

# The CRR Cross-Country Grand Prix 2019-2020 Season

## Grand Prix

The Grand Prix is a series of cross-country running races held over the autumn and winter seasons. The participants who have demonstrated sustained performance throughout the series are rewarded at the end of the season with a prize. The top overall male and female winners have their names engraved on trophies crafted by a noted Maori artist. The top three winners of each age category are awarded a modest prize.

There are 9 "classic" races that contribute to the Grand Prix results - this includes all races in the series, except for the Confederation Park Relay. (*Participation in the relay contributes to the Grand Prix awards only when a tiebreaker is required.*) Each "classic" race is about 8 kilometres in length.

A 1 km race is available for kids 12 and under to run. Most of the races offer a 4 km alternative route for those who wish to experience the rigors of a true cross country race, but still finish early.

*Participation in the shorter distances doesn't contribute to the Grand Prix standings (except for 70+ age category.) The 4K and Kids' 1K do however count toward "Iron Person" qualification, the same as 8K runs.*

## The Ranking System

A points system is used to rank participants and determine the winners of the overall and category prizes. A participant must run a minimum of SIX of the 9 "classic" races to qualify. Points are awarded for each race the qualified participant completes. Participants who did not qualify for the Grand Prix are not included in the scoring calculation. Each qualified participant is awarded points based on their placing. A first place runner is awarded one point, the second place runner two points, third 3 points, and so on. At the conclusion of the season each participant's standings are based on the sum total of his or her best 6 races (the lowest possible sum of 6 races).

It is to your advantage to run as many races as possible, in particular the races with low turnouts. The actual points assigned to Grand Prix qualifying runners for each race are not "set in stone" until the last race of the season has been completed. The final list of Grand Prix qualifying runners is not determined until the last race is finished.

## Overall Winners

Following each race, the first place male and female (who qualify for the Grand Prix) are awarded 1 point for the overall rankings, the 2<sup>nd</sup> place male and female (who qualify for the Grand Prix) are awarded 2 points, and so on. At the end of the season, the points for each runner's best 6 races are totaled and ranked against all other qualified participants within his or her gender. The overall winners are the male and female who have the lowest point totals.

## Category Winners

For each race, the first place qualified participant within a category receives 1 point for the category rankings; the second place qualified participant within that category receives 2 points and so on. The point scoring for the age category rankings are computed separately and independently from the point scoring for the overall rankings. At the end of the season, each runner's best 6 races within their category are totaled up and ranked against all other qualified participants within his or her category. Category winners are those who have the lowest point totals.

## Age & Gender Categories

The following is a list of age/gender categories:

male 17 and under	female 17 and under
male 18-29	female 18-29
male 30-39	female 30-39
male 40-49	female 40-49
male 50-59	female 50-59
male 60-69	female 60-69
male 70 and over	female 70 and over

AGE category for the 2019-2020 season is determined by the participant's age on **September 28, 2019**.

## Tie Breaking

In some cases two or more participants may be tied for a prize-winning place. A series of tests are performed to break the tie. The tests are performed in the sequence listed below.

- 1) A test is performed including only the races that all of the tied runners completed. A race where any of the runners did not participate in is not included. Comparing only the tied participants the runner with the most wins is assigned that place. If the runners are still tied then:
- 2) A test is performed including only the races that all of the tied runners completed. A race where any of the runners did not participate in is not included. The original points of only the races that all of the tied participants raced are summed. The runner with the lowest score is assigned the place. If the runners are still tied then:
- 3) The tie will be decided based on participation. The runner with the most participation (including the Confed. Relay) will be awarded the place. Participation is defined identically to the Iron Person Award qualifications.
- 4) If they are still tied then everyone tied for the place shall be awarded the place. Medals will be awarded until the total medal count has reached 3 for a category. For example, if two runners are tied for first then two gold medals are awarded followed by a bronze. In a case where there is a two-way tie for third then a gold, silver and two bronze medals are awarded.

## Exception for 70+ Male & Female Categories

Participants in the 70+ categories can run either 8K or 4K distance and still qualify for Grand Prix awards. Scores for 8K finishes will be assigned first, and all 4K scores will be assigned higher points.

## "Iron Person" Award

A special "Iron Person" award is presented to any runner who participates in the Confederation Park Relay and all 9 Grand Prix races. Participation in any combination of the 4K and 8K events counts for adults/students. Kids age 12 and under qualify for Iron Person status if they participate in all 10 kid's fun runs, or a combination of kid's runs and the longer events.

## Iron Persons may volunteer twice in lieu of running a race

Each Iron Person candidate may volunteer maximum two times as a Course Marshal, Finish Line Volunteer, or key Kitchen Volunteer (maximum three such positions at a race) in lieu of running the race. (XC race directors may count their race as their one "volunteering in lieu" event.) The volunteer stint will be counted toward the Iron Person award. However, Grand Prix participants who opt to volunteer rather than run will not receive any adjustment to their overall Grand Prix score. In other words results will still be based on the best six races actually run..

## Iron Persons may pre-run race course ("rogue runner" exception)

An Iron Person candidate may, with the Race Director's approval, pre-run the already set-up and flagged race course if they cannot participate in the official event. The runner will record and report to the RD their time, which will remain unofficial and will not count toward the best 6 race times in the overall, gender, or age category placement. Such a run can only count toward the Iron Person participation. The rogue runner will not be covered by the Club's insurance policy.

The Club discourages overusing this exception and promotes the good sportsmanship of racing in the official event.