

2019 Individual Grand Prix Rules

- I. Individual Grand Prix Eligibility:** The 2019 USATF Masters Grand Prix- Individual, also called the 'Individual Grand Prix,' is open to all USATF Masters (ages 40+) member athletes who compete in one or more of the USA Masters LDR Championships listed on the 2019 Masters Grand Prix schedule at www.usatf.org/MGP.

All runners must be 2019 USATF members aged 40+ at the time of each counted race and must conform to current USATF Rules and Regulations.

All Masters Athletes: All Masters athletes must be U.S. citizens or resident aliens at least 40 years of age on the date of the competition. All athletes must be 2019 members of USATF in good standing. USATF memberships may be [purchased online](#), or through your [local Association](#) Office. Athletes will not be permitted to compete unless they have a 2018-2019 USATF membership and completed the entry information for each event, which can be found by clicking on the event's name on the National Championship page [Note: Please link the phrase, 'National Championship page' to <http://www.usatf.org/Events---Calendar/National-Championships.aspx>].

Resident aliens may compete but may not score for a team nor win awards at Championships. But non-US citizens, who are members of USATF, are eligible for the 2019 USATF Masters LDR Individual Grand Prix and may qualify for Individual Grand Prix awards.

- II. Age Divisions:** 5-year age divisions for both Masters Men and Masters Women are as follows:
40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+

A runner's age division for the 2019 USATF Masters LDR Championships Individual Grand Prix shall be determined by their age on the date of each race.

Runners who change age divisions during the competition year shall move up to the new age division with any and all points accumulated upon completion of their first Masters LDR Championship in the new age division. If the runner does not compete in any Masters LDR Championships after aging up, they will remain in their original age division for final scoring purposes.

III. Scoring: At each Masters LDR Championship event points will be awarded to all finishers in each 5-year age division for both Men and Women as follows:

1 st	100 points	6 th	75 points	11 th	50 points	16 th	25 points
2 nd	95 points	7 th	70 points	12 th	45 points	17 th	20 points
3 rd	90 points	8 th	65 points	13 th	40 points	18 th	15 points
4 th	85 points	9 th	60 points	14 th	35 points	19 th	10 points
5 th	80 points	10 th	55 points	15 th	30 points	20 th and higher	5 points

An individual must participate in a **minimum of 3** of the 2019 USA Masters LDR Championships to be eligible for any IGP awards.

Final point totals will be the sum of a runner's **5 best** point totals scored in any of the 2018-2019 USATF Masters LDR Championships.

IV. Awards: The following prizes will be awarded for both Masters Men and Masters Women in each 5-year age division based on points accumulated in a runner's best 5 races:

1st Place 2019 USATF Masters LDR Championships Individual Grand Prix Champion plaque

2nd Place 2019 USATF Masters LDR Championships Individual Grand Prix 2nd Place plaque

3rd Place 2019 USATF Masters LDR Championships Individual Grand Prix 3rd Place plaque

4th through 15th Place 2019 USATF Masters LDR Championships Individual Grand Prix certificate

Breaking Ties in the Final Standings:

A. In case of a tie or ties for 1st, 2nd and/or 3rd place in a division, the tie(s) will be broken using the following guidelines:

1. Compare head to head competition between/among the tying individuals. The runner with the most head to head higher places between/among the tying individuals will be awarded the higher place in the division.
2. In case individuals are still tied after applying #1, then the runner with most 1st place finishes between/among the tying individuals will be awarded the higher place in the division.
3. In case the individuals are still tied after applying #1 and #2, then the individuals who are still tied will be awarded the same place and will receive duplicate plaques.

B. In case of ties for 4th through 15th places in a division, the ties will not be broken and duplicate certificates will be presented to all tying individuals.

C. Ties for places above 15th will not be broken.

All scoring decisions of the Masters LDR Committee regarding the 2019 USATF Masters Grand Prix- Individual are final and not subject to appeal.