St George District Athletic Club Inc

2010 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, Scarborough Park, Hawthorne St, Ramsgate**

Club Dates	Other Dates	Event		Race Day	Venue	Div 1	Div 2	Div 3	Div 4
						Distances for Club Races (in km)			
Sat 27 March 2010		**Club Scratch Races**		0	**Scarborough**	6	3	2	1.5
Sat 3 April 2010	*(Easter)*	**Club Handicap**		1	**Scarborough**	6	3	2	1.5
Sat 10 April 2010		**Club Handicap**		2	**Scarborough**	8	4	3	2
Sat 17 April 2010		**Club Scratch Races**		3	**Scarborough**	**8	**4	**3	**2
		(End of 1st Cycle)							
Sat 24 April 2010	Sat 24 April 2010	**Club Scr/NSW Novice Chships** (See Note b, page 2)		4	**Scarborough**	*10	*4	*2	*2
	Sat 1 May 2010	## NSW Road Championships			Sydney Olympic Park				
Sat 1 May 2010		Club Scratch Races (No handicaps or points)		4a	Scarborough	5 km: 2:30 pm		2 km: 2:00 pm	
Sat 8 May 2010		**Bob Molloy Trophy (Division 2)**		5	**Scarborough**	10	4	2	2
Sat 15 May 2010		**Terry O'Connor's Day**		6	**Scarborough**	8	5	3	1.5
	Sun 16 May 2010	SMH Half Marathon			Sydney				
Sat 22 May 2010		**Ken Jenkins' Day (Division 1)**		7	**Scarborough**	**10	**4	**2	**2
	Sun 23 May 2010	**Rockdale City Community Fun Run 5 Km**			**Dolls Point**				
	Sat 29 May 2010	## NSW Cross Country Relay Chships			Miranda Park				
		(End of 2nd Cycle)							
Sat 5 June 2010	**(11km: 2:20pm)** (Long Weekend)	**Greg Page Trophy (Division 1)**		8	**Scarborough**	**11	5	3	1.5
Sat 12 June 2010	**(2km:1:30pm, 5km: 1:50pm)**	**A. A. Gainsford Club Championships and St George Women's Classic 5km**		9	**Scarborough**	#*5	#*5	#*2	#*2
	Sat 19 June 2010	## NSW CC Chships (12/6 km)			Nowra				
Sat 26 June 2010	**(2km:1:30pm, 3km: 1:50pm 8km: 2:30pm)**	**A. A. Gainsford Club Championships and St George Men's Classic 8km**		10	**Scarborough**	#*8	#*3	#*3	*2
Sat 3 July 2010	2 km 2:20 pm; 4 km 2:40 pm 8 km: 3:15 pm	**Club Scratch Races and Endeavour Cup**	**Comp with Suth. Illawong & R-B**	11	**Garrison Point**	**8	**4	**2	**2
		(End of 3rd Cycle)							
	Sat 10 July 2010	## NSW Road Relays			Wollongong				
	Sat 17 July 2010	## NSW CC Chships (8/6 km)			Upjohn Park, Rydalmere				

Club Dates	Other Dates	Event	Race Day	Venue	Divs 1 & 2	Divs 3 & 4
Sat 24 July 2010		**Super Series (Normal Points)**	1	**Scarborough**	4 km: 2:30 pm	2 km: 2:00 pm
	Sun 25 July 2010	Sutherland to Surf		Sutherland		
	Fri 30 July 2010	CHS / All Schools Cross Country (See Note b, page 2)				
Sat 31 July 2010		**Super Series (Double Points) G Freeman Trophy (4km) J Coppock Trophy (U14 in 2 km)**	2	**Scarborough**	4 km: 2:30 pm	2 km: 2:00 pm
Sat 7 Aug 2010		**Super Series (Double Points)**	3	**Scarborough**	4 km: 2:30 pm	2 km: 2:00 pm
	Sun 8 Aug 2010	City to Surf		Sydney		
Sat 14 Aug 2010		**Super Series (Double Points) Ron Gribble Trophies (2 km and 4 km)**	4	**Scarborough**	4 km: 2:30 pm	2 km: 2:00 pm
Sat 21 Aug 2010		**Super Series (Triple Points)**	5	**Scarborough**	4 km: 2:30 pm	2 km: 2:00 pm
		(End of Super Series)				

