



## **South Australian 100km Track Championships**

**50km/100km  
Santos Stadium  
Jan 27 2018**

**BOTH EVENTS START AT 7.00pm  
CUTOFF: 9.00am Sunday Jan 28**

Welcome to the third running of the SA 100km Track Championships. We are once again pleased to be working with the Department of Recreation and Sport, Athletics SA, and the Australian Ultra Runners' Association to bring this significant event to South Australia.

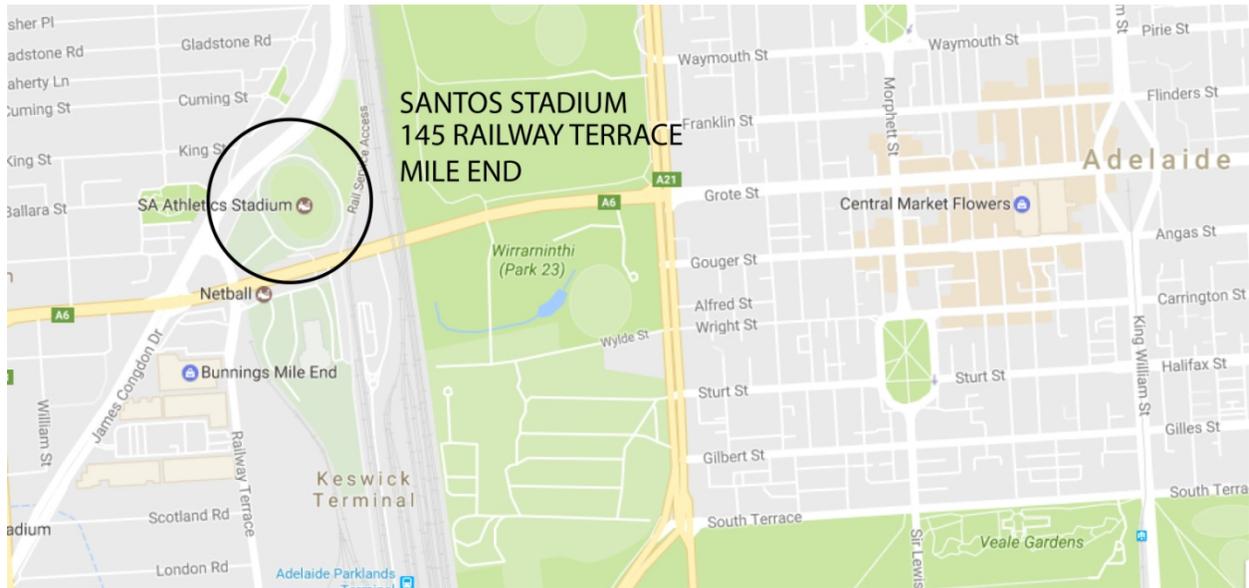
We have some great interest in the event this year, so thank you for your commitment. Although track ultras are not everyone's cup of tea, the setting is absolutely perfect for everyone to motivate each other, and for family and friends to get involved.

Once again, the event has bronze label IAU certification, making it one of only a handful in the country to offer this at a track event.

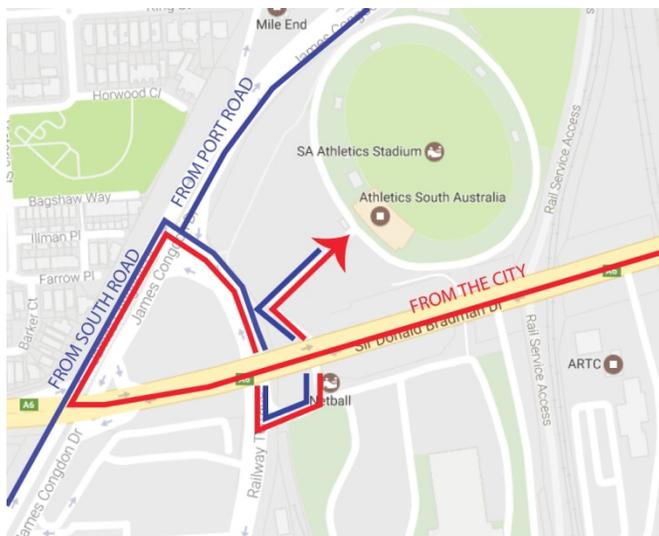
Please read on for all of the event info. If you feel we are missing anything please do not hesitate to send Ben an email [ben@yumigo.com.au](mailto:ben@yumigo.com.au) or call him on 0447 550 010

