

## 2026 LAFR Grand Prix Series Rules

LAFR's Grand Prix Series brings members together in a fun, competitive format. Open to all ages and levels, the series runs annually and you can join anytime—just report your race results to get scored!

### **Basics:**

- 1) **Eligibility:** All active members. New members may submit race results from their join date.
- 2) **Qualifying Races:** Races listed on the Grand Prix Schedule (subject to change). Some divisions allow additional races (see below).
- 3) **Divisions:** Age-Group, Champions Race, Trail Master, Club Challenge and Couples Cup.
- 4) **Race Reporting:** Submit results via the reporting tool at [www.lafronrunners.com](http://www.lafronrunners.com) to be scored.

**Age Group:** In Age Group, race points are earned based on finish place against other LAFRs in the same age group:

**Female & Non-Binary Age Group Divisions:** 19 & Under, 20-29, 30-39, 40-49, 50-59, 60+

**Male Age Group Divisions:** 19 & under, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

**Age Lock:** Age Group based on age at first GP race of the year.

**Scoring:** Best 6 scores.

**Base Race Points (against other LAFRs only – bonus pts. against entire field):** 100 (1<sup>st</sup>), 90 (2<sup>nd</sup>), 80 (3<sup>rd</sup>)...down to 10 (10<sup>th</sup>)

### **Bonus Points:**

5-Yr. PR\*/BQ\*: 20 pts

Distance Bonus: 11K-Half: 10 pts, 13.2-20 miles: 15 pts, 20.1-26.2 miles: 20 pts, 50K+: 25 pts  
50 mile+: 35 pts, 100 mile+: 45 pts

Racing in LAFR Uniform: 10 pts (any LAFR uni/t-shirt)

Top 3 OA/Age Group: OA: 25 pts - AG: 15 pts (minimum 25 finishers for OA pts except LAFR races)

LAFR Race: 10 pts (Pride, Doggie, Deo, etc.)

\*Personal Record: For LAFR Grand Prix scoring, PRs are your fastest times from the past 5 years (2021–2025 for 2026). PR bonus points apply only to 5K, 10K, Half, and Full Marathon. Runners must report their own PRs. *BQ = Boston Marathon qualifier.*

\*\*Modified Scoring: For races w/ multiple distances age-grade scores are used for ranking. Race and bonus points remain unchanged.

**Champions Race:** Age-graded competition (per WMA tables) that crowns overall male, female, non-binary, and RaceWalk champions.

Age grade multipliers:

1.05	half marathon/14.5-29K/9-18 miles
1.10	marathon/30-42K/18.6-26.2 miles
1.15	27-49 miles/43-79K
1.20	50-99 miles/80-115K
1.25	100 miles or more/116K+

**Scoring:** Best 6 races, with a max 2 scores per distance. Ranked by average until Sept., when runners with most races ranked higher.

**Qualifying Races:** At least three scoring races from GP Schedule. Others must be USATF-certified with online results.

**RaceWalk:** RaceWalkers may submit results from any race, GP schedule or not, and can count more than two races per distance.

**Trail Master:** Trail-only, all-gender division blending age group and Champions scoring.

**Scoring:** Each runner receives a base age grade score using the same factors as the Champions Race. Bonus points follow the Age Group system, except there is no PR bonus, and the distance bonus is adjusted as follows:

### **Distance Bonus:**

Up to 14K	5 points
15K-Half	20 points
13.2-20 miles	25 points
20.1 miles-50K	40 points
50 mile+	55 points
100 Miles+	70 points

**Qualifying Races:** At least two scoring races must be from the GP Schedule (marked **TM**), and two must be longer than 10K.

**Couples Cup:** The top age grade score for each partner is combined to determine a total score.

**LAFR Club Challenge:** See website for details.

**Reporting Race Results:** Please submit **all** race results using the race results reporting feature on our Grand Prix page on our website.

**Non-Binary Age Grading:** Non-binary athletes will be scored using the factors for their sex assigned at birth.

**Mis-marked Courses:** For races short or long by more than .25, all scoring will be calculated using the actual distance.