Club Dates	Other Dates	Event	Venue	Div 1	Div 2	Div 3	Div 4
	Sat 21 Aug 2010	Aust CC Championships					
Sat 28 Aug 2010		**Presentation Day; Carruthers' Cup**	**Scarborough**	4or2	4or2	4or2	4or2
	Sun 29 Aug 2010	##NSW Half Marathon	Lake Gillawarna				
	Sun 19 Sept 2010	## NSW/Aust Marathon Championships	Sydney				

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

(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.

Cross Country Handicappers: Div. 1: Colin Wilson; Div. 2: Michael Gentle; Div. 3: Colin Wilson; Div. 4: Michael Gentle

Registration Fees

Registration covers competition from 1 April 2010 to 30 September 2010 for Cross Country competition and entitles athletes to compete in Association events. Members who have registered between 1 October and 31 March do not have to re-register for the period 1 April to 30 September 2010.

Registration Category	Club Regn (incl Ath NSW Regn & Insurance)	
Athlete - Open	110	
Age Concession	75	Age concession applies to athletes 60 and over.
Winter Only Athlete	60	**Members registered as Club Associates between 1 October 2009 and 31 March 2010 will automatically be registered as Winter Only Athletes from 1 April 2010**
Athlete - Under 20	75	Age for Under 20 athletes is at 30 September 2010.
Athlete - Under 18	65	Age for Under 18 athletes is at 30 September 2010.
Athlete - Junior Under 15	35	Age for Under 15 athletes is at 30 September 2010.
Club Associate - Official	40	Club Official or Administrator
Club Associate - Athlete	60	Can compete in one Club Premiership or Allcomers competition.
Technical Official	35	Must be a Nationally Accredited Technical Official
Family	240	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 but members registered in the previous year will score points if they have previously raced in the particular race category. New members must have a qualifying run before they can score points.

(b) If a runner represents the Club at the Novice as a Club official or athlete on 24 April 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 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 2010.

(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.

To qualify for the St George Women's Classic or the St George Men's Classic, Club registered members must have competed in at least three races at Scarborough Park.

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, U5 23-25 Robertson St., Sutherland, NSW 2232

Executive & Quarterly Meetings: 7:30 pm at St George Leagues Club; **Annual Meeting:** 3:00 pm at Syd Frost Hall, Scarborough Park.

Executive	15-Mar	17-May		16-Aug	20-Sep	15-Nov	13-Dec
Annual			13-Jun				
Quarterly	15-Feb	19-Apr	19-Jul			18-Oct	

President:	Albert Thomas	1 Scott St, KOGARAH 2217	(Phone: 9587 2356)
Secretary:	David Burns	U5, 23-25 Robertson St, SUTHERLAND 2232	(Phone: 0407 219 100)
Treasurer:	Dennis Jolliffe	16 Bunbury Ave, SUTHERLAND 2232	(Phone: 9542 6257)
Distance Secretary:	Colin Wilson	51 Glen Road, OATLEY 2223	(Phone: 9011 7333)
Cross Country Race Secretary:	Alan Staples	8 Argyle St, PENSHURST 2222	(Phone: 9570 7476)
Registrar:			
Cross Country Captain:	Kim Delaney	36 Pile St. South, BARDWELL VALLEY 2207	(Phone: 9597 7670)
Cross Country Women's Captain	Lynette Delaney	36 Pile St. South, BARDWELL VALLEY 2207	(Phone: 9597 7670)

20/02/2010

Super Series Competition at Scarborough Park for Cross Country for 2010

In 2010, 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 –

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