

Competitive Grand Prix Rules 2008

1. Must be a member of IVS to participate and receive any awards.
2. Must participate in at least 10 races on the grand prix series to be eligible for awards.
3. Must sign up for the series by Steamboat (June 17)
4. Five different distances are used to compile points for the competitive grand prix: 5K, 4 mile, 10K, 15K, and half marathon. Time at these different distances are age-graded (using WAVA tables) and ranked. The following point scale is then used to assign points for the performance

1st=20 points

2nd=18 points

3rd=16 points

4th=14 points

5th=12 points

6th=10 points

7th=9 points

8th=8 points

9th=7 points

10th=6 points

11th=5 points

12th=4 points

13th=3 points

14th=2 points

15th=1 point

16th+ =0 points

Ties will have the points for the places added together and split between the tied runners (for example: two runners have the same time for second and third, each runner would receive 17 points). If a runner does not participate in a particular race distance, they will receive no points for that distance. All points for the five distances are totaled for final standings.

5. At the end of the year, monetary awards will be given to the top five men and women in the following amounts:

1st= \$200

2nd= \$175

3rd= \$150

4th= \$125

5th= \$100

A tie in the final standings will result in the money being split between the tied runners.

6. The following races are eligible for the five distances:

5K

CIDA

Interplanetary

Race for the Cure

Carolyn Mannlein

River Run

Run for Your Life

Firecracker

Run for the Health of It

Rocket Run

Wenona

Brimfield

Marigold Festival

Lacon

Shoreline

St. Jude

Zoo Run

Race to Cure Diabetes

Jingle Bell

4 Mile

Carl Sandburg College

Eureka Race with your Heart

Steamboat

Kewanee Hog Days

Turkey Trot

FOLEPI

10K

Abe's Amble

Delavan

Morton Pumpkin Festival

Canal Connection

15K

Steamboat

Shoreline

Half-Marathon

Delavan

IVS

