



coles CROSS COUNTRY SEASON 2020



At Bonython Park, Adelaide
CROSS COUNTRY MEETS & CHAMPIONSHIP

FREQUENTLY ASKED QUESTIONS

1

WHERE DO I REGISTER?

Nominations are processed through Little Athletics SA's new registration portal, RegistrationHQ. To access your family account, please use the following link: <https://resultshq.com.au>.

2

WHAT IF I DON'T HAVE A RESULTS HQ ACCOUNT?

All Little Athletics SA members have a Results HQ account set up for them as part of their membership and was used to view season results. The username is the designated email address from the original Little Athletics SA Members Portal. If you are unsure of this email address, please contact Little Athletics SA on 8352 8133.

If you have never accessed your Results HQ account, or are unsure of your password, please click 'TROUBLE LOGGING IN' complete the required fields and a reset password link will be sent to you.

3

HOW DO I NOMINATE FOR A CROSS COUNTRY MEET AND CHAMPIONSHIP?

1. Log into your Results HQ family account.
2. Select NOMINATIONS at the top of the screen.
3. Select the date of the meet to begin selecting events to nominate in to.
4. Select the events you wish to participate in by checking the box on the right and click NEXT.

*PLEASE NOTE: For free events (meets 1 & 2), the cash payment option must be used to complete your nomination. No payment is required though.

6. Once your nomination has successfully processed, you will see a confirmation message appear on screen, and you will also receive a confirmation email. Please keep a copy of this confirmation for your records.

For further information on this process, please [CLICK HERE](#).

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WHEN DO NOMINATIONS OPEN/CLOSE?

Meet 1: Sunday 19th July 2020

Nominations Open: 9:00 AM Monday 6th July 2020

Nominations Close: 5:00 PM Wednesday 15th July 2020

Meet 2: Sunday 26th July 2020

Nominations Open: 9:00 AM Monday 13th July 2020

Nominations Close: 5:00 PM Wednesday 22nd July 2020

State Cross Country Championships: Sunday 2nd August 2020

Nominations Open: 9:00 AM Monday 13th July 2020

Nominations Close: 5:00 PM Wednesday 29th July 2020

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WHO DO I CONTACT FOR TECHNICAL ISSUES?

If you experience any technical issues, please contact Timing Solutions via support@timingsolutions.com.au.

Alternatively, Timing Solutions have a FAQ section found [HERE](#). This section includes useful articles with clear step by step instructions, photos, and videos. We suggest using this platform first before contacting Timing Solutions as your question may be covered in this section.

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WHO DO I CONTACT FOR EVENT RELATED QUESTIONS?

For questions relating to the Cross Country meets, or other Little Athletics SA competitions, please contact the events team at events@salaa.org.au.

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WHERE DO I FIND MORE INFORMATION ABOUT THE 2020 CROSS COUNTRY PROGRAM?

Details of our Cross Country Season are published on the Little Athletics SA website - <https://salaa.org.au/winter-competitions/>

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WHAT IF I AM NOT CURRENTLY A LITTLE ATHLETICS SA MEMBER? CAN I REGISTER FOR A MEMBERSHIP TO PARTICIPATE?

Due to the COVID-19 pandemic, Little Athletics SA have made the decision to restrict all three (3) cross country meets to current 2019/20 Little Athletics SA members.

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HOW DO I KNOW IF MY ATHLETE HAS QUALIFIED FOR THE CROSS COUNTRY MEETS/CHAMPIONSHIP?

This year, there are no qualifying standards for the cross country meets and championship, meaning all current 2019/20 Little Athletics SA members can register!

CROSS COUNTRY SEASON

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