



Maine USATF 2010 Road Grand Prix Rules

Team

1. Memberships expire December 31. You must renew your membership before your first Grand Prix Race.
2. ME-USATF officials will be at every grand prix race to guide in obtaining membership. You or your team captain is required to declare your intention to compete by notifying Allan or his/her MEUSATF representative with your USATF number before your first race.
3. Normally you can only score for the club you indicate on your most recent membership application. If you did not specify a club on your most recent application, you must complete and sign a Transfer Request. The request must be submitted to a ME-USATF official / representative at least 30 minutes before the race start.
4. If you wish to change clubs, you must submit a Transfer/Declaration Request and compete in an "unattached" status for 90 days. You must review your membership card to verify your club status ASAP.
5. Changes in Team/Club status must be made in person. The member/athlete requesting the change shall not be represented by an agent.
6. Teams are required to submit their score sheets electronically to the designated LDR official within 48 hours after results are posted on the Internet. Score sheets shall include Name, USATF #, State, Age, Place and Time of each scoring member as well as one or two alternates. Failure to provide accurate score sheets within 48 hours may result in team disqualification.
7. Men and women teams will score their first 3 team members to finish. There are no declarations or limits to the number of team members. Older runners may score for younger teams as well as their own team. A woman may run on a men's team if there is no woman's team.
8. Scoring for each race is by time, in whole seconds rounded up. Points awarded to all teams in all divisions, men and women. The first place team in each division will receive points equal to the number of scoring teams in that division, with a minimum of 5 points. Each subsequent team will receive one point less, down to one point. Clubs may score only one team in each category. The best five races will count. A club must run in at least 3 races to qualify for awards.

9. Competition is held in the following categories:
Open - Men & Women 39 and under; Men & Women 40-49; Men & Women 50-59;
Men & Women 60-69; Men & Women 70 and over. Age group is determined by age at
the last day of the month for the first race the runner participates in.
10. An athlete must be a Maine resident and a member of USATF (any association).
The team must be a member of USATF (any association).
11. Merchandise awards will be given to the top teams in the final Grand Prix results.

Individual

1. An athlete can participate in any Grand Prix race to count for Final Standings but must do
at least three to qualify for awards and
2. An athlete must be a resident of Maine and a member of USATF (any association).
3. Competition is held in the following categories:
Open Men & Women 39 and under; Men & Women 40-49; Men & Women 50-59;
Men & Women 60-69; Men & Women 70 & over
Age group is determined by age at the end of the month of the first race the runner
participates in.
4. Scoring for each race and category will be 10-1st, 9-2nd, 8-3rd, etc. The best five races
count. A tie will be broken by the best age graded results.
5. Medals and merchandise will be awarded to the top 3 in the final standings. Those that
have a perfect score will receive extra.

Races

Races for the year will be determined at a meeting in November of current year by the
ME-USATF Executive Board and representative(s) from the participating clubs.

After 2010 races may request in writing to be included in the Grand Prix and submitted by
November. **NOTE: If the race doesn't become a MEUSATF Sanctioned Event, no
points will be awarded to either a club or an athlete.**

1. All races **must be** sanctioned. Forms can be obtained from www.meusatf.org. under
the menu – Sanctions.
2. It is recommended that the course be certified