



## OVERVIEW

### INDIVIDUAL REQUIREMENTS:

- **MUST BE A MEMBER OF USATF-NJ ASSOCIATION AT THE TIME OF COMPETITION! NO EXCEPTIONS!**
- **INDIVIDUALS RUN TOTAL OF FIVE RACES.**
- **THERE IS NO LIMIT TO THE NUMBER OF EVENTS THAT CAN BE ENTERED. THE POINTS ARE BASED UPON THE HIGHEST FIVE SCORES EARNED WITH A MAXIMUM OF TWO CHAMPIONSHIP RACES.**

### COMPETITION OVERVIEW:

- THE 5K CROSS COUNTRY CHAMPIONSHIP SEPTEMBER 13<sup>TH</sup> AND THE 8K CROSS COUNTRY CHAMPIONSHIP OCTOBER 25<sup>TH</sup> WILL BE CROSS COUNTRY CHAMPIONSHIPS FOR THE SERIES IN ADDITION TO BEING THE NEW BALANCE GRAND PRIX CHAMPIONSHIPS. THEY WILL HAVE A MAXIMUM POINT VALUE OF 700 (300 MINIMUM)
- ALL OTHER RACES WITHIN THE CROSS COUNTRY SERIES WILL HAVE A MAXIMUM POINT VALUE OF 500 POINTS (100 MINIMUM)

### SCORING POINT CATEGORIES

- **500 POINTS: 500 MAXIMUM POINTS/ 100 MINIMUM**
  - **700 POINTS: RACES THAT ARE DESIGNATED AS USATF-NJ CHAMPIONSHIPS. 700 MAXIMUM POINTS 300 POINT MINIMUM POINTS FOR CROSS COUNTRY CHAMPIONSHIPS.**
- NOTE: USE OF HEADPHONES IS PROHIBITED IN ALL USATF-NJ CHAMPIONSHIPS!**

POINTS ARE AWARDED SEPARATELY BUT EQUALLY FOR MEN AND WOMEN BASED UPON FINISH PLACEMENT. THE TOTAL NUMBER OF PARTICIPANTS OF EACH SEX IS USED IN DETERMINING THE POINTS AWARDED WITH THE WINNER RECEIVING THE HIGHEST NUMBER OF POINTS AND THE FINAL FINISHER RECEIVING THE MINIMUM POINTS AWARDED IN THAT POINT CATEGORY. A MAXIMUM OF TWO CHAMPIONSHIP RACES PERMITTED.

### AGE DIVISIONS:

<b>OPEN MEN AGES</b>	<b>16-34 YEARS</b>	<b>OPEN WOMEN AGES</b>	<b>14-34 YEARS</b>
<b>MEN/ WOMEN AGES</b>	<b>35-39 YEARS</b>	<b>MEN/WOMEN AGES</b>	<b>40-44 YEARS</b>
<b>MEN/WOMEN AGES</b>	<b>45-49 YEARS</b>	<b>MEN/WOMEN AGES</b>	<b>50-54 YEARS</b>
<b>MEN/WOMEN AGES</b>	<b>55-59 YEARS</b>	<b>MEN/WOMEN AGES</b>	<b>60-64 YEARS</b>
<b>MEN/WOMEN AGES</b>	<b>65-69 YEARS</b>	<b>MEN/ WOMEN AGES</b>	<b>70-74 YEARS</b>
<b>MEN/WOMEN AGES</b>	<b>75-79 YEARS</b>	<b>MEN/WOMEN AGES</b>	<b>80-84 YEARS</b>
<b>MEN/WOMEN AGES</b>	<b>85-89 YEARS</b>	<b>MEN/WOMEN AGES</b>	<b>90-94 YEARS</b>
<b>MEN/WOMEN AGES</b>	<b>95-99 YEARS</b>		