

Rules of the Circuit

1. Participants in the circuit must complete the respective entry forms for each race in which they wish to compete. Unreadable race entries that prove or contain missing information (e.g. age or gender) shall be considered void for purposes of the circuit.
2. USATF Mid-Atlantic 2019 members who pre-register for a circuit event by the initial deadline may be able to get a discount from the stated entry fee. Eligible circuit races will set up a “coupon code” for Mid-Atlantic members to avail themselves of the discount via online registration. See the 2019 Grand Prix Events page on the Mid-Atlantic web site for the code for each race as they are established.
3. Individuals competing in the circuit must be registered as a USATF athlete member before their performances will be scored. All USATF registrations/renewals are now being done online. Runners must register/renew **BEFORE** their race to be scored.
4. Individuals who register through another association shall not be eligible for circuit scoring until their membership transfer request has been received by the Mid-Atlantic membership chair.
5. Individuals shall be scored for age-group and age-graded competition up to a maximum of 6 performances (the 6 highest WMA% scores) from these 9 event opportunities.
6. Each of the races on the circuit retains the right to manage its entries, to determine whether to offer prize money, and to operate its own award ceremony. This Grand Prix Circuit will operate “after the fact” by using the official race results to determine overall standings. It is intended that current standings shall be on display online and at each circuit race.
7. The final weekend events (Phila Marathon, Half Marathon or Rothman 8K on Nov. 23 & 24) offers athletes an alternative. Any one race between Nov. 23 & 24 will score in all categories and may be chosen based the athlete’s preference for racing distance.
8. A Mid-Atlantic long-distance running representative shall generally be present at each circuit race to answer questions and interpret rules.
9. The 2019 circuit offers Mid-Atlantic clubs a team challenge independent of the individual competition. See the Club Challenge rules on the MA-USATF website or Grand Prix coordinator for details.

Scoring the Circuit

1. The 2015 Masters Age-Graded Tables developed by World Masters Athletics (WMA), will be used to score results in each race. Each finisher’s time will be divided into the standard for his/her age and gender; this calculation produces a performance percentage used in the Age-Graded competition.
2. The sum of Age-Graded percentages for each individual from his/her 6 best events will be used in the Age-Graded competition. The top ten males and the top ten females will receive Age-Graded awards.
3. The circuit will also feature Age-Group competition. Athletes compete in 5-year intervals beginning at age 15 based on their age on the date of their first Grand Prix event of the year and remain in that age group for the remainder of the year. The sum of age-group placement for each person’s 6 best events will be used to determine this competition. Awards in each age group will be based on the number of competitors, with a minimum of one. Athletes must complete at least three (3) Grand Prix races in the current year to be eligible for an Age Group award.
4. Individuals who compete in all 9 race “events” shall be given particular recognition at the next award luncheon and shall receive a personalized certificate mounted for wall display. Nov. 23/24 counts as one race.



USATF[™]
MID-ATLANTIC

2019

GRAND PRIX CIRCUIT

USA TRACK & FIELD

MID-ATLANTIC

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USA TRACK & FIELD**MID-ATLANTIC****2019****GRAND PRIX CIRCUIT**

The Grand Prix Circuit has been created to enhance the quality of road racing experiences for Mid-Atlantic athletes. These 11 races represent popular distances, using USATF-certified courses and offering USATF sanctions. That means you can be assured that each race meets the highest standards of management this area can provide.

The circuit offers long distance runners an opportunity to participate throughout the calendar year at a variety of distances and in locations around the tri-state area. Whatever your level of ability, this circuit has something for you. Check www.mausatf.com for updates and results.

Disclaimer of Liability.

USATF Mid-Atlantic, its officers, members, and any or all sponsors of this Grand Prix circuit disclaim any responsibility or liability for injury, loss, or damages arising from your participation in this circuit. You assume full responsibility for being physically healthy and having sufficiently trained to enter races on this circuit and accept all risks, if any, consequent to your decision to participate in these races. Further, your participation in this circuit testifies to your permission for free use by USATF Mid-Atlantic, circuit sponsors, and each race in the circuit of our name and picture in any broadcast, telecast, or print media account of the circuit.

USA TRACK & FIELD MID-ATLANTIC CHAMPIONSHIP & GRAND PRIX CIRCUIT (29th annual)

Date	Event Name/Phone/Website	Race Director/Address	Distance
February 23 9:00 a.m.	<i>Fireside Frostbite 5 Miler</i> 215-498-1210 www.aarclub.com/Frostbite/home.htm	Tom Jennings P.O. Box 204 Spring House, PA 19477	5 Mi
March 16 9:00 a.m.	<i>Haddonfield Adrenaline 5K*</i> 856-428-1666 https://runsignup.com/Race/NJ/Haddonfield/HaddonfieldAdrenaline5K	Dave Welsh 121 Kings Highway E. Haddonfield, NJ 08033	5K
April 28 8:30 a.m.	<i>Valley Forge Revolutionary 5 Mile Run</i> 610-783-1031 www.revolutionaryrun.org	Kirsten Tallman VFCVB, 1400 N. Outer Line Dr. King of Prussia, PA 19406	5 Mi
May 5 8:00 a.m.	<i>Blue Cross Broad Street Run</i> 215-683-3594 www.broadstreetrun.com	Jim Marino 1515 Arch St. 10th Floor Philadelphia, PA 19102	10 Mi
June 1 8:30 a.m.	<i>Scott Coffee Run 8K*</i> 856-234-9371 www.runsignup.com/ScottCoffeeRun	Bill Van Fossen/Bob Bickel 115 W. Main St. Ste 2 Moorestown, NJ 08057	8K
Sept 8 8:30 a.m.	<i>Main Line Run 5K</i> 610-517-4933 www.mainlinerun.org	Eric McCracken 175 Stratford Ave., Ste 130 Wayne, PA 19087	5K
October 13 9:00 a.m.	<i>Delaware Distance Classic 15K*</i> 302-545-7047 www.ddc15k.org	Dirk Sweigart dirk.sweigart@gmail.com	15K
November 3 8:30 a.m.	<i>Cooper Norcross Run the Bridge Event*</i> 856-933-3725 www.runthebridge.org	Susan Weiner/Kim Marino 1089 Creek Road Bellmawr, NJ 08031	10K
November 23	<i>Philadelphia 1/2 Marathon (7:30 a.m.)</i>	Jim Marino	1/2 Mar
	<i>Rothman 8K (10:45 a.m.)</i>	Philadelphia Marathon	8K
November 24	<i>Philadelphia Marathon* (7:00 a.m.)</i> 215-683-2122 www.philadelphiamarathon.com	P.O. Box 58130 Philadelphia, PA 19102	Mar

*Mid-Atlantic Championship Race

Check the LDR/Grand Prix pages on our web site - www.mausatf.com for updated information.