

## 2024 Los Angeles Frontrunners Grand Prix Series Rules

In an effort to encourage participation in local area running events, LAFR offers the LAFR Grand Prix Series. The Grand Prix format is used by running clubs as a fun and exciting way to generate interest in racing and competition.

The LAFR Grand Prix Series is open to all members regardless of age or experience. Whether you're a new runner looking to enter your first race or an experienced competitor looking for your next big challenge—everyone is welcome!

The LAFR Grand Prix Series is conducted on a calendar year basis, but individuals can join the LAFR Grand Prix Series at any time during the year. All you need to do is report your race results and you will be scored – it's that easy!

Basic Rules:

- 1) **Eligibility**  
All current LAFR members are eligible. New members can submit race results from the beginning of the year in which they join.
- 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](http://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 determined by your age at the *first Grand Prix race you compete in during the year*. For example, if you run your first race in February at 39 and turn 40 in March, you remain in the 30-39 age group (F/NB) or 35-39 age group (M) for the remainder of the year.

Standings are determined by totaling the Race Points awarded for each runner's top six finishes/highest scores (or any number of races up to six). In the Age Group division, only races on the Grand Prix Schedule are eligible. Runners are ranked 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 <sup>st</sup> place	100 points
2 <sup>nd</sup> place	90 points
3 <sup>rd</sup> place	80 points
4 <sup>th</sup> place	70 points
5 <sup>th</sup> place	60 points
and so on down to 10 points for 10 <sup>th</sup> 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 2024 LAFR Grand Prix, PRs are from 2019-2023. 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:

There are several races on the Grand Prix Schedule that will use a modified scoring system to allow runners to enter different distances at the same event. In these races, runners will be ranked by their age grade score instead of their placement, with race points and additional points remaining as is.

## **Champions Race**

The Champions Race is an age-graded competition that determines overall male, female, non-binary and RaceWalk champions. Race results are scored points using the Masters Age-Graded Tables from the World Association of Veteran Athletes (finish times are divided into the standard for your age and sex to derive a percentage that is used 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:** The top six scores for each runner will be combined to determine a person's total (average) score. Runners will be ranked by their average score only until September when runners with more races (up to the maximum 6) will be ranked first (i.e., all runners with 6 races, followed by runners with 5 races., etc.)

Only **two** eligible scores per any race distance will be counted (i.e. if a person completed eight 5K's, only their top two 5K scores will count).

\*Qualifying Races: Three of your six scoring races must be races from the 2024 Grand Prix Race Schedule. However, participants may also submit race results from non-Grand Prix races. Eligible non-Grand Prix races/distances include any race distance for which there is a WAVA table, including all track distances. Any race NOT on the Grand Prix Schedule must be USATF certified and have results posted online.

\*\*RaceWalk: Because most races do not have a RaceWalk division, RaceWalkers may choose any race (Grand Prix or not) and may have more than 2 races at a given distance.

For more information on age-grading and to view the tables we use for scoring, please visit our website.

## **Trail Master**

The Trail Master Category is an age-graded competition that combines all trail runners. Results are calculated using a combination of our age group & champions race scoring systems.

**Scoring:** Each runner earns a "base" age grade score (w/ same factors as Champions Race). Additional bonus points for Trail Master are the same as listed above for Age Group EXCEPT there is no PR bonus in Trail Master and the distance bonus is 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, the top five scores for each runner will be combined to determine a total (average) score. Two of the five races must be from the Trail Master Schedule (these races have a **TM** next to them on the Grand Prix Schedule). Two of your five races must be longer than 10K. Runners are ranked the same way as in the Champions Race. Please note: Any trail race not on the Grand Prix Schedule must have results posted online AND must have at least 25 finishers to be eligible 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