

Registration Fees

Registration covers competition from 1 April 2008 to 31 March 2009 for Cross Country and Track and Field competition and entitles athletes to compete in Association events.

Registration Category	Club Regn (incl Ath NSW Regn & Insurance)	
Athlete - Open (Full Year)	105	
Age Concession (Full Year)	75	Age concession applies to athletes 60 and over who register for the full year.
Athlete - Under 20 (Full Year)	75	Age for Under 20 athletes is at 31 December 2008.
Athlete - Under 18 (Full Year)	65	Age for Under 18 athletes is at 31 December 2008.
Athlete - Junior Under 15 (Full Year)	40	Age for Under 15 athletes is at 31 December 2008.
Dual - LA U13, U14, U15 from 1 Oct 2008	20	Dual athletes must quote Little Athletics Club and 2008-09 LA Regn Number. Age is at 1/10/08.
Athlete - [Winter only] (all ages)	60	Coverage from 1 April to 30 September
Club Associate - Official (Full year)	35	Club Official or Administrator
Club Associate - Athlete (Full year)	55	Can compete in one RAMS Club Premiership or Allcomers competition.
AT&FCA Coach [Full Year]	35	Must be a current financial member of the AT&FCA
Technical Official (Full Year)	20	Must be an accredited Technical Official with Ath Aust.
Family (Full Year)	250	Family children have to be under 20 years, and all members of family must register at the same time.

Points Scores for Cycles 1 to 3

- For each race category, the first run of the season for each athlete is a qualifying run and no points are earned.
- If a runner represents the Club at an Athletics NSW event as a Club official on 26 April or official or runner on 18 May when a Club event is held that weekend, or competes in the National All Schools Cross Country Championships, the runner will subsequently be awarded points equal to the points scored by the 5th place getter of the Club event. It is up to the runner to notify the handicapper of the relevant participation in the Athletics NSW event.
- Points will be awarded on Novice day based on times recorded in open events or Men's or Women's State Novice Championships.
- If races in two categories are run together, provided a runner has had a qualifying run in each category, the runner shall earn points in each race category.
- For both Cycle and Aggregate Points Scores, points are awarded on the basis of 5 for the last runner to finish; 6 for the second last runner home; with progressively rising points for each better place. Dead-heats will result in all affected athletes gaining points for that place as if no dead-heat had occurred. eg, if three athletes come second in a sealed handicap all three earn points which would be normally be awarded for second place. Runners who fail to finish will be awarded 2 points for starting. For the last scratch race in each cycle of races, double points are awarded for the Cycle and Aggregate Points Scores.
- Prizes for first, second and third in each Division will be awarded for combined cycles 1 to 3.
- Prizes will be awarded to first, second and third in each Division for each of the three cycles, and presented on the first competition day after the cycle.
- A champion's fastest times points score will be conducted for the fastest male and female in each Division for Combined Cycles 1 to 3, with points awarded in each race as follows - 6 for first, 4 for second, 3 for third, 2 for fourth and 1 for fifth. For Division 4, the champion's fastest times points score is restricted to runners who are under 12 at 31 December 2008.
- Athletes registered with the Club in the previous year must re-register by the end of Cycle 2 to compete for cycle and cross country season prizes.

Qualification for Trophy Days and Points Scores

Club members qualify for Trophy and Points Score events only if they have at least one prior run in the relevant race category.

Super Series

Details for the Super Series are shown on a separate page.

Uniform

Club Uniform Officer: Lyn Delaney (Phone: 9597 7670)
The Club Uniform is: Singlets - Red and white vertical stripes (obtainable from Lyn Delaney)
Shorts - Plain red (optional one-piece uniforms may be worn)

State Championships

When competing in events conducted by Athletics NSW, correct club uniform must be worn with current registration numbers attached to the front and the back of the singlet. Apart from State Relays, athletes must pay entry fees on the day for State Championships.

