

2009 CROSS COUNTRY PROGRAMME

GENERAL INFORMATION FOR ALL CROSS COUNTRY MEETS

1. Copy of the Rules are available from your Centres Conference Folder
2. Only registered Little Athletes are permitted to participate in age group events.
3. Athletes must compete in their own age group.
4. Correct Centre Uniform MUST be worn at all meetings.
5. Entry fee normally \$1 each Meet – Championship \$2.
6. FOOTWEAR is compulsory – spikes are not permitted.
7. Competitors must report, with their entry fee, to the starting line 5 minutes prior to the advertised starting time for their event.
8. All competitors will receive a Certificate showing their performance.
9. Competition will continue regardless of the weather.
10. To be eligible for State Cross Country Championships, athletes from Metropolitan Centres must compete in at least four meets and athletes from Country Centres in at least two meets during the season.
11. 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 Technical Director (c/o the Association Office) to have certain eligibility requirements waived to enable them to compete.
12. No pacing of competing athletes permitted. This includes U6 to U/8.
13. On arrival at the Cross Country Meetings please check the Notice Board for information regarding the Course and other information.
14. There will be Canteen Facilities available at all Cross Country Venues.
15. 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.
16. Open Events will not be timed on the day of the Cross Country Championships.
17. Those Adults who choose to compete in Parents Events are advised they are not covered Under the Association Insurance Policy.

CROSS COUNTRY PROGRAMME 2009

3 rd May	Hills L.A.C.	Heathfield High School, Hender Road, Heathfield
10 th May	Flinders L.A.C.	Flinders University Playing Fields, University Drive, Bedford Park
17 th May	Adelaide Eagles L.A.C.	South Parklands, Adelaide
24 th May	South Coast - Victor Harbor L.A.C.	Victor Harbor R-7 Primary School, The Parkway, Victor Harbor
31 st May	Not Programmed	SALAA AGM
7 th June	Eastern Districts L.A.C.	Kensington Gardens Cricket Club, Cnr. West Terrace & The Parade, Kensington Gardens
14 th June	Salisbury East L.A.C.	Harry Bowey Reserve, Riverdale Drive, Off Main North Road, Salisbury Park
21 st June	Barossa Valley L.A.C.	Bethany Reserve, Bethany via Tanunda
28 th June	Reynella East L.A.C.	Reynella East Schools, Hewlett Packard Street, Reynella East
5 th July	Gawler L.A.C.	Dead Mans Pass Reserve, Gawler Tce, Gawler South
12 th July	Salisbury East L.A.C.	Carisbrook Reserve, Main North Road, Salisbury Park (Opposite Old Spot Hotel)
19 th July	Tea Tree Gully L.A.C.	Bulkana Oval, Spring Crescent, Banksia Park

**McDonald's State Cross Country Championship
26th July 2009 Hosted by Reynella East L.A.C.
Reynella East Schools,
Hewlett Packard Street, Reynella East**

