

Little Athletics SA 2022 Cross Country Season



2022 Weekly Meet Schedule

WEEK	DATE	HOST CENTRE	MEET LOCATION	Course Length
1	Sunday 17 th April 2022	Easter NO MEET	NO MEET	
2	Sunday 24 th April 2022	Anzac Day Weekend NO MEET	NO MEET	
3	Sunday 1 st May 2022	Mt Gambier Little Athletics Club	Marist Park, Tenison Woods College	SHORT
4	Sunday 8 th May 2022	Mother's Day NO MEET	NO MEET	
5	Sunday 15 th May 2022	NO MEET	NO MEET	
6	Sunday 22 nd May 2022	Westerns Little Athletics Club	Grange Beach	SHORT
7	*** Sunday 29 th May 2022	Mount Barker & Districts Little Athletics Club	Keith Stephenson Park, Mt Barker	SHORT
8	*** Sunday 29 th May 2022	Mt Gambier Little Athletics Club	Marist Park, Tenison Woods College	TBC
9	*** Sunday 5 th June 2022	Hallett Cove and Southern Hills Little Athletics Club	Glenthorne National Park, Majors Road, O'Halloran Hill	SHORT
10	Monday 13 th June 2022	<i>Queen's Birthday Public Holiday:</i> Adelaide Harriers Little Athletics Club	South Parklands (Cnr South Terrace & Peacock), Adelaide.	LONG * 1 hour delay with program
11	Saturday 18 th June 2022	Woodville Little Athletics Club	Gleneagles Reserve, Ailsa Ave, Seaton	LONG
12	Sunday 26 th June 2022	Enfield Little Athletics Club	St Albans Reserve – Chester Avenue Clearview	LONG
13	*** Sunday 3 rd July 2022	Tea Tree Gully Little Athletics Club	Memorial Oval, Memorial Drive, Tea Tree Gully	LONG
14	Sunday 10 th July 2022	Barossa Valley Little Athletics Club	Bethany Reserve, Tanunda	LONG
15	Sunday 17 th July 2022	LASA – State XC Championships	Bonython Park	LONG

*** - clashes with Academy meets 2022

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PROGRAMME OF EVENTS – SHORT COURSE		
TIME	AGE GROUPS ELIGIBLE	DISTANCE
10:30 AM	U/13-U/17 Boys & Girls and Rec Aths	2km
11:00 AM	U/12 Boys & Girls	1.5km
11:15 AM	U/11 Boys & Girls	1.5km
11:30 AM	U/10 Boys & Girls	1km
11:45 AM	U/9 Boys & Girls	1km
12:00 NOON	Mum's & Dads	1km
LUNCH BREAK		
12:30 PM	Tiny Tots	200m
12:40 PM	U/6 Boys & Girls	500m
12:50 PM	U/7 Boys & Girls	750m
1:00 PM	U/8 Boys & Girls	750m
1:10 PM	Open Fun Event (All Ages)	1km

PROGRAMME OF EVENTS – LONG COURSE		
TIME	AGE GROUPS ELIGIBLE	DISTANCE
10:30 AM	U/13-U/17 Boys & Girls and Rec Aths	3km
11:00 AM	U/12 Boys & Girls	2km
11:15 AM	U/11 Boys & Girls	2km
11:30 AM	U/10 Boys & Girls	1.5km
11:45 AM	U/9 Boys & Girls	1.5km
12:00 NOON	Mum's & Dads	1km
LUNCH BREAK		
12:30 PM	Tiny Tots	200m
12:40 PM	U/6 Boys & Girls	500m
12:50 PM	U/7 Boys & Girls	750m
1:00 PM	U/8 Boys & Girls	1km
1:10 PM	Open Fun Event (All Ages)	1km

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INFORMATION & REQUIREMENTS FOR ALL CROSS COUNTRY MEETS

1. A copy of the rules are available from the SALAA website: <https://salaa.org.au/wp-content/uploads/sites/6/2021/08/2021-22-LASA-Standard-Competition-Rules.pdf>
2. Only registered Little Athletes are permitted to participate in age group events, and only registered Recreational Athletes are permitted to participate in the Rec Aths event.
3. Athletes MAY compete in a younger age group so that they can participate in a shorter distance, however, this event will not count towards Championship Qualification.
4. Para-athletes may participate in Cross Country events. Where necessary, a para-athlete may compete in a younger age group than their own where the distance covered by that age group is more appropriate to their abilities.
5. Correct Centre uniform MUST be worn at all meetings. For LASA Winter memberships this includes plain black uniform.
6. FOOTWEAR is compulsory - spikes are not permitted.
7. There is a **\$2.00 entry fee** per athlete per meet throughout the season. Note - There is no fee for the 'Open' or 'Tiny Tots' events.
8. Competitors must report, with their entry fee, to the starting line 10 minutes prior to the advertised starting time for their event.
9. To be eligible for the State Cross Country Championships, all athletes must compete in **at least three meets** for their correct age group during the season. Note – 'Come & Try' meets do not count towards qualification.
10. Athletes who are unable to meet all of the above qualification requirements due to illness or injury, or other satisfactory reason, may appeal in writing to the Competition and Events Coordinator (c/o the Association Office) to have certain eligibility requirements waived to enable them to compete.
11. Athletes will be required to register online for the Championship event only. There will be a **\$15.00 registration fee**.
12. All competitors will receive a certificate showing their performance.
13. Competition will continue regardless of the weather.
14. No pacing of competing athletes permitted - this includes U6 to U8.
15. On arrival at the Cross-Country meetings, please sign-in and check the notice board for any information regarding the course and other event day details.
16. There will be Canteen facilities available at all Cross-Country venues.
17. An event will be conducted for Under 6, 7 and 8 Boys and Girls, however it will not be a Championship event and medals will not be presented.
18. Open events will not be timed on the day of the Cross-Country Championships.
19. Those unregistered participants who choose to run in the open event is advised they are not covered under the Association insurance policy.