

IVS Traditional Grand Prix Series Rules and Guidelines

The Grand Prix Series is a race circuit for IVS members that awards participation in specific races throughout the year. Points are distributed across age groups. Awards are then presented at the annual IVS Banquet, and are given based on the number of circuit races completed and total points accumulated.

- Runners must be IVS members and meet the minimum requirements by running in (12) Grand Prix races and volunteering at (2) Strider finish lines. A Strider finish line is one that is conducted by a team captain. The races that count toward the volunteering requirement are noted on the Grand Prix race schedule.
- As an alternative to the Strider finish lines, volunteering at the IVS Kids Series for (4) evenings is equivalent to (1) Strider finish line. This allows participants to run all the races without having to help on a finish line.
- Runners nineteen years and under must run (7) races and are not required to work a finish line, but are encouraged to do so.
- Awards will go to the top (15) male and top (15) female runners based on total points, regardless of age bracket.
- The top (5) male and top (5) female runners will receive a special award and a \$100 gift certificate. School team runners should consult with their coach before accepting an award.
- All Grand Prix runners will receive a participant's award.

Points are as follows:

1 mi.* 15 for first, 14 for second, 13 for third, etc.

5k 30 for first, 29 for second, 28 for third, etc.

4 mi. 32 for first, 31 for second, 30 for third, etc.

10k 36 for first, 35 for second, 34 for third, etc.

8 mi. 40 for first, 39 for second, 38 for third, etc.

15k or Bi-Tri 42 for first, 41 for second, 40 for third, etc.

½ marathon 50 for first, 49 for second, 48 for third, etc.

* - Only one race is identified as a 1 mile Grand Prix race. Fun runs do not count for points.

These guidelines apply to the Traditional Grand Prix Series only. A separate set of guidelines are available for the Competitive Division of the Grand Prix. All participants that register for the Competitive Division are automatically placed in the Traditional Series. Registrations for the Grand Prix are accepted until the Steamboat Classic. Points will be awarded for Traditional Grand Prix runs retroactively. However, if you enter after a given race, only the maximum number of available points for your age group will be awarded. (e.g. If two other runners in your age group were already Grand Prix participants for a 5k run, you would receive only 28 points even if you ran faster than them.)

Questions? Please e-mail Brian Wallace metlrg1@yahoo.com or phone 613-0464.