# 1. SA ATHLETICS STADIUM DETAILS

## LOCATION



## ENTRY CLOSEUP



## 2. TRACK LAYOUT



1 GRANDSTAND AND ENTRANCE

2 START - 100km AND TIMING

3 START - 50km (+160.340m CW)

4 TURNAROUND - 100km

5 TURNAROUND - 50km  
(+211.185m)

6 CREW SUPPORT SETUP  
AND AID STATION

7 TOILETS AND SHOWERS

### **3. EVENT TIMELINE**

SATURDAY JAN 27

6.00pm Access to track opens

6.15pm Registrations open (check-in and bib collection)

6.45pm Registrations close

6.45pm Race briefing

7.00pm Events start

SUNDAY JAN 28

9.00am Events finish

### **4. TIMING**

You will receive two bibs at registration, both will contain a transponder. You are to wear one bib on your front and one on your back. Bibs are to be kept visible wherever practical. Your front bib MUST be worn at waist height. We recommend using a race number belt rather than pins.

100km runners are NOT eligible for 50km placings or prizes. However all 100km event milestones are still recorded (including the 50km time split) and will be made available at the conclusion of the event.

Unfortunately due to the odd lane distance we will not have any 50km event milestones automatically recorded. However, if there is a legitimate milestone within the 50km that you would like recorded for qualifying purposes please let myself (Ben) know and I will ensure it is manually recorded on the night.

This year we have Malcolm from Event Strategies timing the event. Up-to-date splits and timing will be uploaded to the internet. All entrants will be notified of this link prior to the event. In parallel with this we will also have two on-track screens which will display live competitor information.

There will be a change of direction every three hours, which occurs halfway around the track for your applicable event. A volunteer will be at the turnaround location when the time comes.

### **5. LANE ALLOCATION**

All 100km runners will have lanes 1-3, while 50km runners will have lanes 4-6. Due to the discrepancy in distance of one lap between lanes 1 and 4 (400m vs 422.370m), the 50km runners will be starting 160.340m further around in a clockwise direction from the 100km starters.

When the 50km runners cross the main start line for the first time (ie where the 100km runners had started) they will have 118 full laps to run from there.

100km entrants will complete 250 full laps.

## **6. AID STATIONS and CREW SETUP**

Food and drink will be provided on tables for all entrants. This will include water/soft drink/sports drink, as well as basic sweet and savory snacks, fruit cake, and bananas and watermelon. Pizza will also be ordered, catering for popular/vegetarian/vegan preferences. This will be ordered for 10.00pm.

Hot tea and coffee will also be available throughout the night.

Entrants are also permitted to bring their own crew, and/or food and drinks. You can set up on the infield on the main straight. If you are in the 50km event and don't have crew but want to set up a table, you can set up your table in lane 6. Please place your table on a tarpaulin (that doesn't create a trip hazard for others) so as to avoid marking the track should you accidentally spill something.

Otherwise, regardless of event distance, all crew must set up on the infield. Any marquee must be weighted, no pegging is allowed.

Please note you are not permitted to have someone run and carry drinks and food alongside you. While running you are also not permitted to carry a backpack which contains any form of nutrition or hydration.

**\*\*\*Please Note: only event entrants are permitted to run on the track**

## **7. FIRST AID**

Thanks again to the awesome Susan Stevens from First In Sports First Aid for providing us with her quality First Aid service throughout the event.

## **8. TOILETS AND SHOWERS**

Toilets and showers will be available throughout the night, accessible down the left hand side of the grandstand. A chute will be set up from the track to ensure runners depart and arrive back on the track at the same location.

## **9. PARKING**

Parking is free overnight at the stadium. Please note that while we will have two security guards looking over the event, they will not be able to watch the carpark at all times, so we would advise you to not leave any valuables in your car.

## **10. RESULTS**

Results are live and instantly available.

Please note that there is a strict 14 hour cutoff for the 100km. Any runner who hasn't completed the 100km in that time will not be considered a finisher, even if they are on their last lap.

## **11. PRIZES**

The top three males and females in each event will receive a trophy, and all finishers will receive a medal.

100km runners who don't complete the distance in the allotted time will still receive a consolation award.

I think that that about covers everything. If you have any further questions please do not hesitate to contact me 0447 550 010 or [ben@yumigo.com.au](mailto:ben@yumigo.com.au)

Otherwise I will see you all at the event!

Ben