



PARTICIPANT INFORMATION

2015 – FLINDERS CUP

Thank you for showing interest in the FlindersOneFitness, 2015 Flinders Cup. Below you will find all the information you will need for the upcoming season.

Our team is available should you have any additional queries. You can catch us @ sport.fitness@flinders.edu.au or on (08) 8201 2842.

The Flinders University Cup is a walking/running event held every Tuesday over 8 weeks with the aim of improving personal and workplace fitness and well-being. Each week your time will be recorded and you will be awarded points depending on your consistency, participation and improvement.

LOCATION:

Flinders University sport ovals, University Drive, Bedford Park.

Starting and finishing from the top football oval pavilion.

Change rooms and shower facilities available.

SEASON DURATION:

The 2015 Flinders cup will be held on a Tuesday over 8 continuous weeks.

(Tuesdays)

August 4, 11, 18, 25

September - 1, 8, 15, 29th

TIME:

The Flinders University Cup is open from 11:30am – 1:30pm. This provides flexible starting times, meaning team mates do not have to start together. Participants are required to record their start and finish time each week. Staff will assist in recording all completion times during Flinders Cup hours.

TEAMS:

Teams are to consist of between five and seven members. Teams of less may enter but will not qualify for prizes in the team categories. Teams can be formed via groups of friends & families, departments, workplaces or colleagues. Individuals may also enter and will be placed into an allocated team of other individuals.

Each week a minimum of four team members should participate in the round. If your team only has three members compete you will be allocated a penalised score for that week. If there are two or less members for any given round, we would still love you to participate (Individual results will still be recorded) however your team will not receive a score for that week.

INDIVIDUALS:

Individuals can also enter and will be given a team number of their own in order to receive personal results.

COST:

\$10 cash entry fee directly to Flinders University Cup Staff (identified by staff badges)

A receipt will be issued and available to be picked up the following week.

The Flinders University Cup is designed to be a fun and supportive event aimed to encourage people of all backgrounds and level of fitness to participation in physical activity. The cup will continue for 8 consecutive rounds, with a one week break on Tuesday the 22nd of September. Participants may choose to complete either the 2km or 4km (approx.) circuit between 11:30am-1:30pm on the race day (when staff are present). Prior to the beginning of each round participant will be required to sign in, and enter their starting time. Staff will collect and record times during the event times.

Both 2km and 4km courses will be clearly marked using signage and cones, with course maps to be released prior to August 4th.

Each week staff will update each individuals overall team time to calculate individual and team results and improvements for that week. These results will be communicated via weekly email.

At the completion of the final round there will be a celebratory awards ceremony where all individual and team category winners will be announced.

CATEGORIES:

In the 2015 edition of the Flinders University Cup there will be awards for teams and individuals: The 2015 categories are:

- Most Improved male & female weekly
- Most Improved overall team (5-7 people) – 4km, 2km,
- Most improved overall individual (Male & Female)
- Highest Team participations
- Fastest Team Overall
- Fastest Female – 4km, 2km (Age handicapped)
- Fastest Male – 4km, 2km (Age handicapped)
- Masters Champion Male & Female – 4km.

WHAT DO I BRING EACH WEEK?

- Appropriate running and/or walking attire
- Towel and drink bottle (optional)
- Smart phone or watch (optional)

Each week Flinders Cup Staff will have on hand:

- Timing equipment, registration and recording equipment
- Access to the pavilion for change rooms and shower facilities
- Water to rehydrate and recover

WEEKLY NEWSLETTER:

Each week participants will receive a weekly newsletter via email. This will display the previous week results, any information for the following week and plenty of useful walking and running tips.

FURTHER INFORMATION:

Our team is available should you have any additional queries. You can catch us @ sport.fitness@flinders.edu.au or on (08) 8201 2842