St George District Athletic Club Inc

2014 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 p
       Super Series: Event 1: 2:00 pm;   Event 2: 2:30 pm.
       Carruthers Cup: First event 2.00 pm. **4 km race first**

Entry Fees: Option 1 - PAYABLE AT ENTRY TABLE BEFORE RACE. Under 12: $2; 12-17 Years: $3, 18+: $5. Max. charge for a family: $10.
       Option 2 - FULL PAYMENT AT BEGINNING OF SEASON. Under 12: $30, 12-17 Years: $45, 18+: $75, Family: $150

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 22 March 2014		**Club Scratch Races**	0	Scarborough	6	3	2	1.5
Sat 29 March 2014		**Club Handicap**	1	Scarborough	6	3	2	1.5
	Sun 30 March 2014	NSW Mountain Running Chships		Orange				
Sat 5 April 2014		**Albie Thomas Memorial Day**	2	Scarborough	**5 mile**	**3 mile**	**2 mile**	**1 mile**
					(8 km)	**(4.8 km)**	**(3.2 km)**	**(1.6 km)**
Sat 12 April 2014	Sat 12 April 2014	**Club Scr**/NSW Novice Chships (See Note b, page 2)	3	Scarborough	**10**	**4**	**2**	**2**
Sat 19 April 2014	(Easter)	**Club Scratch Races**	4	Scarborough	****8**	****4**	****3**	****2**
		(End of 1st Cycle)						
Sat 26 April 2014		**Club Handicap**	5	Scarborough	**10**	**4**	**3**	**2**
	Sun 27 April 2014	Oatley Park Fun Run		Oatley Park				
Sat 3 May 2014	Sat 3 May 2014	## NSW Road Championship (7:30 am)	6	Sydney Olympic Park/				
		Club Scratch Races (See Note b, page 2)		Scarborough	***10**	***4**	***3**	***2**
Sat 10 May 2014		**Club Handicap**	7	Scarborough	**10**	**4**	**3**	**2**
Sat 17 May 2014	11 km 2:20pm	**Greg Page Trophy (Division 1)**	8	Scarborough	****11**	****5**	****3**	****1.5**
		(End of 2nd Cycle)						
	Sun 18 May 2014	##SMH Half Marathon		Sydney				
Sat 24 May 2014		**Club Handicap**	9	Scarborough	**4**	**4**	**2**	**2**
	Sun 25 May 2014	**Rockdale City Community Fun Run 5 Km**		**Dolls Point**				
	Sat 31 May 2014	## State Cross Country Relays		Miranda				
Sat 7 June 2014 (Long Weekend)	2 km 1:30pm 3 km 1:50pm 8 km 2:30pm	**A. A. Gainsford Club Championships and St George Men's Classic 8 km**	10	Scarborough	**#*8**	**#*3**	**#*3**	***2**
Sat 14 June 2014	**Annual Meeting (2:45 pm)** 2 km 1:30pm 5 km 1:50pm	**A. A. Gainsford Club Championships and St George Women's Classic 5km**	11	Scarborough	**#*5**	**#*5**	**#*2**	***2**
	Sat 21 June 2014	## NSW CC Chships (12/6 km)		Nowra				
Sat 28 June 2014		**Terry O'Connor's Day**	12	Scarborough	**8**	**5**	**3**	**1.5**
Sat 5 July 2014	2 km 2:15pm 4 km 2:40pm 6 km 3:15pm	**Club Scratch Races and Endeavour Cup** Comp with Suth. Illawong & R-B	13	**Lake Gillawarna**	****6**	****4**	****2**	****2**
		(End of 3rd Cycle)						
	Sat 12 July 2014	##State Road Relays		Mingara				
	Fri 18 July 2014	CHS / All Schools Cross Country (See Note b, page 2)						
		Super Series			*Divs 1 & 2*		*Divs 3 & 4*	
Sat 19 July 2014		**Super Series (Normal Points)**	1	Scarborough	4 km: 2:30 pm		2 km: 2:00 pm	
	Sun 20 July 2014	Sutherland to Surf		Sutherland				
Sat 26 July 2014		**Super Series (Double Points)**	2	Scarborough	4 km: 2:30 pm		2 km: 2:00 pm	
	Sat 2 August 2014	## NSW CC Chships (8/6 km)		Upjohn Park, Rydalmere				
Sat 9 Aug 2014		**Super Series (Double Points) J Coppock Trophy (U14 in 2 km)**	3	Scarborough	4 km: 2:30 pm		2 km: 2:00 pm	
	Sun 10 Aug 2014	City to Surf		Sydney				
Sat 16 Aug 2014		**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 23 Aug 2014		**Super Series (Triple Points)**	5	Scarborough	4 km: 2:30 pm		2 km: 2:00 pm	
		(End of Super Series)						
Sat 30 Aug 2014		**Presentation Day; Carruthers' Cup**		Scarborough	4or2	4or2	4or2	4or2
	Sun 7 Sept 2014	##NSW Half Marathon		Lake Gillawarna				
	Sun 21 Sept 2014	##NSW Marathon		Sydney				
	Sun 19 Oct 2014	##Fernleigh 15 km		Lake Macquarie				