Representation by Club Athletes

Subject to a qualifying period of membership by athletes, the Club contributes towards travelling expenses for athletes representing their State at Athletics Australia Championships. For those athletes selected to compete in other events, the Club will consider giving assistance upon written application to the Club Secretary, setting out details of the competition, total costs and other assistance received. Please use the special form for this purpose.

Club correspondence should be addressed to : St George District Athletic Club Inc, 4 Francis Ave., Brighton-le-Sands 2216

Executive & Quarterly Meetings: 8:00 pm at St George Leagues Club; **Annual Meeting:** 3:00 pm at Syd Frost Hall, Scarborough Park.

Executive	17-Mar	19-May	18-Aug	15-Sep	17-Nov	8-Dec
Annual			14-Jun			
Quarterly	18-Feb	21-Apr		21-Jul	20-Oct	

President:	Albert Thomas	1 Scott St, KOGARAH 2217	(Phone: 9587 2356)
Secretary:	Danielle Ferraro	4 Francis Ave, BRIGHTON-LE-SANDS 2216	(Phone: 9567 1475)
Treasurer:	Dennis Jolliffe	16 Bunbury Ave, SUTHERLAND 2232	(Phone: 9542 6257)
Distance Secretary:	Colin Wilson	4 Dinjerra Crescent, OATLEY 2223	(Phone: 8004 2429)
Cross Cntry Race Secretary:	Alan Staples	8 Argyle St, PENSHURST 2222	(Phone: 9570 7476)
Cross Country Registrar:	Coral Ferraro	4 Francis Ave, BRIGHTON-LE-SANDS 2216	(Phone: 9567 1475)
Cross Country Captain:	Kim Delaney	36 Pile St. South, BARDWELL VALLEY 2207	(Phone: 9597 7670)
Cross Country Women's Captai	Lynette Delaney	36 Pile St. South, BARDWELL VALLEY 2207	(Phone: 9597 7670)

Super Series Competition at Scarborough Park for Cross Country for 2008

In 2008, the Aggregate Points Score and Fast Times competitions finish at the end of Cycle 3. This will be followed by two Super Series races for each of the remaining five Saturdays in the Cross Country Season. The first race each day will be over 2 km and will start at 2:00 pm. The second race each day will be over 4 km and will start at 2:30 pm.

Anyone may run in either of these races, but there will be a points score competition with prize money for those runners who have met qualification criteria during Cycles 1, 2 and 3.

Qualification Criteria

For the 2 km Super Series Races, the qualification criteria are –

The runner must have competed in 4 points-scoring races (excluding the first qualifying run) in either Division 3 or Division 4, and
the runner must have scored at least 35 points in Cycle 1, Cycle 2 or Cycle 3, or 60 points in the Aggregate Points Score at the end of Cycle 3, in either Division 3 or Division 4.

For the 4 km Super Series Races, the qualification criteria are –

The runner must have competed in 4 points-scoring races (excluding the first qualifying run) in either Division 1 or Division 2, and
the runner must have scored at least 35 points in Cycle 1, Cycle 2 or Cycle 3, or 60 points in the Aggregate Points Score at the end of Cycle 3, in either Division 1 or Division 2.

After the third points scoring race, all registered members may score points without the qualifying criteria above, but they must have competed in one race as a qualifying run.

Handicaps

Handicaps for the first race in the Super Series will be based on the fastest average time per km for each runner for the last three races in which each runner has competed in the previous Cycle races. The same system will be applied for subsequent races in each Super Series races, and will be based on the fastest average times per km in the last three Cycle races or Super Series Races.

Points Scoring

Points will be awarded for the best 4 scores for each runner in each Super Series Division, and the lowest (5th) points scored will be discarded.

Points for the first race in each Super Series Division will be 5 for the last runner to finish, 6 for the second last runner home, with progressively rising points for each better place.

Points for the second, third and fourth races will be double those in the first race.

Points for the fifth race will be treble those in the first race.

Prizes

In each Super Series Division, at the end of the fifth race, the following prizes will be awarded in the cumulative points score –

1st \$60; 2nd \$50; 3rd \$40; 4th \$30; 5th \$20; 6th \$10.