



AUSTRALIAN CROSS-COUNTRY CHAMPIONSHIPS ADELAIDE 2021

Following the exciting announcement regarding Coles Little Athletics Australia (LAA) and Athletics Australia (AA) conducting a joint Australian Cross-Country Championships in August, please find listed below the ages and distances for the Individual Championship and Relay Championship events. The 2021 Australian Cross-Country Championships will also double as the Australian Masters Athletics Championships.

Individual Championships – Saturday 21 August

- (LA U13 – U17) - Age group shall be based on being under the specific age at 31 December 2020. i.e. in the calendar year in which the 2020/2021 Little Athletics summer season commenced.
- (AA U14 – Open) - Age taken as at 31 December 2021
- (Masters Events) - Age taken as at 21 August 2021

Note: ^AA registered athletes born 2009 remain eligible to compete in the AA U14 age group.

Division	Women	Men	Eligible Top Age
AA Open (inc. U23/Uni)	10km	10km	Open age
AA Under 20	6km	8km	Born in 2002/2003 (18/19 years)
LA Under 17/AA Under 18	4km	6km*	Born in 2004 (17 years)
LA Under 16/AA Under 17	4km	6km*	Born in 2005 (16 years)
LA Under 15/AA Under 16	4km*	4km*	Born in 2006 (15 years)
LA Under 14/AA Under 15	4km*	4km*	Born in 2007 (14 years)
LA Under 13/AA Under 14 [^]	3km	3km	Born in 2008/ [^] 2009 (12/13 years)
AA Open Para	3km	3km	Open Age
LA Under 17/AA Under 20 Para	3km	3km	Born in 2002/2003/2004 (17/18/19 years)
LA Under 16/AA Under 17 Para	3km	3km	Born in 2005/2006 (15/16 years)
LA Under 14/AA Under 15 Para	3km	3km	Born in 2007/2008 (13/14 years)
Masters 30-69	8km	8km	5-year age groups
Masters 70+	6km	6km	5-year age groups

Note: Distances listed with a * next to them are not standard LAA distances. Following consultation and majority agreement with and from the LAA National Technical Committee and LAA Member Associations, LAA have endorsed these distances for the conduct of the 2021 Australian Cross-Country Championships.