

Multi-Sport Grand Prix Rules – REVISED January 2004

1. All Tidewater Striders are automatically registered and scored for each race based on the current roster. To be eligible for an award, you must be a Tidewater Strider in good standing at the end of the series **AND volunteer at a minimum of one Tidewater Strider function during that calendar year. Ie: newsletters stuffing, race volunteer, trash pick up, running a clinic, writing a Rundown Article, etc.**
2. Participants need to use the same name on each race entry form to prevent name mix-ups. If you belong to USA Triathlon, you should use the name on your membership card. Contact the Tidewater Striders Triathlon Committee if the spelling or nicknames are different from your Tidewater Strider Mailing Label. This will ensure your participation is not overlooked when compiling results electronically.
3. You must be a Strider at the conclusion of the series to qualify for an award.
4. Your age on July 1st will determine your age group placement for the entire series.
5. To qualify for an award, you must have completed a minimum of three races in the Grand Prix Series. It is not necessary that you score in all races to qualify for an award. Points scored for all races will count towards your final score. The Triathlon Committee will maintain responsibility for obtaining race results and updating scoring for the Grand Prix.
6. DNFs (due to mechanical failure, accident, injury, **or concern for safety**) will count as participation but No-Shows will not count.
7. The scoring of the Grand Prix races is as follows:

Place	Points
1	25
2	20
3	16
4	13
5	10
6	8
7	6
8	4
9	3
10	2

8. The age groups for women and men are as follow:
24 & under, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, and 60 & over.
9. There will be an overall division and an overall masters division for women and men. The first ten athletes will be awarded points in the same manner as the age group points are awarded. Athletes will be allowed to score in the open, masters (40+) and the age group. If an athlete places in the open category or masters category at the end of the year, that athlete will not be eligible for an award in the age group award. Athletes are eligible for only one award.
10. Awards
 - A. Top 3 in the overall division
 - B. Top 3 in the overall masters division.
 - C. Top 3 in each age group
11. Participation Awards
 - A. Committee will try to arrange for sponsor gifts for a drawing, which will include all participants whom completed all the races and another drawing for all those who were eligible for scoring in the Grand Prix (Those who did 3 races).
 - B. Special prizes will be awarded to all participants who participate in all the Grand Prix events.
12. **If a race director determines that the water temperatures are such that athletes who wear wet suits are not eligible for awards, then any athlete wearing a wet suit is not eligible to score points for that event in the triathlon grand prix. However, those athletes will receive participation credit.**