



## Registration Fees

Registration covers competition from 1 April 2022 to 30 September 2022 for Cross Country competition and entitles athletes to compete in Association events. Members who have registered between 1 October 2021 and 31 March 2022 do not have to re-register for the period 1 April to 30 September 2022.

Registration can be made via our web site, <http://sgdac.org> which has a link to Athletics NSW.

School students can avail themselves of the government Active Kids voucher up to \$100 which assists with ANSW membership. Use Provider name of "St George Athletic Club Inc" when applying.

Competing athletes must nominate which races they will compete as well as collecting an ankle tag. If an athlete is not wearing an ankle tag he/she will be deemed not to have raced.

**Athletes must return the ankle tag at the finish of their race or races.**

**Runners must be at least 7 years of age to compete in St George Cross Country races.**

## Points Scores for Cycles 1 to 3

- For each race category, the first run of the season is essentially a scratch based handicap.
- Runners that choose to run the Waratah Long Course and/or Short Course instead of club races will be awarded 12 points for each competition.
- If races in two categories are run together, over the same distance, the runner shall earn points in each race category if eligible.
- 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. 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 2022.

## Qualification for Awards Days and Points Scores

Runners must be registered with ANSW to be eligible to gain points for awards and points scores. This does not include Club Volunteer category.

## Club Championship

2km Race	3km Race	5km Race		8km Race
U12 Male	U14 Male	Open Women	O60 Male	Open Male
U12 Female	U14 Female	U20 Male	O60 Female	O40 Male
	U16 Male	U20 Female	O70 Male	
	U16 Female	O40 Female	O70 Female	
	U18 Male	O50 Male	O80 Male	
	U18 Female	O50 Female	O80 Female	

## Uniform

Club Uniform Officer: Debbie Bauer  
The Club Uniform is: Singlets - Red and white vertical stripes (obtainable from Debbie Bauer)  
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

Club correspondence should be addressed to [secretary@sgdac.org](mailto:secretary@sgdac.org)

President: Greg Breen 0421 985 775  
Secretary: Colin Wilson 0438 246 363  
Treasurer: Debbie Bauer 0417 530 011  
Distance Secretary: Nathan Breen 0421 985 775  
Cross Country Race Secretary Alan Staples 9570 7476  
Registrar: Theresa Healey registrar@sgdac.org  
Summer Track Secretary Karen Goschnik 9547 0158  
Summer Cross Country Chris Stratford 0403 947 112  
Cross Country Captains: Jordan Awad and Lauren Carey