

ULTRARUNNING GRAND PRIX 2021 RULES

THE GRAND PRIX IS BACK FOR 2021!!!

SPECIAL NOTES:

1. The rules for 2021 are essentially the same as for 2019 except the special rules for 100K and 100mile concurrent races were eliminated as they are not being conducted this year.
2. For 2020 we had intended to reduce the maximum number of scoring races for men from four to three. This was going to be done because the proposed schedule had two races a week apart twice. We will maintain the maximum scoring events at four for men because (1) the proposed schedule does not have these two back to back events and (2) we are including the Shore to Shore and Lucky 7 events with minimal advance publicity that they were to be included in the Grand Prix. By keeping the maximum at four it allows participants a better opportunity to maximize their scoring if they did not participate in these two events.
3. Participants should be aware that the proposed lists of races are more tentative this year than previous years. As such, a greater possibility exists that one or more of the proposed races will not be conducted. For that reason we might be required to include other races which currently are not part of the Grand Prix. We will advise participants as soon as possible if changes are made.

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 seven races in the series (see below). Due to unforeseen circumstances, the number of races and individual races in the series can change. It is hoped that one or two additional races can be added to the series. The announcement of any additional races will be made with sufficient time for an individual to plan an appropriate race schedule.
 - a. Shore2Shore 50K Trail Run (4/10/21)
 - b. Lucy Seven (4/24/21)
 - c. Greenbelt Trail 50K (5/8/21)
 - d. Caumsett at Hecksher State Park 50K (6/13/21)
 - e. Pajama Run (7/31/21)
 - f. Staten Island 6 Hour (TBD)
 - g. Tesla Hertz Races (100 miles, 100K, 50 miles, 50K) (10/9/21)
 - h. Fred von der Heydt Memorial 6 Hour 60th Birthday Run (10/17/21)

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 or 7-hour races, 40 miles must be completed in 12-hour races, and 50 miles must be completed in 24-hour races if races of these times are conducted.
6. Although individuals may compete in all races only the number of races, as specified below, will count in the total to determine the awards. The races in which the participant earns the most number of points will be selected. It may be that different races will count in the separate calculations of the Grand Prix Overall Championship and Age Group Awards. . Should two additional races be added to the Grand Prix schedule then the number of events ONLY FOR MEN will be increased to four.
 - a. Men-four races
 - b. Women-three races
7. 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.

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| <ol style="list-style-type: none"> 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 | <ol style="list-style-type: none"> 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 |
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8. 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.

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| <ol style="list-style-type: none"> 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 | <ol style="list-style-type: none"> 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 |
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9. 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.
10. 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.
11. 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..
12. 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.

13. Caumsett at Hecksher 50K only: The special scoring for the Caumsett at Hecksher 50K has been maintained. The Caumsett at Heckscher 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 rescoring is done, the points earned in Caumsett at Hecksher will be included in the reported totals. They will appear in red and obviously will be subject to change when rescored. By rescoring 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.
14. 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.