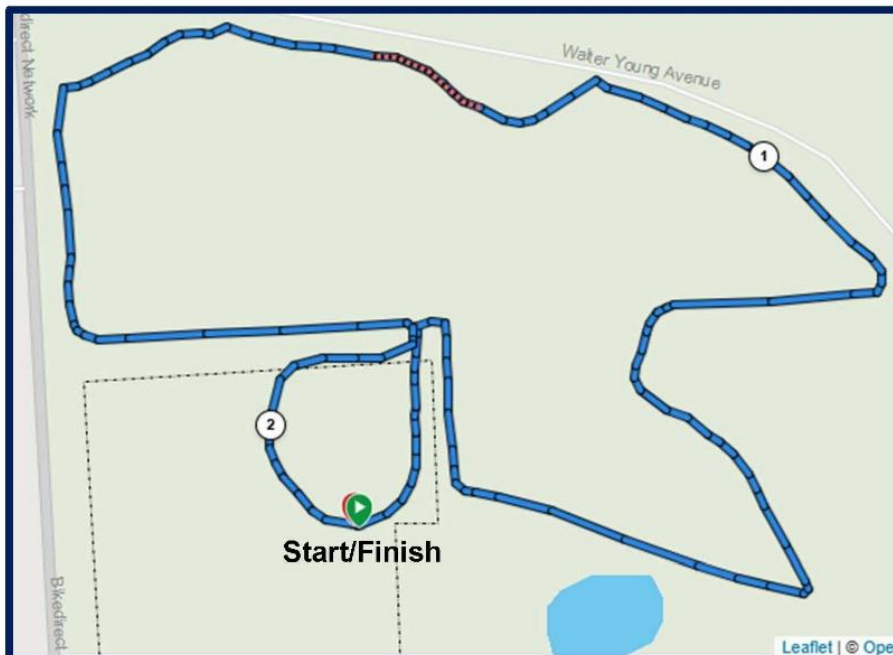
WAITE ARBORETUM, URRBRAE



U9 – 1.5km



Other Age Groups – 2km loop



Maps are indicative of the course but may be slightly different on the day



Foundation of all Sports!



Athletics
South Australia
Good to Go!