



## Registration Fees

Registration covers competition from 1 April 2019 to 30 September 2019 for Cross Country competition and entitles athletes to compete in Association events. Members who have registered between 1 October 2018 and 31 March 2019 do not have to re-register for the period 1 April to 30 September 2019.

Registration Category	Club Regn (incl Ath NSW Regn & Insurance)	
Run NSW Athlete	110	Members registered as Club Athlete between 1 October 2018 and 31 March 2019 will automatically be registered as Run NSW Athletes from 1 April 2019
Community Athlete	30	Members registered as a Community Athlete between 1 October 2018 and 31 March 2019 can upgrade to a Run NSW Athletes from 1 April 2019 by paying an additional \$65
Athlete - Youth Under 15	60	Age for Under 15 athletes is at 30 September 2018.
Club Associate - Official	0	Club Official or Administrator
Family	320	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 is essentially a scratch based handicap. This applies to all weeks.
- 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 13 April or 4 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 2019.

## 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 uniforms@sgdac.org  
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 Oamaru 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	18-Mar	20-May	8-Jun	15-Jul	21-Oct	19-Aug	16-Sep	18-Nov	9-Dec
President:	Chris Stratford					9538 5432			
Secretary:	Dave Kistle					0438 246 363			
Treasurer:	David Beck					0468 999 462			
Distance Secretary:	Greg Breen					0421 985 775			
Cross Country Race Secretary:	Alan Staples					9570 7476			
Registrar:	Andrew Jones/David Beck					registrar@sgdac.org			
Summer Track Secretary	Karen Goschnik					9547 0158			
Summer Cross Country	David Kistle								
Cross Country Captains:	Nathan Breen and Lauren Carey								
Distance Coach:	Jim Owens					0408 462 617			