



RamsgateRSL

ST. GEORGE DISTRICT ATHLETIC CLUB INC.

2024 WINTER PROGRAM

Welcome to the 2024 Winter Season! This calendar is your one-stop-shop for everything you need to know, including membership, club and state races, social events and more. Please note that this is a LIVE document, meaning information on the calendar will be updated (e.g. links to online entry pages or to nominate for relays) as information becomes available.

QUICK LINKS AND CONTACTS

Club Website	www.sgdac.org
Club Contacts	https://sgdac.org/contact-us/ MAIN CONTACT: Greg Breen President Email: president@sgdac.org Mobile: 0421985775
Become a Member	https://sgdac.org/registration/ This page includes information on membership types. To participate in club events, you must be a member (from just \$15 per year). NOTE: Your memberships is valid 365 days from the date of purchase
Instagram- Follow us! (stgeorge_athletics)	https://www.instagram.com/stgeorge_athletics/
Facebook Group- Please join to access important member information!	https://www.facebook.com/groups/45476568079
Facebook Page- Give us a like!	https://www.facebook.com/StGeorgeAths
Purchase Club Uniform	https://sportsmagic.com.au/collections/st-george-district-ac-uniforms
Purchase Club Merchandise	https://sportsmagic.com.au/collections/st-george-district-ac-merchandise
Athletics NSW website	www.nswathletics.org.au

St. GEORGE ATHLETICS 2024 WINTER CALENDAR

Club Race (Scarborough Park- Hawthorne Street, Ramsgate- Syd Frost Memorial Hall)	Athletics NSW State Event (representing St. George against other clubs, open to all abilities)
<u>Interclub Rounds 1 & 2</u> - St. George, Sutherland, Illawong Clubs <u>Interclub Round 3 & Endeavour Cup</u> - St. George, Sutherland, Illawong, Randwick Botany Clubs	Athletics Australia National Event (those selected to represent NSW)
Other events	

DATE	EVENT	LOCATION	IMPORTANT DETAILS	
Sat 6th April	Club Races- Scratch Races	Scarborough Park	2pm: 1km & 2km	2:30pm- 3km & 5km
Sat 13th April	Club Races- Scratch Races	Scarborough Park	2pm: 1km & 2km	2:30pm- 3km & 5km
Sat 20th April	Club Races- Scratch races	Scarborough Park	2pm: 1km & 2km	2:30pm- 3km & 5km
Sat 27th April	St. George Classic (feat. NSW Dual Relays)	Scarborough Park		
Sat 4th May	Club Races- Handicap	Scarborough Park	2pm: 1km & 2km	2:30pm- 3km & 5km
Sat 11th May	Club Races- Handicap	Scarborough Park	2pm: 1km & 2km	2:30pm- 3km & 5km
Sat 18th May	Club Social Run	Scarborough Park	Meet at 2:00pm at Scarborough Park for an easy prep run for Sydney 10/NSW Road Champs on Sunday	
Sun 19th May	Sydney 10 (inc. NSW Road Championships)	Sydney Olympic Park		
Sat 25th May	Interclub Round 1	Miranda Park	TBC	TBC
Sat 1st June	NSW Cross Country Relays	The Armory		

Sat 8th June	A.A. Gainsford Club Cross Country Championships	Scarborough Park	2pm: 1km & 2km	2:30pm- 3km & 5km										
<u>Club Champs Rules:</u> <ul style="list-style-type: none"> Members who hold any of the following membership types are eligible to be considered for Club Championship awards: - community, dual, concession, open or winter membership Runners are permitted to receive Club Championship awards for one age group AND the Open division Awards will be presented to 1st, 2nd and 3rd for each age group and gender (presentation to take place on Sat 2nd September- final presentation day) 			<table border="1"> <thead> <tr> <th>DISTANCE</th> <th>CLUB CHAMPS AGE GROUPS</th> </tr> </thead> <tbody> <tr> <td>1km</td> <td>Non-Championship</td> </tr> <tr> <td>2km</td> <td>Under 12 Male & Female; 80+ Male & Female</td> </tr> <tr> <td>3km</td> <td>U14, U16, U18 Male & Female</td> </tr> <tr> <td>5km</td> <td>U20 Male & Female; OPEN & Masters Female (30+, 40+, 50+, 60+, 70+) OPEN & Masters Male (30+, 40+, 50+, 60+, 70+)</td> </tr> </tbody> </table>		DISTANCE	CLUB CHAMPS AGE GROUPS	1km	Non-Championship	2km	Under 12 Male & Female; 80+ Male & Female	3km	U14, U16, U18 Male & Female	5km	U20 Male & Female; OPEN & Masters Female (30+, 40+, 50+, 60+, 70+) OPEN & Masters Male (30+, 40+, 50+, 60+, 70+)
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Sat 15th June	Club Races- Guess Your Time	Scarborough Park	2pm: 1km & 2km	2:30pm- 3km & 5km										
Mon 17th June	Annual General Meeting (AGM)- 7:30pm Start	Ramsgate RSL												
Sat 22nd June	NSW Cross Country Championships	Willandra, Nowra												
Sat 29th June	Club Races- Scratch Races	Scarborough Park	2pm: 1km & 2km	2:30pm- 3km & 5km										
Sat 6th July	Club Races- Handicap	Scarborough Park	2pm: 1km & 2km	2:30pm- 3km & 5km										
Sat 13th July	NSW Short Course Cross Country	Dapto												
Sat 20th July	Interclub Round 2	Illawong to host	2pm: 1km & 2km	2:30pm- 3km & 5km										
Sun 21st July	Sutherland 2 Surf	Sutherland to Wanda Beach												
Sat 27th July	Club Races- Guess Your Time	Scarborough Park	2pm: 1km & 2km	2:30pm- 3km & 5km										

