

St George District Athletic Club Inc

17.Feb.15

2015 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. **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

Dates	Event	Race Day	Venue	Div 1	Div 2	Div 3	Div 4
				<i>Distances for Club Races (in km)</i>			
Sat 21 March 2015	Club Scratch Races	0	Scarborough	6	3	2	1.5
Sat 28 March 2015	Club Handicap	1	Scarborough	6	3	2	1.5
Sun 29 March 2015	NSW Mountain Running Chships		Orange				
Sat 4 April 2015 (Easter)	Albie Thomas Memorial Day (Scratch Races)	2	Scarborough	5 mile (8 km)	3 mile (4.8 km)	2 mile (3.2 km)	1 mile (1.6 km)
Sat 11 April 2015	Club Scratch Races (Canberra Marathon)	3	Scarborough	**8	**4	**2	**2
Sat 18 April 2015	Club Scratch /NSW Novice Chships (See Note b)	4	Scarborough	10	4	2	2
Sat 25 April 2015 (Anzac Day)	Club Handicap	5	Scarborough	10	4	3	2
Sun 26 April 2015	Oatley Park Fun Run		Oatley Park				
Sat 2 May 2015	## NSW Road Championship (7:30 am)	6	Sydney Olympic Park/ Scarborough	*10	*4	*3	*2
Sat 9 May 2015	Club Handicap	7	Scarborough	10	4	3	2
Sat 16 May 2015	Greg Page Trophy 11 km 2:20pm	8	Scarborough	**11	**5	**3	**1.5
Sun 17 May 2015	##SMH Half Marathon		Sydney				
Sat 23 May 2015	Club Handicap	9	Scarborough	4	4	2	2
Sun 24 May 2015	Rockdale City Community Fun Run 5 Km		Dolls Point				
Sat 30 May 2015	## State Cross Country Relays		Miranda				
Sat 6 June 2015 (Long Weekend)	A. A. Gainsford Club Championships and St George Men's Classic 8 km 2 km 1:30pm 3 km 1:50pm 8 km 2:30pm	10	Scarborough	**8	**3	**3	*2
Sat 13 June 2015 (Annual General Meeting)	A. A. Gainsford Club Championships and St George Women's Classic 5km 2 km 1:30pm 5 km 1:50pm AGM 2.45pm	11	Scarborough	**5	**5	**2	*2
Sat 20 June 2015	## NSW CC Chships (12/6 km)		Dapto				
Sat 27 June 2015	Terry O'Connor's Day	12	Scarborough	8	5	3	1.5
Sat 4 July 2015	Club Scratch Races and Endeavour Cup 2 km 2:15pm 4 km 2:40pm 8 km 3:15pm	13	Scarborough	**8	**4	**2	**2
Sat 11 July 2015 Fri 17 July 2015	##State Road Relays CHS / All Schools Cross Country (See Note b) Super Series		Mingara				
Sat 18 July 2015	Super Series (Normal Points)	1	Scarborough	4 km: 2:30 pm		2 km: 2:00 pm	
Sun 19 July 2015	Sutherland to Surf		Sutherland				
Sat 25 July 2015	Super Series (Double Points)	2	Scarborough	4 km: 2:30 pm		2 km: 2:00 pm	
Sat 1 August 2015	## NSW CC Chships (8/6 km)		Upjohn Park, Rydalmere				
Sat 8 Aug 2015	Super Series (Double Points) J Coppock Trophy (U14 in 2 km)	3	Scarborough	4 km: 2:30 pm		2 km: 2:00 pm	
Sun 9 Aug 2015	City to Surf		Sydney				
Sat 15 Aug 2015	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 22 Aug 2015	Super Series (Triple Points) ##NSW Half Marathon (End of Super Series)	5	Scarborough Homebush	4 km: 2:30 pm		2 km: 2:00 pm	
Sat 29 Aug 2015	Presentation Day; Carruthers' Cup		Scarborough	4or2	4or2	4or2	4or2
Sun 20 Sept 2015	##NSW Marathon		Sydney				
Sun 18 Oct 2015	##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 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 2015 to 30 September 2015 for Cross Country competition and entitles athletes to compete in Association events. Members who have registered between 1 October 2014 and 31 March 2015 do not have to re-register for the period 1 April to 30 September 2015.

Registration Category	Club Regn (incl Ath NSW Regn & Insurance)	
Winter Only Athlete	80	Members registered as Club Associates between 1 October 2014 and 31 March 2015 will automatically be registered as Winter Only Athletes from 1 April 2015
Athlete - Junior Under 15	40	Age for Under 15 athletes is at 30 September 2015.
Club Associate - Official	55	Club Official or Administrator
Family	275	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 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 can score points on their first run as a scratch runner.
- No points to be awarded for Divisions 1 and 2. If a runner represents the Club at Novice or Road Championships as a Club official or athlete on 18 April or 2 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.
- 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 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 if possible, 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 30 September 2015.
- 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 Awards Days and Points Scores

Club members qualify for Awards 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, 5 Omaru St, Beverly Hills, NSW 2209

Executive & Quarterly Meetings: 7:30 pm at St George Leagues Club; **Annual Meeting:** 2:45 pm at Syd Frost Hall, Scarborough Park.

Executive 16.Mär 18.Mai 17.Aug 21.Sep 16-Nov 14-Dec

Annual 13.Jun

Quarterly 16-Feb 20.Apr 20.Jul 19.Okt

President: Kim Delaney (Phone: 9597 7670)
Secretary: David Kistle (Phone: 0438 246 363)
Treasurer: David Beck (Phone: 9533 4648)
Distance Secretary: Greg Breen (Phone: 9525 1510)
Cross Country Race Secretary: Alan Staples (Phone: 9570 7476)
Registrar: Suzanne Harrington
Cross Country Captain: Chadi Elashkar
Cross Country Women's Captair Suzanne Harrington

Super Series Competition at Scarborough Park for Cross Country for 2015

In 2015, 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.