



## 2018 USATF Adirondack Association Individual and Team Championship Guidelines

The following races have been designated 2018 USATF Adirondack Association Individual and Team Championships:

- Delmar Dash
- Shmaltz Brewing Company Chose Run (Men's Championship only)
- Freihofer's Run for Women (Women's Championship only)
- Route 50 Mile
- Firecracker 4
- Adirondack Marathon Distance Festival (Half Marathon)

At each of the designated Championship races, USATF Adirondack will be recognizing individual age group and team winners with USATF championship medals. Any further recognition is determined by each of the Championship races. Please refer to each race's award guidelines for further information.

### **USATF Adirondack will be awarding the following at each Championship race:**

- USATF Adirondack Individual awards:
  - Top three men and women in the Open category (all ages)
  - Top three men and women in each Master's five year age groups starting with 40-44 year olds on up to 95+.
- USATF Adirondack Team awards:
  - Top three men's and women's teams in the following categories:
    - Open (any age)
    - Masters (40+)
    - Age-Graded (50+)
  - Scoring for these teams is by combined times for the scoring runners. Numbers of scoring runners and the maximum number of runners on a team are as follows:
    - Men Open and Masters teams: **5 score of 7** maximum team members.
    - Women Open and Masters teams: **3 score of 5** maximum team members
    - Men's Age-Graded teams: **3 score of 5** maximum team members.
    - Women's Age-Graded teams: **3 score of 5** maximum team members
- USATF Adirondack teams will be declared no later than five days prior to each championship race date. Further instruction on team declaration will be released before each championship race.

### **Eligibility for USATF Individual and Team USATF Championship Participation:**

- Each individual must be a current 2018 USATF Adirondack Association individual membership prior to the date of competition.
- All participating teams must have current 2018 USATF Adirondack Association team designation prior to the date of competition.

- All team members must be officially attached to the USATF Adirondack Association team, as reflected on their individual USATF online membership profile, prior to the date of competition. USATF National rules of competition provide further guidelines for individual eligibility to attach to a team (wait periods, residency, etc.)