

2025 Los Angeles Frontrunners Grand Prix Series Rules

LAFR's Grand Prix Series encourages participation in local races with a fun, competitive format. Open to all members, regardless of age or experience, it's perfect for both new and seasoned runners. The series runs annually, but you can join anytime—just report your race results to get scored!

Basic Rules:

- 1) **Eligibility**
All LAFR members are eligible, with new members able to submit race results from their join date.
- 2) **Qualifying Races**
Qualifying LAFR Grand Prix Series Races are identified on the LAFR Grand Prix Race Schedule and are subject to additions or cancellations. Please see specific qualifying race rules in each section.
- 3) **Categories**
There are five categories of competition: Age-Group, Champions Race, Trail Master, Club Challenge and Couples Cup.
- 4) **Race Reporting**
In order to be included/scored in all divisions of the Grand Prix Series, you must report your race results using the race reporting tool on the Grand Prix page at www.lafronrunners.com.

Age Group

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

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

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

Your age group is set based on your age at your first Grand Prix race of the year. For example, if you race at 39 in February and turn 40 in March, you stay in the 30-39 (F/NB) or 35-39 (M) group all year. Standings are based on the total Race Points from your top six finishes (or fewer if under six). Only Grand Prix Schedule races count for the Age Group division, with rankings determined by total points.

Base Race Points are awarded as follows (Base pts. are against other LAFRs only – bonus pts. are against the entire field):

1 st place	100 points
2 nd place	90 points
3 rd place	80 points
4 th place	70 points
5 th place	60 points
and so on down to 10 points for 10 th place or lower	

Additional Bonus Points are awarded as follows:

Setting a 5-Yr. PR* and/or BQ*	20 pts
Distance Bonus	11K-Half: 10 pts, 13.2-20 miles: 15 pts, 20.1 miles-50K: 20 pts 50 mile+: 30 pts, 100 mile+: 40 pts
Racing in LAFR Uniform**	10 pts
Top 3 Overall in Age Group	15 pts
Top 3 Overall	25 pts *minimum 25 finishers EXCEPT LAFR Races (Pride, Doggie, Deo, etc.)
LAFR Race (Pride, Doggie, Deo, etc.)	10 pts

*Personal Record – For the purposes of the LAFR Grand Prix, PR's are your fastest times at each distance during the LAST 5 YEARS. PR bonus points apply to the following race distances only: 5K, 10K, 15K, Half and Full Marathon. It is the responsibility of the runner to report PR's. For the 2025 LAFR Grand Prix, PRs are from 2020-2024. BQ – qualifying for the Boston Marathon.

**LAFR Uniform Bonus:

You will receive a 10 pt. bonus if you race in any LAFR uniform/t-shirt during a Grand Prix race.

***Modified Scoring System:

Some Grand Prix races use a modified scoring system, allowing runners to choose different distances at the same event. In these races, rankings are based on age grade scores instead of placement, while race and additional points remain unchanged.

Champions Race

The **Champions Race** is an age-graded competition that crowns the overall male, female, non-binary, and RaceWalk champions. Scores are calculated using the Masters Age-Graded Tables from the World Association of Veteran Athletes, where finish times are compared to the standard for your age and sex to determine points. Age grade scores are factored as follows:

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: A runner's total (average) score is based on their top six race scores. Until September, rankings are determined by average score. After that, runners with more races (up to six) are ranked first (e.g., all with six races, then those with five, etc.).

Only **two** scores per race distance count (e.g., if someone runs eight 5Ks, only their top two 5K scores will be included).

Qualifying Races: At least three of the six scoring races must be from the 2024 Grand Prix Race Schedule. Runners may also submit results from non-Grand Prix races, provided the race has a WAVA table distance, including all track events. Non-Grand Prix races must be USATF-certified with online results.

RaceWalk: Since most races lack a RaceWalk division, RaceWalkers may submit results from any race, Grand Prix or not, and can count more than two races per distance.

For details on age grading and scoring tables, visit our website.

Trail Master

Trail Master is an age-graded competition for all trail runners, using a blend of age group and Champions Race scoring systems.

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	35 points
50 mile+	55 points
100 Miles+	65 points

In the **Trail Master** category, a runner's total (average) score is based on their top five race scores. At least two of these races must be from the Trail Master Schedule (marked **TM** on the Grand Prix Schedule), and two must be longer than 10K. Rankings follow the same system as the Champions Race.

Note: Any trail race not on the Grand Prix Schedule must have online results and at least 25 finishers to qualify for Age Group and Overall bonus points.

Couples Cup

In the Couples Cup category, the top age grade score for each runner/walker will be combined to determine a total score.

LAFR Club Challenge – please 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

In categories where age-grade scoring is used, non-binary athletes will be scored using the factors for their sex assigned at birth.

Mis-marked Courses

If a race is significantly short or long (more than .25), all scoring will be calculated using the actual distance.

Awards

First, second, and third place will be awarded in all divisions/categories (except Challenge, see website for Challenge details). Awards will be presented at the LAFR Annual Awards Banquet. Grand Prix Series Standings will be published on the LAFR website. Questions? Contact us at lafronrunners@gmail.com