Sat 3rd August	NSW Road Relays	The Crest Sporting Complex, Bass Hill	NSW Road Relay Championships Athletics NSW (nswathletics.org.au)	
Sat 10th August	Club Races- Handicap	Scarborough Park	2pm: 1km & 2km	2:30pm- 3km & 5km
Sat 17th August	Endeavour Cup (Interclub Round 3)	Scarborough Park	TBC	TBC
20-23 August	School Sport Australia Cross Country Championships	Victoria		
Sat 24th August	Club Races- Handicap	Scarborough Park	2pm: 1km & 2km	2:30pm- 3km & 5km
Sun 25th August	Sydney Half (inc. NSW Half Marathon Championships)	Sydney Olympic Park	NSW Half Marathon Championships Athletics NSW (nswathletics.org.au)	
Sat 31st August	Gala Day	Scarborough Park	2:00m- 1km/2km Scratch Races 2:30pm- 3km/5km- Guess Your Time 3:00pm- Relays & Novelty Events	
31st Aug - 1 Sep	Australian Cross Country Championships TBC	Tasmania		
Sun 8th September	Annual Awards Presentation/Club Social	Ramsgate RSL	2pm Start	
Sun 15th September	Sydney Marathon (inc. NSW and AUS Marathon Championships)	Sydney CBD	Home - Sydney Marathon Sydney Marathon	

CLUB RACE INFORMATION

	OPTION 1: Fee per club race day (fee covers any race(s) on that day)	OPTION 2: Season Fee (upfront fee to save)	
Adult (Over 21)	\$5	\$75	<ul style="list-style-type: none"> Each week, runners will be entered in to the draw to win a prize in the raffle 'Fastest Male' and Fastest Female' points are awarded each week for the following: <ul style="list-style-type: none"> 2km Fastest Male/Female (Under 12 Only) 3km Fastest Male/Female 5km Fastest Male/Female <p><i>1st= 6 points, 2nd= 4 points, 3rd= 3 points, 4th= 2 points, 5th= 1 point</i></p>
Under 21	\$3	\$45	
Under 12	\$2	\$30	
Family	\$10	\$130	
<ul style="list-style-type: none"> Runners are required to be a registered member to run in club races (for insurance purposes) & represent the club at interclub and state events. More information here: Registration – St George District Athletic Club (sgdac.org) 			<ul style="list-style-type: none"> Mr & Mrs Consistency Awards- one male & one female award will be presented for each event distance to the runner with the most consistent times throughout the season. To be eligible, runners need to attend at least 10 club race days over the season. Attendance prizes will be awarded at the end of the season: <ul style="list-style-type: none"> 90% attendance award 80% attendance award

RamsgateRSL

PROUD NEW SPONSORS OF



St. George District Athletic Club are proud to partner with Ramsgate RSL!

Ramsgate RSL is the dining and entertainment destination of choice for our local and extended community and is located right next to our home base at Scarborough Park! It is the perfect venue to meet family and friends for a meal, drink or coffee and cake. Enjoy a delicious lunch or dinner dining experience at their restaurants, 'The Kitchen by Mike's Grill' and 'Zen Restaurant'.

Affiliate your Ramsgate RSL membership with St. George District Athletic Club

Make sure you mention 'St. George District Athletic Club' upon joining as the local club you are supporting.

If you are already a member of Ramsgate RSL, you can visit the club reception and affiliate your membership with St George District Athletics Club.

NOTE: Your membership will be valid for 365 days from the date that you purchase your membership.