



Lucky 7 Series Overview

INDIVIDUAL REQUIREMENTS:

- Must be a member of USATF-NJ Association at the time of competition.
- Must live within the geographical boundaries of Burlington, Camden, Gloucester, Salem, Cumberland, Cape May or Atlantic county to be eligible to compete in the Lucky 7 Series.
- Individuals run up to three Category I, two Category II and two Category III New Balance Grand Prix races to be scored for *Seven* total races.
- Complete a minimum of five races with a minimum of one race in each of the categories for award eligibility.*
- There is no limit to the number of events that can be entered. The points are based upon the highest scores earned in each category with a maximum of one championship race in each of the categories.

*A minimum of five races are required to be eligible for awards. However, age divisions 80+ are not required to complete Category III races for award eligibility. Therefore, age 80+ participants must complete 3 Category I races and 2 Category II races.

COMPETITION OVERVIEW:

- Three race distance CATEGORIES
 - CATEGORY I 3k to 4 Miles
 - CATEGORY II Over 4 Miles but less than 15k
 - CATEGORY III 15k and above

Category I races typically are 5K or 4 mile events. Category II races are typically 8k, 5 mile and 10k events. Category III races typically are 15k, 10 Mile, 20k, 25k and Half Marathon events.

SCORING POINT CATEGORIES

- 500 POINTS: Non-championship races. 500 maximum points / 100 minimum points
- 700 POINTS: Races that are designated as USATF-NJ Championships. 700 maximum points / 200 minimum points for Road Races or 300 minimum points for Cross Country Championships.

Points are awarded separately but equally for men and women based upon finish placement. The total number of participants of each gender is used in determining the points awarded with the winner receiving the highest number of and the final finisher receiving the minimum points awarded in that point category/event. A maximum of ONE championship race permitted per category.

AGE DIVISIONS:

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

AWARDS:

New Balance North Jersey award winners will be removed from the final Lucky 7 Series as they are from the USATF-NJ Mini 1 and Mini 2 Series. First Overall and the top three men and women in each of the above age groups will then be eligible to receive awards at the annual USATF-NJ awards banquet.