**2019 ADR GRAND PRIX RULES**

The Ashtabula Distance Runners Club Grand Prix is geared to promote friendly competition among ADR members. It also promotes participation in Ashtabula County local races that have paid the club a small fee to be included.

**Grand Prix Rules**

* Any paid ADR member is immediately eligible from the point of payment moving forward through the end of 2019. Runners who are not ADR members prior to completing a race will not be scored for that race.
* Any ADR member who participates in a Grand Prix race is eligible and may be scored. Pay your race registration, post a finishing time and you’re included. Non-members who register and pay to become a ADR member at any time after the first race are eligible to be included in scoring from that point moving forward in the season. That means we don’t go back to score to include your finishes from when you were not a member.
* There are around 30 races in 2019. A **change for 2019** is your top 15 finishes for the year in terms of placement overall or age group will be scored. Bonus points for completing any race will be added to your score for **every** race you finish even after 15 races. So even if you have run 15 races, you still have an opportunity to earn Grand Prix points and also to give yourself the chance to improve on what your top finishes will be for the year.
* To be eligible for a season award, you must run a minimum of six races.
* Your age as of the first Grand Prix race (Shamrock 2 mile kickoff) determines your age group for the year.
* Age groups for males and females are: 14 and younger, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and older.
* Results will be posted on the ADR website as soon as possible after received by the Club.

**Series scoring for each race**
Notes: Non-members are not included in series scoring. Overall placers in a race do not count as age group placers.

**GP Scoring Table**

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| **Overall Scoring** | **Age Group Scoring** |
| **Place** | **Type** | **Points** | **Place** | **Type** | **Points** |
| 1 | Overall | 20 | 1 | Age | 10 |
| 2 | Overall | 18 | 2 | Age | 8 |
| 3 | Overall | 16 | 3 | Age | 6 |
| 4 | Overall | 14 | 4 | Age | 4 |
| 5 | Overall | 12 | 5 | Age | 2 |
| 6 | Overall | 11 |   |   |   |

**Additional Bonus Points**

All members will receive additional bonus points for EVERY race finished on a per mile basis ... 1 mile race = 1 point, 5K or 3-mile race = 3 points, 10K race = 6 points, half marathon = 13 points, etc.

All members who finish ADR Club events (Shamrock, Run for Kids 5K, Indian Trails, Greenway 10K and 2 Mile, B2B Half Marathon or 5K, Jingle Bell 3 Mile) are given an additional 5 bonus points per race added to their scores.

**Grand Prix Season Awards**
•Overall: Top 3 overall males and females
•Age groups: Top 3 males and females
Note: All banquet qualifiers will receive a Club gift