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 ɪ

     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 2014 to 30 September 2014 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 2014.

Registration Category	Club Regn (incl Ath NSW Regn & Insurance)	
Winter Only Athlete	75	Members registered as Club Associates between 1 October 2013 and 31 March 2014 will automatically be registered as Winter Only Athletes from 1 April 2014
Athlete - Junior Under 15	30	Age for Under 15 athletes is at 30 September 2014.
Club Associate - Official	50	Club Official or Administrator
Family	260	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 or in the current year before the first run will score points for the first run of the season. New members must have a qualifying run before they can score points. Existing members competing for the first time after the first run of the season must also have a qualifying run before they can score points.

(b) No points to be awarded for Divisions 1 and 2. If a runner represents the Club at the Novice as a Club official or athlete on 12 April or 3 May and is eligible for points in Division 3 or 4, 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 representation on behalf of the Club.

(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 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 if possible, 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 30 September 2014.

(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) Black alternate allowed

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:** 2:45 pm at Syd Frost Hall, Scarborough Park.

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

President:	Kim Delaney	36 Pile St. South, BARDWELL VALLEY 2207	(Phone: 9597 7670)
Secretary:	David Burns	U5, 23-25 Robertson St, SUTHERLAND 2232	(Phone: 0407 219 100)
Treasurer:	David Beck	54 Clarke St, PEAKHURST 2210	(Phone: 9533 4648)
Distance Secretary:	Greg Breen	7 Dianella St, Caringbah 2229	(Phone: 9525 1510)
Cross Country Race Secretary:	Alan Staples	8 Argyle St, PENSHURST 2222	(Phone: 9570 7476)
Registrar:	Rory McRae	25 Yuruga Ave CARINGBAH SOUTH 2229	(Phone: 0420 231 209)
Cross Country Captain:	Brad Pendergast		
Cross Country Women's Captain	Suzanne Harrington		

Super Series Competition at Scarborough Park for Cross Country for 2014

In 2014, 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
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 wh
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 Div
> the runner must have scored at least 35 points in Cycle 1, Cycle 2 or Cycle 3, or 60 points in the Aggregate Points Scor
> 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 Div
> the runner must have scored at least 35 points in Cycle 1, Cycle 2 or Cycle 3, or 60 points in the Aggregate Points Scor
> either Division 1 or Division 2.

> After the third points scoring race, all registered members may score points without the qualifying criteria above, but th
> 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 l
> each runner has competed in the previous Cycle races. The same system will be applied for subsequent races in each Su
> 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 sc
> 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 l
> 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

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