

2019-2020

33rd FLACK ADVISORY Distance Series



Date	Week	Sponsor	Distance	Time	Bike/run
17 th October 2018		<i>Bikes commence season</i>			b
31 st October	Race 1	Flack Advisory	800 metres		b/r
7 th November					b
14 th November	Race 2	Flack Advisory	1000 metres		b/r
21 st November					b
28 th November	Race 3	Flack Advisory	800 metres		b/r
5 th December					b
12 th December	Race 4	Flack Advisory	1200 metres		b/r
19 th December	Race 5	Flack Advisory	1000 metres		b/r
9 th January 2019	Race 6	Flack Advisory	800 metres		b/r
16 th January	Race 7	Flack Advisory	1000 metres		b/r
23 rd January					b
25-26-27 Jan		Vic. Country T&F	Championships		
30 th January	Race 8	Flack Advisory	1200 metres		b/r
6 th February	Race 9	Flack Advisory	800 metres		b/r
13 th February					b
20 th February	Race 10	Flack Advisory	1000 metres		b/r
27 th February	FINAL	Flack Advisory	<u>1000 metres</u> <u>FINAL</u>		b/r
5 th March					b
6-7-8 March	Madison	Black Opal	Weekend		b/r
12 th March	No Run	Emerg. night			b



Thursday evening - Athletics Program 7.15pm start
Tom Flood Sports Centre

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Entry Fee; \$10.00 for the race series, plus \$5.00 per race night.

The intended start time of the Flack Advisory Distance Series event is 7.15pm.

\$30.00 is given to the winner of each heat, \$10.00 for 2nd place & \$5.00 for third.
\$5.00 for fastest time of the night!

Points are awarded on each night; 8 for 1st, 7 for 2nd, 6 for 3rd & all other finishers get 5 points!

A season aggregate is conducted with the winner being the person with the most points from all races, excluding the final.

The top fifteen point's scorers then go through to the series final over 1000 metres at 7.15pm on the Thursday 27th February, 2020.

Athletes must finish a minimum 5 races to be considered for the final. (*unless organizers feel the need to reduce this number).

The winner of the final receives a sash & trophy, with 2nd & 3rd a trophy.
Prize money is also available in the final.

The John Burke trophy is given to the person considered the Most Consistent athlete!
All athletes must be 14yo+, unless AV registered!
All athletes must wear a singlet/shirt under there given race number!

*Organizers reserve the right to increase the number of runners in the final if they feel the need!

***For insurance purposes, all athletes must be Aths.Victoria or Bendigo Athletics Club members!**

Enquiries to; Mark Perdon 0429-132229 or Greg Hilson 0418-590804

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