



2010 NERC Grand Prix - Rules

Rules

1. Any NERC member who participates in a Grand Prix race is eligible and will be scored. There is no additional fee. You still have to register and pay for each individual race you run.
2. There are fourteen (14) Grand Prix Races in 2010. Your best eight (8) race finishes will be used to determine your final results. You can run fewer races and still accumulate enough points to place. However, you must run at least five (5) Grand Prix races to be eligible for an award.
3. Your age as of the first Grand Prix Race will determine your age group for the year. Age groups for Male and Female runners are: 19& under, 20-29, 30-39, 40-49, 50-59, and 60 & over.
4. You must be a member of NERC before the day of the race to be scored. If you have not renewed, please do so today.
5. All Grand Prix questions may be directed to Dan Loose - Grand Prix Director at mattthankim@adelphia.net and/or dloose@normannoble.net.
6. Results will be posted on the NERC website. The results will be updated as promptly as possible.

Scoring

1. Overall: The top Male & Female will be scored 100 pts for 1st , 90 pts for 2nd, 80 pts for 3rd and so on down to 10 points for 10th.
2. Age groups: The top Male & Female will be scored 100 points down to 10 points for the first 10 finishers in each age group.

Run hard run safe in 2010