



love being active

McDonald's® South Australian Restaurants proudly support SA Little Athletics and all little athletes in the pursuit of their personal best.



2014 McDonald's® Cross Country Championships

Hosted by Tea Tree Gully L.A.C

20 July 2014



CHAMPIONSHIPS RULES

1. This event will be conducted under the rules of LASA.
2. Correct Centre Uniform must be worn.
3. Footwear is compulsory. NO spikes are allowed in any event.
4. Pacing by non-competitors will result in disqualification
5. Certificates will be issued to all competitors.
6. Competitors should familiarise themselves with the course prior to competing.
7. Registered members of LASA in U9-U17 age groups are eligible to enter, receive medals and score points for their Centre, provided that athletes from metropolitan Centres compete in FOUR and athletes from country Centres compete in TWO Cross Country meetings during the current season. Athletes must have competed in their own age group. Athletes unable to meet this requirement due to illness, injury or other satisfactory reason may apply in writing to the Competition and Technical Director prior to the championship for special consideration.
8. Athletes who have not met the qualifying criteria may participate on the day, however will not be eligible for medals or score points for their centre.
9. Entry Fee of \$2.00 to be paid when reporting to the marshal prior to event. There is no fee for the Tiny Tots and Open events.
10. Competitors must report to the marshal 10 minutes prior to the scheduled starting time.
11. There is no limit to the number of competitors from each Centre, subject to Rule 7.
12. Medals will be awarded to First, Second and Third placegetters, subject to Rule 7. Medals however, will not be presented to placegetters in the Open, Mums and Dads or Tiny Tots, U6, U7 and U8 Events.
13. Association Trophies (Boys and Girls) for Teams Championships will be presented to the winning teams.
14. Those Adults who choose to compete in Parents & Open Events are advised they are not covered under the Association Insurance Policy.

LASA SCORING SYSTEM

- Add 1 to largest field of qualified athletes on the day that equals penalty points. (e.g. largest field U10 B - 22 Athletes - penalty 23 for Boys).
- First receives 1 point, Second receives 2 points, Third receives 3 points and so on.
- Only three qualified Athletes from each Centre can score points for their Centre. Additional placegetters from each Centre will have no bearing on other teams ability to score team points.
- If a Centre has only 2 qualified entrants who come first and sixth, points gained for that Centre are 1, 6 and 23 (penalty). The lowest team points scored wins the trophy. (Qualified means those registered Little Athletes who meet Rule 7.).
- Medals and Certificates will be presented at lunch and at the completion of events.



2014 CROSS COUNTRY CHAMPIONSHIPS

PROGRAMME OF EVENTS

SUNDAY JULY 20th July 2014

11.00am	U/15-U/17 Boys & Girls	3000m
11.20am	U/14 Boys & Girls	3000m
11.40am	U/13 Boys & Girls	3000m
12.00noon	U/6 Boys & Girls	500m
12.10pm	U/7 Boys & Girls	750m
12.20pm	U/8 Boys & Girls	1000m
12.30pm	Mums & Dads	1000m
12:40pm	Tiny Tots Dash	

12.40pm Lunch and Presentations.
Other Presentations throughout the afternoon

1.15pm	U/9 Boys & Girls	1500m
1.30pm	U/10 Boys & Girls	1500m
1.45pm	U/11 Boys & Girls	2000m
2.00pm	U/12 Boys & Girls	2000m
2.15pm	Open - fun event only	1000m
	(U/6-U/17 & Family)	

2014 CROSS COUNTRY CHAMPIONSHIP MAP
HOSTED BY: TEA TREE GULLY

**Bulkana Oval,
 Spring Crescent, Banksia Park**