PROGRAMME OF EVENTS

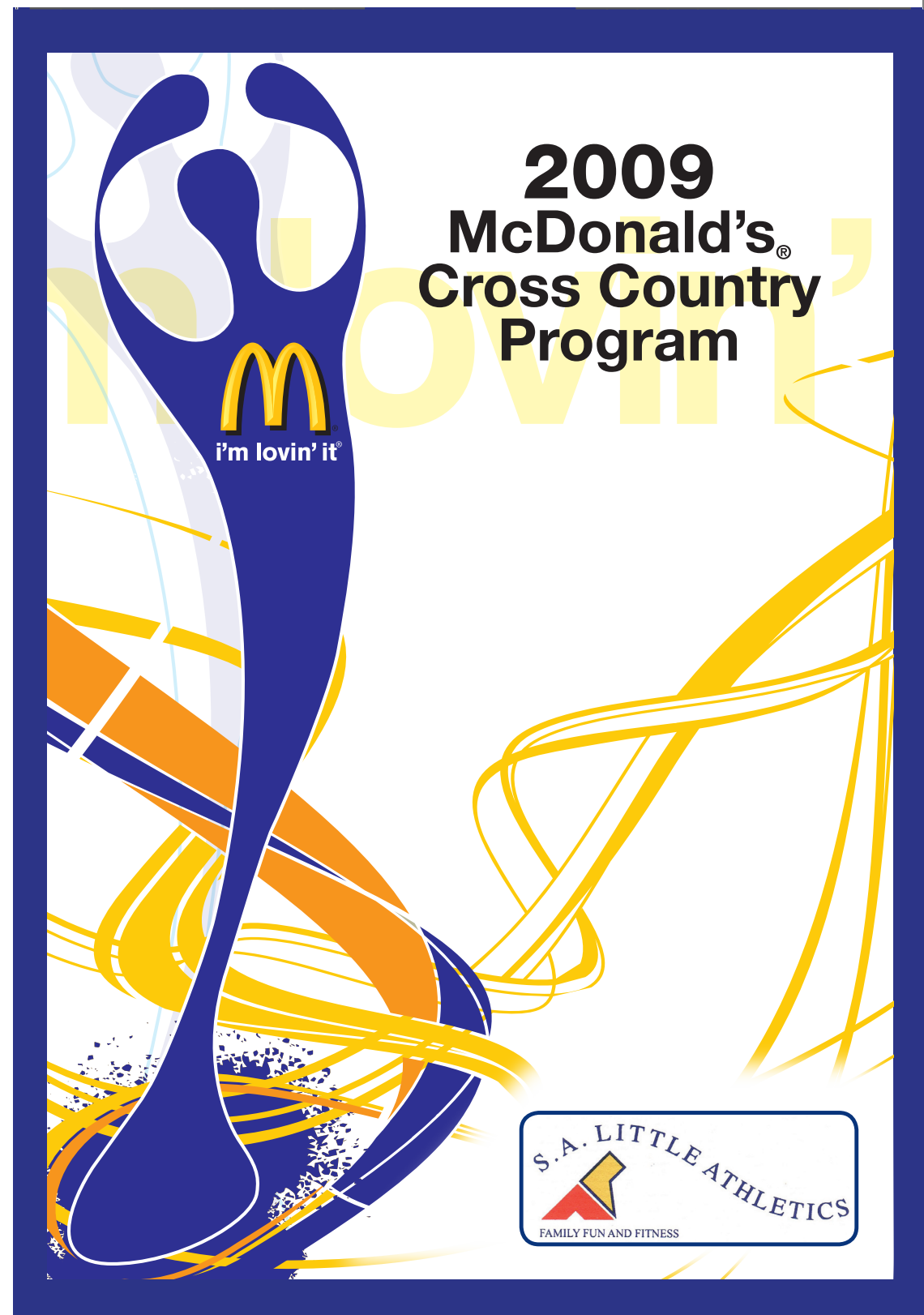
3/5/2009 – 14/6/2009

11.00 a.m.	U/15-U/17 Boys & Girls	2000m
11.20 a.m.	U/14 Boys & Girls	2000m
11.40 a.m.	U/13 Boys & Girls	2000m
12.00 noon	U/6 Boys & Girls	400m
12.10 p.m.	U/7 Boys & Girls	600m
12.20 p.m.	U/8 Boys & Girls	800m
12.30 p.m.	Mums & Dads	400m & 1000m
	Tiny Tots – 40m Fun Run	
	12.40 p.m. Lunch and Presentations.	
	Other Presentations throughout the afternoon	
1.15 p.m.	U/9 Boys & Girls	1000m
1.30 p.m.	U/10 Boys & Girls	1000m
1.45 p.m.	U/11 Boys & Girls	1200m
2.00 p.m.	U/12 Boys & Girls	1200m
2.15 p.m.	Open - fun event only (U/6-U/17 & Family)	1000m

PROGRAMME OF EVENTS

21/6/2009 – 26/7/2009

11.00 a.m.	U/15-U/17 Boys & Girls	3000m
11.20 a.m.	U/14 Boys & Girls	3000m
11.40 a.m.	U/13 Boys & Girls	3000m
12.00 noon	U/6 Boys & Girls	500m
12.10 p.m.	U/7 Boys & Girls	750m
12.20 p.m.	U/8 Boys & Girls	1000m
12.30 p.m.	Mums & Dads	500m & 1000m
	Tiny Tots – 40m Fun Run	
	12.40 p.m. Lunch and Presentations.	
	Other Presentations throughout the afternoon	
1.15 p.m.	U/9 Boys & Girls	1500m
1.30 p.m.	U/10 Boys & Girls	1500m
1.45 p.m.	U/11 Boys & Girls	2000m
2.00 p.m.	U/12 Boys & Girls	2000m
2.15 p.m.	Open - fun event only (U/6-U/17 & Family)	1000m



The poster features a large, stylized blue silhouette of a person running, with the McDonald's logo and the slogan "i'm lovin' it" on the torso. The background is white with yellow and blue abstract lines and the word "HOW" in large yellow letters. The text "2009 McDonald's Cross Country Program" is prominently displayed in the upper right. The S.A. Little Athletics logo is in the bottom right corner.

2009 McDonald's® Cross Country Program

i'm lovin' it®

S.A. LITTLE ATHLETICS
FAMILY FUN AND FITNESS