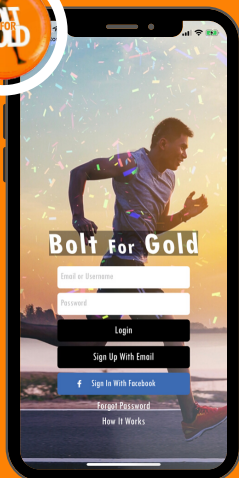




*On Bolt for Gold app*

**VIRTUAL CROSS COUNTRY MEETS**



**WEEK 1** 15TH JUNE TO 21ST JUNE

**WEEK 2** 22ND JUNE TO 28TH JUNE

**WEEK 3** 29TH JUNE TO 5TH JULY

**WEEK 4** 6TH JULY TO 12TH JULY



*At Bonython Park, Adelaide*

**CROSS COUNTRY MEETS & CHAMPIONSHIP**

**MEET 1** SUNDAY, 19TH JULY 2020

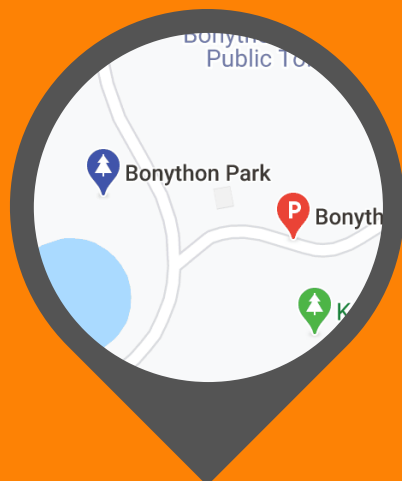
**MEET 2** SUNDAY, 26TH JULY 2020



**STATE CROSS COUNTRY  
CHAMPIONSHIPS**



**SUNDAY, 2ND AUG 2020**



# AGE GROUP & DISTANCE

*For all genders*

**CROSS COUNTRY  
SEASON 2020**

**200M**

**TINY TOTS**

**500M**

**UNDER 6**

**750M**

**UNDER 7**

**1KM**

**UNDER 8**

**1.5KM**

**UNDER 9 | UNDER 10**

**2KM**

**UNDER 11 | UNDER 12**

**3KM**

**UNDER 13 | UNDER 14 | UNDER 15  
UNDER 16 | UNDER 17**

# KEY INFORMATION

*For virtual meets*

## CROSS COUNTRY SEASON 2020

- > Free to do!
- > Focus on your PB's and challenging yourself!
- > Athletes can record an unlimited amount of times each week, with their best time being recorded by Little Athletics SA.
- > A certificate will be sent out to all participants after the fourth week including their best times for each week.
- > Athletes can use a smart watch for their run!
- > Simply take a photo of your time and distance and attach into the event to record a valid time.
- > Privacy Policy can be found here:  
<https://www.boltforgold.com/privacy-policy>
- > Terms & Conditions can be found here:  
<https://www.boltforgold.com/terms-conditions>
- > If you experience any technical issues, please contact Bolt for Gold, at [info@boltforgold.com](mailto:info@boltforgold.com). If you have any further questions about the virtual meets, please contact [events@salaa.org.au](mailto:events@salaa.org.au).

# HOW TO REGISTER

*For virtual meets*

## CROSS COUNTRY SEASON 2020

1

### DOWNLOAD THE APP



*TO DOWNLOAD  
Point your phone's  
camera here!*

2

### CREATE AN ACCOUNT

- a) Include athletes full name and parent email, to allow Little Athletics SA to easily identify and monitor participants.
- b) Please note that each athlete must have an individual account, and:
- c) An email address can only be used once for an account. For families wanting to register multiple athletes, a dummy email can be used for every additional account. For example, sam@sam.com.

3

### SEARCH FOR LITTLE ATHLETICS SA AND JOIN GROUP

All four events can be found under the following tabs:

- a) Community
- b) Athlete
- c) Sport Clubs

4

### SELECT AGE GROUP AND THEN SELECT REGISTER

5

### WHEN READY TO RUN, SELECT START

- A 10 second countdown will begin and then start running!
- When you have completed the race, your time will be automatically recorded.
- You will only be able to click start once the event is open (refer to countdown on the event)

6

### REPEAT STEPS 3-5 FOR ALL FOUR WEEKS.



# **CROSS COUNTRY SEASON 2020**

*Virtual meet partner*



*Venue partner*

