

2019 USATF Adirondack Association Grand Prix Presented by Fleet Feet Sports Albany/Malta

Individual Member Guidelines

Eligibility:

The 2019 USATF Adirondack Association Grand Prix is open to all 2019 USATF Adirondack Association member athletes age 18+ on the day of each race.

Mission:

The mission of the 2019 USATF Adirondack Association Grand Prix is to promote the sport of long distance running among all levels of competition. The 2019 Grand Prix includes both participant and performance recognition.

Rules:

- Individual runners are responsible for maintaining correct and up-to-date information on their own USATF online membership profile. For membership profile assistance please contact USATF Adirondack at least 48 hours prior to each event.
- We will not postdate race results for any runner who joins USATF after a Grand Prix race. This is applicable for both awarding Grand Prix individual performance points and for meeting the participant “complete the series” criteria.
- For purposes of determining divisions of competition, age is determined as of the day of each race in the series. (All 40+ runners must have their age verified by the USATF Adirondack.)

Individual Participation Recognition:

- All 2019 USATF Adirondack Association members who complete five of the races in the series will be recognized with a series completion award.
- Women must compete in five of the eight races for complete the series recognition.
- Men must compete in five of the seven races (excludes Freihofer's) for complete the series recognition.

Individual Performance Recognition:

- Divisions
 - Open Men Male runners 18+ on the day of the race
 - Open Women Female runners 18+ on the day of the race
 - Masters Men Male runners ages 40-49 on the day of the race
 - Masters Women Female runners age 40-49 on the day of the race
 - Age-Graded Men Male runners age 50+ on the day of the race
 - Age-Graded Women Female runners age 50+ on the day of the race

- Individual Race Scoring
 - Women may score in all eight race. Men may score in seven of the eight races (excludes Freihofer's)
 - Top ten USATF Adirondack Association member finishers in each division earn points based on the finish within their division:
 - 1st = 15 points
 - 2nd = 13 points
 - 3rd = 11 points
 - 4th through 10th = 9, 7, 5, 4, 3, 2, 1 points
 - Scoring for Age-Graded divisions will be based on the most current USATF approved tables.
- Overall Scoring Results
 - Highest point totals from a maximum of five races for each runner are totaled for their Individual Grand Prix score
 - In order to qualify for awards in the final Grand Prix standings, runners must finish a minimum of three Grand Prix races.
- 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 Grand Prix series.
 - Option One - continue to compete in the younger division. Points continue to be earned as in the past.
 - Option Two - move to the new division. Grand Prix points previously earned in the lower division do not carry over. Runners may only receive awards in one division determined by highest overall place.
- Breaking Ties
 - Ties for the top 10 places in any division in the final Grand Prix standings will be broken as follows:
 - 1st tiebreaker - Number of wins in head to head competition
 - 2nd tiebreaker - Number of total races completed in the series
 - If ties are not broken based on the above methods the tying runners will be awarded the same place and awards will be divided evenly between/among all tying runners

Prizes and Awards

- Prize Allocations for each of six divisions:
 - 1st - \$200 cash prize + \$150 worth of Fleet Feet gift cards = \$350 total prize package
 - 2nd - \$150 cash prize + \$100 worth of Fleet Feet gift cards = \$250 total prize package
 - 3rd - \$100 cash prize + \$100 worth of Fleet Feet gift cards = \$200 total prize package
 - 4th - \$50 cash prize + \$50 Fleet Feet gift card = \$100 total prize package
 - 5th - \$50 cash prize + \$25 Fleet Feet gift card = \$75 total prize package
 - 6th to 10th - \$25 Fleet Feet gift card