St George District Athletic Club Inc

2008 Cross Country Program

Check the program, race results and next week's handicap on the web at www.sgdac.org/

Starting Times: Most Club Days: Division 4: 1.30 pm; Division 3: 1.50 pm; Division 2: 2.20 pm; Division 1: 3.00 pm

Super Series: Event 1: 2:00 pm; Event 2: 2:30 pm.

Carruthers Cup: First event 2.00 pm.

Entry Fees: PAYABLE AT ENTRY TABLE BEFORE RACE. All runners who are 12 and over: \$3; runners under 12: \$1. Max. charge for a family: \$6.

Main Venue:	Syd Frost Hall, So	carborough Park, Hawthorne St, Ramsgate						
Club Dates	Other Dates	Event	Rac	e Venue	Div 1	Div 2	Div 3	Div 4
			Day	7	Distances	for Club		km)
Sat 29 March 2008		Club Scratch Races	0	Scarborough	6	3	2	1.5
Sat 5 April 2008		Club Handicap	1	Scarborough	6	3	2	1.5
Sat 12 April 2008		Club Handicap	2	Scarborough	8	4	3	2
Sat 19 April 2008		Club Scratch Races and Endeavour Cup Illawong & R-E		Miranda Park	**8	**4	**3	**2
Sat 26 April 2008	Sat 26 April 2008	Club Scr/NSW Novice Chships ## (See Note b, pag	2 4	Scarborough	*10	*4	*2	*2
	Sat 3 May 2008	## NSW Road Chships		Sydney Olympic Park				
Sat 10 May 2008		Bob Molloy Trophy (Division 2)	5	Scarborough	**10	**4	**2	**2
Sat 17 May 2008		Terry O'Connor's Day	6	Scarborough	8	5	3	1.5
	Sun 18 May 2008	## NSW Half Marathon Chships (See Note b, page 2)	Sydney				
Sat 24 May 2008		Ken Jenkins' Day (Division 1)	7	Scarborough	10	4	4	2
	Sun 25 May 2008	Rockdale City Community Fun Run 5 Km		Dolls Point				
	Sat 31 May 2008	## NSW Cross Country Relay Chships		Miranda Park				
		(End of 2nd Cycle)						
Sat 7 June 2008	(11km: 2:20pm) (Long Weekend)	Greg Page Trophy (Division 1)	8	Scarborough	11	5	3	1.5
Sat 14 June 2008	(2km:1:30pm, 5km: 1:50pm)	A. A. Gainsford Club Championships	9	Scarborough	#*5	#*5	#*2	#*2
	Sat 21 June 2008	## NSW CC Chships (12/6 km)		Nowra				
Sat 28 June 2008	(2km:1:30pm, 3km: 1:50pm 8km: 2:30pm)	A. A. Gainsford Club Championships	10	Scarborough	#*8	#*3	#*3	*2
Sat 5 July 2008		Club Handicap	11	Scarborough	**8	**4	**3	**2
		(End of 3rd Cycle)						
					Divs 1	& 2	Divs 3	& 4
Sat 12 July 2008		Super Series (Normal Points)	1	Scarborough	4 km: 2:	30 pm	2 km: 2:	00 pm
	Fri 18 July 2008	CHS / All Schools Cross Country						
	Sat 19 July 2008	## NSW CC Chships (8/6 km)		Western Sydney				
Sat 26 July 2008		Super Series (Double Points)	2	Regional Park Scarborough	4 km: 2:	20 nm	2 km: 2:	00 nm
Sat 20 July 2006		G Freeman Trophy (4km)	2	Scarborough	4 KIII. 2.	oo piii	2 KIII. 2.	oo piii
		J Coppock Trophy (U14 in 2 km)						
	Sun 27 July 2008	Sutherland to Surf		Sutherland				
	•	## NSW Road Relays		Wollongong				
Sat 9 Aug 2008		Super Series (Double Points)	3	Scarborough	4 km: 2:	30 pm	2 km: 2:	00 pm
		Dean Degan Trophy (2km and 4 km)		······•		· r		
	Sun 10 Aug 2008	City to Surf		Sydney				
Sat 16 Aug 2008	-	Super Series (Double Points)	4	Scarborough	4 km: 2:	30 pm	2 km: 2:	00 pm
S		Ron Gribble Trophies (2 km and 4 km)		<u> </u>		•		•
Sat 23 Aug 2008		Super Series (Triple Points)	5	Scarborough	4 km: 2:	30 pm	2 km: 2:	00 pm
		(End of Super Series)						

Note: (1) Distances in bold indicate points score events.

Sat 30 Aug 2008

Presentation Day; Carruthers' Cup

Scarborough

Sydney

4or2

4or2

4or2

4or2

Sat 23 Aug 2008 Aust CC Championships

Sun 21 Sept 2008 ## NSW Marathon Championships

⁽²⁾ Division 1 handicap races greater than 7 km shall include group starts, with a number of runners starting together.

⁽³⁾ Events marked * are scratch races with a handicap. Events marked ** are scratch races with a handicap and are allocated double points.

⁽⁴⁾ Events marked # are Club Championships - 2km for U12; 3km for U14, U16 & U18; 5km U20 and also Senior female; 8 km for Senior male.

A. A. Gainsford Club Championship Perpetual Trophies awarded to Under 12, Under 14, Under 16 and Seniors, Male and Female for all categories.

Club Championships categories also include Athletics NSW Masters categories, provided there are 3 runners for each appropriate age group.

⁽⁵⁾ Events marked ## are Winter Premiership Teams and Individual Championship Events. Club uniforms and registration numbers must be worn.

For Athletics NSW Championships and Club competitions, age groups are determined by the age the runner reaches in the calendar year of competition.

Athletes in Athletics NSW Championships qualify for Club Points Scores if there are Club competitions that weekend.

⁻ please advise handicappers by following Saturday.

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

- (a) For each race category, the first run of the season for each athlete is a qualifying run and no points are earned.
- (b) 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.
- (b) Points will be awarded on Novice day based on times recorded in open events or Men's or Women's State Novice Championships.
- (c) 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.
- (d) 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.
- (e) Prizes for first, second and third in each Division will be awarded for combined cycles 1 to 3.
- (f) 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.
- (g) 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.
- (h) 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)

Kim Delanev

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

Cross Country Captain:

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 8-Dec 19-May 15-Sep 17-Nov 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) (Phone: 9542 6257) Treasurer: Dennis Jolliffe 16 Bunbury Ave, SUTHERLAND 2232 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 Women's Captaiı Lynette Delaney 36 Pile St. South, BARDWELL VALLEY 2207 (Phone: 9597 7670)

(Phone: 9597 7670)

36 Pile St. South, BARDWELL VALLEY 2207

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 at 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 –