St George District Athletic Club Inc

26-Feb-17

2017 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
				Distances for Club Races (in km)			
Sat 18 March 2017	**Club Scratch Races**	**1**	**Scarborough**	**6**	**3**	**2**	**1.5**
Sun 19 March 2017	NSW Mountain Running Chships		Orange				
Sat 25 March 2017	**Club Scratch Races**	**2**	**Scarborough**	**6**	**3**	**2**	**1.5**
Sat 1 April 2017	**Club Handicap**	**3**	**Scarborough**	**8**	**4**	**2**	**2**
Sat 8 April 2017	**Albie Thomas Memorial Day (Scratch Races)**	**4**	**Scarborough**	**** 5 mile**	****3 mile**	**** 2 mile**	**** 1 mile**
	(Canberra Marathon)			**(8 km)**	**(4.8 km)**	**(3.2 km)**	**(1.6 km)**
	(End of 1st Cycle)						
Sat 15 April 2017 (Easter)	**Club Handicap**	**5**	**Scarborough**	**10**	**4**	**3**	**2**
Sat 22 April 2017	**Club Scratch** /NSW Novice Chships (See Note b)	**6**	**Scarborough**	**10**	**4**	**2**	**2**
Sat 29 April 2017	**Club Handicap**	**7**	**Scarborough**	**10**	**4**	**3**	**2**
Sun 30 April 2017	Oatley Park Fun Run (5 km, 2.5 km, 1 km)		Oatley Park				
Sat 6 May 2017	## NSW Road Championship (7:30 am)	**8**	Sydney Olympic Park/				
	Club Scratch Races (See Note b)		**Scarborough**	***4**	***4**	***3**	***2**
Sat 13 May 2017	**Greg Page Trophy (Handicap)**	**9**	**Scarborough**	**11**	**5**	**2**	**1.5**
	11 km 2:30pm						
Sat 20 May 2017	**Club Scratch Races**	**10**	**Scarborough**	****4**	****4**	****3**	****2**
Sun 21 May 2017	##SMH Half Marathon		Sydney				
	(End of 2nd Cycle)						
Sat 27 May 2017	**## State Cross Country Relays**		Miranda				
Sun 28 May 2017	**Bayside Community Fun Run 5 Km**		**Dolls Point**				
Sat 3 June 2017	Cross Country Challenge		Eastern Creek				
Sat 10 June 2017 (Annual General Meeting) (Long Weekend)	**A. A. Gainsford Club Championships and St George Women's Classic 5km**	**11**	**Scarborough**	**#*5**	**#*5**	**#*2**	**#*2**
	2 km 1:30pm						
	5 km 2:00pm						
	AGM 2.45pm						
Sat 17 June 2017	**## NSW CC Chships (12/6 km)**		Nowra				
Sat 24 June 2017	**A. A. Gainsford Club Championships and St George Men's Club Classic 8 km**	**12**	**Scarborough**	**#*8**	**#*3**	**#*3**	**2**
	2 km 1:30pm						
	3 km 2:00pm						
	8 km 2:30pm						
Sat 1 July 2017	**Terry O'Connor's Day (Handicap)**	**13**	**Scarborough**	**8**	**4**	**3**	**1.5**
Sun 2 July 2017	## NSW CC Chships (8/6 km) with Little A's		Rydalmere				
	Super Series			***Divs 1 & 2***		***Divs 3 & 4***	
Sat 8 July 2017	**Super Series (Normal Points) (Handicap)**	**1**	**Scarborough**	**4 km: 2:30 pm**		**2 km: 2:00 pm**	
Fri 14 July 2017	CHS / All Schools Cross Country (See Note b)						
Sat 15 July 2017	##State Road Relays		Ourimbah				
Sat 22 July 2017	**Super Series (Normal Points) (Scratch)**	**2**	**Scarborough**	**4 km: 2:30 pm**		**2 km: 2:00 pm**	
Sun 23 July 2017	Sutherland to Surf		Sutherland				
Sat 29 July 2017	**Club Scratch Races and Endeavour Cup**	**14**	**Mutch Park, Pagewood**	****8**	****4**	****2**	****2**
	2 km 2:15pm						
	4 km 2:40pm						
	8 km 3:15pm						
	(End of 3rd Cycle)						
Sat 5 Aug 2017	**Super Series (Double Points) (Handicap)**	**3**	**Scarborough**	**4 km: 2:30 pm**		**2 km: 2:00 pm**	
	J Coppock Trophy (U14 in 2 km)						
Sat 12 Aug 2017	**Super Series (Normal Points) (Handicap)**	**4**	**Scarborough**	**4 km: 2:30 pm**		**2 km: 2:00 pm**	
	Ron Gribble Trophies (2 km and 4 km)						
Sun 13 Aug 2017	City to Surf		Sydney				
Sat 19 Aug 2017	**Super Series (Double Points) (Scratch)**	**5**	**Scarborough**	**4 km: 2:30 pm**		**2 km: 2:00 pm**	
	(End of Super Series)						
Sat 26 Aug 2017	**Presentation Day; Carruthers' Cup**		**Scarborough**	4or2	4or2	4or2	4or2
Sun 3 Sept 2017	##NSW Half Marathon		Homebush				
Sun 17 Sept 2017	##NSW Marathon		Sydney				
Sun 22 Oct 2017	##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 2017 to 30 September 2017 for Cross Country competition and entitles athletes to compete in Association events. Members who have registered between 1 October 2016 and 31 March 2017 do not have to re-register for the period 1 April to 30 September 2017.

Registration Category	Club Regn (incl Ath NSW Regn & Insurance)	
Run NSW Athlete	95	Members registered as Club Athlete between 1 October 2016 and 31 March 2017 will automatically be registered as Run NSW Athletes from 1 April 2017
Community Athlete	30	Members registered as a Community Athlete between 1 October 2016 and 31 March 2017 can upgrade to a Run NSW Athletes from 1 April 2017 by paying an additional $65
Athlete - Youth Under 15	60	Age for Under 15 athletes is at 30 September 2017.
Club Associate - Official	65	Club Official or Administrator
Family	310	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 can score points on their first run as a scratch runner.

(b) No points to be awarded for Divisions 1 and 2. If a runner represents the Club at St George Classic or Road Championships as a Club official or athlete on 22 April or 6 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, over the same distance, 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 2017.

(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 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 Ramsgate RSL Club; **Annual Meeting: 2:45 pm** at Syd Frost Hall, Scarborough Park.

Executive	20-Mar	15-May		21-Aug	18-Sep	20-Nov	11-Dec
Annual			10-Jun				
Quarterly	20-Feb	17-Apr		17-Jul		16-Oct	

President:	Kim Delaney	(Phone: 9597 7670)
Secretary:	Dave Kistle	(Phone: 0438 246 363)
Treasurer:	David Beck	(Phone: 0468 999 462)
Distance Secretary:	Jim Owens	
Cross Country Race Secretary:	Alan Staples	(Phone: 9570 7476)
Registrar:	Andrew Jones	
Summer Track Secretary	Greg Breen	(Phone: 9525 1510)
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 2017

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 (5 th) 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.