

Race	Date	Judges	Race A	Date	Judges	Race B
1	1/1/2011	5	Hair of the Dog (Kale)	4/23/2011	5	Suffolk YMCA
2	1/8/2011	5	Distance Series 10K	5/28/2011	6	Elizabeth River Run 10K
3	1/8/2011	5	Distance Series 20K	2/19/2011	5	Distance Series 20K
4	1/29/2011	5	Distance Series 25K	4/16/2011	5	Swamp Stomp Half Marathon (Kale)
5	2/19/2011	5	Distance Series 30K	10/22/2011	5	Suffolk Ten Miler (Kale)
6	7/16/2011	5	Allen Stone 5K	9/24/2011	5	All Access 5K
7	7/23/2011	5	Operation Homefront 5K	10/16/2011	5	ODU Accounting 5K (Sunday)
8	7/26/2011	5	Memorial Scholarship 5K (Tuesday eve.)	11/5/2011	5	Race for Breath 5K
9	8/6/2011	*	Strider Mile/1,500 meter Racewalk ***	11/12/2011	*	One Hour Postal Race Walk
10	10/1/2011	5	Neptune Festival 8K ***	10/22/2011	5	Lynnhaven River Now - Sunset 6K
11	11/24/2011	6	Turkey Trot 10K ***	12/3/2011	6	Wachapreague 7.7 mile (Eastern Shore)
						* USATF certified judges required

Denotes a Golden Runner race

Grand Prix points will be awarded to the first 10 Tidewater Strider member finishers as follows: 10-9-8-7-6-5-4-3-2-1. The top five men and women completing at least 6 races and meeting the judging requirements will receive awards. If two races are listed on a single line above, only one of those races will qualify for points for any single walker. The fastest male and female in Race A will earn 10 points for that race and no points in Race B shown on the same line. If the same individuals (i.e.the ones who won Race A) complete Race B shown on the same line they will be ignored for Grand Prix points for Race B. The remaining fastest male and female walkers in Race B will each earn 10 points for Race B. The next fastest male and female walkers in Race A, excluding those earning 10 points for either Race A or B will earn 9 points for Race A. This will continue until all available points are awarded. For example, the same twenty men enter both race 1A and 1B above and finish in the following order for both races: A, B, C, D, E, F, G, H, I, J, K, L, M, N, O, P, Q, R, S, T. Points will be awarded as follows:

	Race A		Race B
A	10	B	10
C	9	D	9
E	8	F	8
G	7	H	7
I	6	J	6
K	5	L	5
M	4	N	4
O	3	P	3
Q	2	R	2
S	1	T	1

Only the top nine (9) races will be scored for the final Grand Prix standings. All races will count for Participation. You must be a Tidewater Strider member no later than the last day of the month of the race, complete at least 6 races and meet the judging requirement to qualify for a Walking Participation Award. One point is awarded for each kilometer in a race. **Starting in 2011, those interested in being a part of the Tidewater Striders Walking and Participation Grand Prixs must Declare their Intention to Participate to the Walk Committee Co-Chair, Steve Durrant, at sdurrantrdh@cox.net BEFORE doing their first Walking Grand Prix race. All Strider Walkers must still compete in a minimum of 6 and judge a minimum of 3 Grand Prix races to be eligible for awards. Failure to Declare will result in no points being awarded. However, there will not be a penalty for declaring and failing to meet all the other requirements. Those new members who join the Striders during the current year, should contact Steve Durrant at any time during the year providing there are at least 6 races left on the Grand Prix schedule.**

The five individuals, either male or female, earning the most points that have not earned a Walker Grand Prix award will receive a Walking Participation Award.

- Walkers will be awarded ten points per two hours worked, excluding judging, for Strider sponsored events. A maximum of 50 points are available and will apply to both Grand Prix and Participation awards..
- Walkers must judge that walkers do not run or jog a Grand Prix Walking race at least three times. (You do not have to be certified to do this judging.) At USATF judged races the race management personnel (starter, timer, certified judges, recorders, lap counters, red card runners, aid/water station operators, etc.) receive walk judging credit and participation points.
- The chief judge for each race will be awarded an additional 5 walking participation points.

RULE CHANGES FOR 2011 ARE IN BOLD PRINT