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2016 USATF Adirondack Association LDR Individual Grand Prix

Rules, Scoring and Awards

Grand Prix History and Overview: The USATF Adirondack Grand Prix was begun in 2007 with the goal of highlighting many of the region's best races and drawing top tier runners together. The Grand Prix is a partnership between the USATF Adirondack Association and many of the best races in the region. Runners earn valuable points by competing in Grand Prix races with the top cumulative point earners in six divisions winning prizes and awards. Runners enjoy the distinction of competing against their peers throughout the year at a variety of venues and distances and coming out on top. The Grand Prix relies on significant monetary support from each race to provide the Grand Prix prizes and awards. All monies are returned to the runners as awards at the end of the Grand Prix year.

Mission Statement: The primary mission of the USATF Adirondack Grand Prix is to promote the sport of Long Distance Running by offering top level competition for all runners and club teams in all LDR disciplines. The GP seeks to provide tangible benefits to USATF Adirondack runners who earn valuable GP points that may result in awards and recognition at the end of the Grand Prix year.

Eligibility: The 2016 USATF Adirondack Association's Long Distance Running (LDR) Grand Prix is open to all 2016 USATF Adirondack Association member athletes - ages 16+ on the day of each race.

Rules:

- Eligible runners may enter and compete in as many of the GP races as they wish. Just enter as instructed by the registration process for each race and indicate that you are a 2016 USATF Adirondack member.
- Runners are responsible for maintaining correct and up-to-date information on their own USATF online membership profile at: <https://www.usatf.org/myUSATF/index.asp>.
- Your USATF online membership profile indicates which USATF member Club you represent (if any) and helps us verify your USATF membership, contact information, address for mailing awards and age.
- We will not post-date race results for any runner who joins USATF after a race.

- Age is determined as of the day of each race. (All 40+ runners must have their age verified by the USATF Adirondack office. Please send a scanned copy of your birth certificate or passport to eventinfo@usatfadir.org if your membership profile does not indicate date of birth is verified.)
- For membership profile assistance contact the USATF Adirondack Office at least 48 hours prior to each event at: eventinfo@usatfadir.org or 518-273-5552.
- Our website is at: <http://www.usatfadir.org>

Individual Divisions and Scoring: The individual Grand Prix is scored in six separate divisions;

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| • Open Men | Male runners ages 16+ on the day of the race |
| • Open Women | Female runners ages 16+ on the day of the race |
| • Masters Men 40 | Male runners ages 40-49 on the day of the race |
| • Masters Women 40 | Female runners ages 40-49 on the day of the race |
| • Masters Men 50+ Age Graded* | Male runners age 50+ on the day of the race |
| • Masters Women 50+ Age Graded* | Female runners age 50+ on the day of the race |

Top ten (10) USATF Adirondack Association member finishers in the Open Men, Open Women, Master Men and Master Women divisions earn points based on their finish place within their division:

- 1st = 15 points
- 2nd = 13 points
- 3rd = 11 points
- 4th through 10th = 9, 7, 5, 4, 3, 2, 1 points

*Note: Scoring for the Master Men 50+ Age Graded and Master Women 50+ Age Graded divisions will be based on age-graded finish order of the top ten (10) within their division using most current USATF approved Age-Grading tables.

- Highest Point totals from a maximum of 6 races for each runner are totaled for their final Individual GP score.
- Perfect score = 90 points (6 races x 15 points)
- In order to qualify for awards in the final Grand Prix standings, runners must finish a minimum of 3 races within a division with their final scores based on a maximum of their best 6 races within a division.

Aging Up: When a runner ages up between divisions (39 year-old turns 40 or 49 year-old turns 50), they must choose which division to compete in for the remainder of the year. One option is to continue to compete with the younger division (39/40 year old continues in the Open Division or 49/50 year old continues in the Masters Division). Points continue to be earned as in the past. The other option is to start fresh in the new division. In this case, Grand Prix points previously earned do NOT carry over between the divisions. Runners who accrue points in two divisions will only be awarded one prize at the end of the season based upon their higher finish if they have met the minimum standard of 3 events in each division. All runners who age up should the USATF Adirondack Office with their decision.

Breaking Ties: Ties for the top 10 places in any division in the final GP standings will be broken as follows:

- 1st tiebreaker - Number of wins in head to head competition in the same race between the tying runners (2 person tie only)
- 2nd tiebreaker - Number of wins (maximum 6 best races)

- 3rd tiebreaker - Number of Events scoring points (all GP events included)

If ties are not broken based on the tiebreakers listed above, then the tying runners will be awarded the same place and awards will be divided evenly between/among all tying runners as determined by the Grand Prix Games Committee.

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Prizes and Awards: The top 10 total point earners in each of the 6 Grand Prix divisions will receive prizes at the end of the Grand Prix racing season.

Prize Allocation – for each of six divisions

- 1st \$400 + USATF Adirondack Grand Prix Merchandise Award
- 2nd \$250 + USATF Adirondack Grand Prix Merchandise Award
- 3rd \$100 + USATF Adirondack Grand Prix Merchandise Award
- 4th USATF Adirondack Grand Prix Merchandise Award
- 5th USATF Adirondack Grand Prix Merchandise Award
- 6th USATF Adirondack Grand Prix Merchandise Award
- 7th USATF Adirondack Grand Prix Merchandise Award
- 8th USATF Adirondack Grand Prix Merchandise Award
- 9th USATF Adirondack Grand Prix Merchandise Award
- 10th USATF Adirondack Grand Prix Merchandise Award

Contact:

USATF Adirondack Association Office

Phone: 518-273-5552

E-Mail: eventinfo@usatfadir.org

Website: <http://www.usatfadir.org>