

### **Individual and Team Racing**

Every participant is considered an individual and will score as such and every participant linked to a team will score as an individual but also as team.

1. Team divisions contested shall be U30 Men & U30 Women consisting of anyone under 30, U50 Masters Men & U50 Masters Women which consist of runners 30-49, 50+ Veteran Men and 50+ Veteran Women, which consist of runners 50 & older, Co-Ed U30, U50 and 50+.
2. Individual divisions contested shall be U30 Men & U30 Women consisting of anyone under 30, U50 Masters Men & U50 Masters Women which consist of runners 30-49, 50+ Veteran Men and 50+ Veteran Women, which consist of runners 50 & older.
3. A runner's age for individual scoring shall be determined on the first day they race and they will remain in that age group throughout the series.
4. A runner's age for team scoring shall be determined by the age he/she is on the day they are part of a team declared for a specific race. For example: Runner X may be 49 on their first race and changes age groups at the next race. They may run on the 50+ team or younger. Individually they will score as a 49 year-old throughout the series.
5. U30 and U50 teams may declare 8 runners per team. Declarations must be made on-line by 9pm the day prior to each race. Team scoring in these divisions shall be the total of the finishing positions of the top 4 finishers for each declared team. The team with the lowest total points is the winner.
6. 50+ teams may declare up to 8 runners per team. Declarations must be made on-line by 9pm the day prior to each race. Team scoring in these divisions shall be the total of the finishing positions of the top 3 finishers for each declared team. The team with the lowest total points is the winner.
7. Runners of incomplete teams, teams from other divisions, team entries not declared eligible for team scoring, and unattached or individual competitors will be eliminated from team scoring. Non-scoring declared members of complete teams within each division shall retain their finishing positions and thereby displace other team runners within that division.
8. Each team division will be scored independently. Runners not eligible for a team division will be eliminated from team scoring in that division.
9. If a team fails to finish with a complete scoring team, the team members finishing shall be counted as individuals in the race results and shall still be eligible to receive individual awards.
10. Ties shall be resolved by determining which team's last scoring member (4th runner in U30 and U50 divisions; and the 3rd runner in 50+ division) finished nearer to first place.
11. Runners may not switch teams during the series. A runner may drop from a club team and run unattached for the remainder of the series.

12. The Top 15 finishers in each division will receive individual Series' points on a 20-17-14-12-11-10-9-8-7-6-5-4-3-2-1 basis for each series race.
13. The Top 5 teams in each division in each race will receive team Series' points on a 6-4-3-2-1 basis. Lowest total score of scoring members. Co-Ed teams, top 2 scoring men and top 2 scoring women. 50+ co-ed will score top male and top female and next highest scorer male or female.
14. Final point totals will be based on a runner's best three (3) races. Ties will be broken by head-to-head finish comparisons and then the number of races finished.
15. Individual awards will be presented to the Top 10 in each individual division Series' race. Team awards will be presented to the top 3 teams.
16. If teams end up tied on points after the series, the winning team on last race day will win the series.
17. Decisions of the Series' Directors are final and without appeal.
18. Elementary Race – Participants shall be counted for each school and a percentage will be tabulated based upon overall enrollment.