

# Little Athletics SA 2021 Cross Country Season



## 2021 Weekly Meet Schedule

WEEK	DATE	HOST CENTRE	MEET LOCATION	Course Length
1	Sunday 11 <sup>th</sup> April 2021	<b>Mt Gambier Little Athletics Club</b>	Marist Park, Tenison Woods College	SHORT
2	Sunday 18 <sup>th</sup> April 2021	NO MEET	NO MEET	
3	Sunday 25 <sup>th</sup> April 2021	<b>Anzac Day</b> NO MEET	NO MEET	
4	Sunday 2 <sup>nd</sup> May 2021	<b>Naracoorte and Districts Little Athletics</b>	Naracoorte Nature Park – Swimming Lake	SHORT
4	Sunday 2 <sup>nd</sup> May 2021	<b>Mt Gambier Little Athletics Club</b>	Marist Park, Tenison Woods College	SHORT
5	Sunday 9 <sup>th</sup> May 2021	<b>Mother's Day</b> NO MEET	NO MEET	
6	Sunday 16 <sup>th</sup> May 2021**	<b>Hills Little Athletics Club</b>	Heathfield High School	LONG
6	Sunday 16 <sup>th</sup> May 2021**	<b>Mt Gambier Little Athletics Club</b>	Marist Park, Tenison Woods College	SHORT
7	Sunday 23 <sup>rd</sup> May 2021	<b>SALAA Beach Run</b>	Grange & Henley Foreshore	SHORT
8	Sunday 30 <sup>th</sup> May 2021**	<b>Northern Districts Athletics Club</b>	Carisbrooke Park – Main North Rd, Salisbury Park, 5109	SHORT
9	Sunday 6 <sup>th</sup> June 2021**	<b>Mid Coast Little Athletics Club</b>	Tatachilla Lutheran College, Tatachilla.	SHORT
10	Monday 14 <sup>th</sup> June 2021	<i>Queen's Birthday Public Holiday:</i> <b>Adelaide Harriers Little Athletics Club</b>	South Parklands (Cnr South Terrace & Peacock), Adelaide.	LONG
11	Sunday 20 <sup>th</sup> June 2021**	<b>Munno Para Little Athletics Club</b>	Munno Para Little Athletics Centre	LONG
12	Sunday 27 <sup>th</sup> June 2021	<b>Enfield Little Athletics Club</b>	St Albans Reserve – Chester Avenue Clearview	LONG
13	Sunday 4 <sup>th</sup> July 2021**	<b>Barossa Valley Little Athletics Club</b>	Bethany Reserve, Tanunda.	LONG
14	Sunday 11 <sup>th</sup> July 2021	<b>Tea Tree Gully Little Athletics Club</b>	Bulkana Oval, Banksia Park.	LONG
15	Sunday 18 <sup>th</sup> July 2021	LASA – State XC Championships	Bonython Park	LONG

- \*\* Indicates SA Athletics Academy dates.

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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:  
<http://salaa.org.au/Competition/Standard-Rules-of-Competition>
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 individual 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 – At most, one 'Come & Try' meet can 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 **\$11.20 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.