

St George District Athletic Club Inc

9-Mar-16

2016 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: 2.00 pm; Division 1 & 2: 2.30 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 19 March 2016	Club Scratch Races	1	Scarborough	6	3	2	1.5
Sun 20 March 2016	NSW Mountain Running Chships		Orange				
Sat 26 March 2016 (Easter)	Club Handicap	2	Scarborough	6	3	2	1.5
Sat 2 April 2016	Club Handicap (Canberra Marathon)	3	Scarborough	8	4	2	2
Sat 9 April 2016	Albie Thomas Memorial Day (Scratch Races)	4	Scarborough	** 5 mile (8 km)	** 3 mile (4.8 km)	** 2 mile (3.2 km)	** 1 mile (1.6 km)
Sat 16 April 2016	Club Scratch /NSW Novice Chships (See Note b)	5	Scarborough	10	4	2	2
Sun 17 April 2016	Oatley Park Fun Run (5 km, 2.5 km, 1 km)		Oatley Park				
Sat 23 April 2016	Club Handicap	6	Scarborough	10	4	3	2
Sat 30 April 2016	Club Handicap	7	Scarborough	10	4	3	2
Sat 7 May 2016	## NSW Road Championship (7:30 am) Club Scratch Races (See Note b)	8	Sydney Olympic Park/ Scarborough	*4	*4	*3	*2
Sat 14 May 2016	Greg Page Trophy (Handicap) 11 km 2:30pm	9	Scarborough	11	5	2	1.5
Sun 15 May 2016	##SMH Half Marathon		Sydney				
Sat 21 May 2016	Club Scratch Races	10	Scarborough	**4	**4	**3	**2
Sun 22 May 2016	Rockdale City Community Fun Run 5 Km		Dolls Point				
Sat 28 May 2016	## State Cross Country Relays		Miranda				
Sat 4 June 2016	A. A. Gainsford Club Championships and St George Men's Classic 8 km 2 km 1:30pm 3 km 2:00pm 8 km 2:30pm	11	Scarborough	**8	**3	**3	2
Sat 11 June 2016 (Annual General Meeting) (Long Weekend)	A. A. Gainsford Club Championships and St George Women's Classic 5km 2 km 1:30pm 5 km 2:00pm AGM 2.45pm	12	Scarborough	**5	**5	**2	**2
Sat 18 June 2016	Terry O'Connor's Day (Handicap)	13	Scarborough	8	4	3	1.5
Sat 25 June 2016	## NSW CC Chships (12/6 km)		Nowra				
Sat 2 July 2016	Club Scratch Races and Endeavour Cup 2 km 2:15pm 4 km 2:40pm 8 km 3:15pm	14	Sutherland	**8	**4	**2	**2
Sat 9 July 2016	<u>Super Series</u> Super Series (Normal Points) (Handicap)	1	Scarborough	<i>Divs 1 & 2</i> 4 km: 2:30 pm		<i>Divs 3 & 4</i> 2 km: 2:00 pm	
Fri 15 July 2016	CHS / All Schools Cross Country (See Note b)						
Sat 16 July 2016	##State Road Relays		Ourimbah				
Sat 23 July 2016	Super Series (Normal Points) (Scratch)	2	Scarborough	4 km: 2:30 pm		2 km: 2:00 pm	
Sun 24 July 2016	Sutherland to Surf		Sutherland				
Sat 30 July 2016	## NSW CC Chships (8/6 km)		West Dapto				
Sat 6 Aug 2016	Super Series (Double Points) (Handicap) J Coppock Trophy (U14 in 2 km)	3	Scarborough	4 km: 2:30 pm		2 km: 2:00 pm	
Sat 13 Aug 2016	Super Series (Normal Points) (Handicap) Ron Gribble Trophies (2 km and 4 km)	4	Scarborough	4 km: 2:30 pm		2 km: 2:00 pm	
Sun 14 Aug 2016	City to Surf		Sydney				
Sat 20 Aug 2016	Super Series (Double Points) (Scratch) (End of Super Series)	5	Scarborough	4 km: 2:30 pm		2 km: 2:00 pm	
Sat 27 Aug 2016	Presentation Day; Carruthers' Cup		Scarborough	4or2	4or2	4or2	4or2
Sun 28 Aug 2016	##NSW Half Marathon		Homebush				
Sun 18 Sept 2016	##NSW Marathon		Sydney				
Sun 23 Oct 2016	##Fernleigh 15 km		Lake Macquarie				

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

(2) Division 1 handicap races greater than 7 km will have an abridged handicap. Slower runners will have a group start on "Go" and have their net times adjusted. All other runners will be handicapped accordingly.

(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 2016 to 30 September 2016 for Cross Country competition and entitles athletes to compete in Association events. Members who have registered between 1 October 2015 and 31 March 2016 do not have to re-register for the period 1 April to 30 September 2016.

Registration Category	Club Regn (incl Ath NSW Regn & Insurance)	
Age Concession	105	Age concession applies to athletes 60 and over.
Winter Only Athlete	85	Members registered as Club Athlete between 1 October 2015 and 31 March 2016 will automatically be registered as Run NSW Athletes from 1 April 2016
Community Athlete	30	Members registered as a Community Athlete between 1 October 2015 and 31 March 2016 can upgrade to a Run NSW Athletes from 1 April 2016 by paying an additional \$55
Junior Athlete - Under 20	115	Age for Under 20 athletes is at 30 September 2016.
Athlete - Youth Under 15	50	Age for Under 15 athletes is at 30 September 2016.
Club Associate - Official	65	Club Official or Administrator
Family	280	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 16 April or 7 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, over the same distance, 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 2016.
- 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: Vanessa Jones

The Club Uniform is: Singlets - Red and white vertical stripes (obtainable from Vanessa Jones)

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 21-Mar 16-May 11-Jun 15-Aug 19-Sep 21-Nov 12-Dec

Annual
Quarterly 15-Feb 18-Apr 18-Jul 17-Oct

President: Kim Delaney (Phone: 9597 7670)
Secretary: Dave Kistle (Phone: 0438 246 363)
Treasurer: David Beck (Phone: 0468 999 462)
Distance Secretary: Greg Breen (Phone: 9525 1510)
Cross Country Race Secretary: Alan Staples (Phone: 9570 7476)

Registrar:

Summer Track Secretary: Bob Simpson
Summer Cross Country: Dave Edwards
Cross Country Captain: Chadi Elashkar
Cross Country Women's Captain: Suzanne Harrington

Super Series Competition at Scarborough Park for Cross Country for 2016

In 2016, the Aggregate Points Score and Fastest 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. There are three handicap races and two scratch races

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 1st, 2nd & 4th races 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 third and fifth races will be double 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.