

## ULTRARUNNING GRAND PRIX 2019 RULES

The rules are the same as last year EXCEPT

- (1) For men four races will be the maximum rather than 3
- (2) The 100K and 100mile races will be treated as a bonus race where finishers can earn additional points regardless of the finish order.

1. Any entrant into a Grand Prix event is automatically entered into the Grand Prix Championship series. There is no additional fee.
2. The following awards will be presented:
  - a. Grand Prix Champion, Second Place Overall, and Third Place Overall (Male and Female)
  - b. Age Groups-First Place (Male and Female)
    1. 39 and below
    2. 40-44
    3. 45-49
    4. 50-54
    5. 55-59
    6. 60-64
    7. 65-69
    8. 70-74
    9. 75 and over
  - c. Special Award for anyone completing all races!!!!
3. Winners of the Overall Grand Prix Championship awards do not qualify for Age Group awards.
4. Currently there are ten races in the series (see below). Due to unforeseen circumstances, the number of races and individual races in the series can change.
  - a. Recover From the Holidays 50K (1/13/19)
  - b. Caumsett 50K (3/3/19)
  - c. Sybil Ludington 50K Historical Run(4/13/19)
  - d. Shore2Shore 50K Trail Run (4/20/19)
  - e. Long Island Greenbelt 50K Trail Run (5/11/19)
  - f. Sorry Ass Trail Mix-Up 50K Adventure Run (6/1/19)
  - g. Staten Island 6 Hour (7/27/19)
  - h. Ted Corbitt 100 (100K and 100 miles) (9/7/19)
  - i. Tesla Hertz Races (100 miles, 100K, 50 miles, 50K) (10/12/19)
  - j. 6 Hour-60<sup>th</sup> Birthday Run (10/20/19)
5. Participants must COMPLETE a minimum of 2 races. Complete, in distance races, means to finish (run the prescribed distance) in the maximum time allowed. Complete, in timed races, means a marathon distance (26.2 miles) must be completed in 6-hour races, 40 miles must be completed in 12-hour races, and 50 miles must be completed in 24-hour races.<sup>4</sup>
6. Rules 7, 8, and 9 listed below apply to all races except the Ted Corbitt 100K and 100 miles races. These two races, held concurrently, will be scored as indicated in rules 10, 11, and 12. Points earned will be in addition to any points earned in all other races and reduced by the number of maximum scoring races of rule 7.
7. Although individuals may compete in all races, only the number of races, as specified below, in which the participant earns the most number of points will count in the total to determine the awards. It may be that different races will count in the separate calculations of the Grand Prix Overall Championship and Age Group Awards.
  - a. Men-4 races
  - b. Women-3 races

8. For each race the order of finish of all participants will be determined (separate for men and women) and each participant will be awarded points based on the order of finish.
  - a. First Place-1000 points
  - b. Second Place-800 points
  - c. Third Place-700 points
  - d. Fourth Place-650 points
  - e. Fifth Place-605 points
  - f. Sixth Place-565 points
  - g. Seventh Place-530 points
  - h. Eighth Place-500 points
  - i. Ninth Place-475 points
  - j. Tenth Place-450 points
  - k. Eleventh Place-425 points
  - l. Twelfth Place-400 points
  - m. Thirteenth Place-375 points
  - n. Fourteenth Place-350 points
  - o. Fifteenth Place-325 points
  - p. Sixteenth Place-300 points
  - q. Seventeenth Place-275 points
  - r. Eighteenth Place-250 points
  - s. Nineteenth Place-225 points
  - t. Twentieth Place and Below-200 points
9. For each race the order of finish of all participants in each age category will be determined (separate for men and women) and each participant will be awarded points based on the order of finish.
  - a. First Place-100 points
  - b. Second Place-80 points
  - c. Third Place-65 points
  - d. Fourth Place-55 points
  - e. Fifth Place-50 points
  - f. Sixth Place-45 points
  - g. Seventh Place-40 points
  - h. Eighth Place-35 points
  - i. Ninth Place-30 points
  - j. Tenth Place and Below-25 points
10. The Ted Corbitt races (100K and 100 miles) will be run concurrently and runners will not be required to declare in which race they are competing. In addition, all those that complete the 100 mile event will also be scored in the 100K event. In order to be fair to all competitors, the scoring of these events will be considered as bonus points to those that complete these longer distances.
11. In the overall standings, all those that complete the 100K event will earn 300 bonus points and an additional 200 points will be awarded to those that also complete the 100 mile event. All finishers of an event will receive the same amount of points regardless of their finishing place.
12. In the age group categories, all those that complete the 100K event will earn 30 bonus points and an additional 20 points will be awarded to those that also complete the 100 mile event. All finishers of an event will receive the same amount of points regardless of their finishing place.
13. The participant with the highest total will be the Grand Prix Champion, the participant with the second highest total the Second Place Overall award, and the participant with the third highest total the Third Place Overall award.
14. The participant with the highest total in each age category who has not been awarded a Grand Prix Overall award will be the Age Group Champion.
15. For purposes of the Age Group award, the age of the individual on the date of the first race in the series that the individual finishes will determine the age group award that the participant is eligible to win. Further, the participant may be competing in a different age group at any subsequent race but will be scored as if in the age category determined in this paragraph for purposes of the Age award..
16. In the event of ties, heat-to-head results between the tying individuals will be used. The number of times each individual bested the other will be determined and the winner will be the one with the higher total. If each bested the other an equal number of times then the total points earned in the common races will be calculated with the winner being the one with the most points. Should these be equal the best finish in all races will be used to determine a winner.
17. Caumsett 50K only: The special scoring for the Caumsett 50K has been maintained. The Caumsett 50K is a USATF national championship and thus there is significant participation of runners from other parts of the country. These non-local runners, many of who are nationally

ranked runners, likely will not enter any other races of the Grand Prix. Only finishers that complete one other Grand Prix event after the completion of the Tesla Hertz races will count in the scoring of this event. Scoring will be calculated as described above after deletion of placing of those that have not participated in any other Grand Prix event. Until the rescoreing is done, the points earned in Caumsett will be included in the reported totals. They will appear in red and obviously will be subject to change when rescored. By rescoreing after the Tesla Hertz events and before the GLIRC Six Hour Birthday Run, all participants can easily determine their current standings before the last event.

18. The Tesla Hertz races are a series of four races run concurrently. Each are separately scored and a participant can only be entered in one of the four races.