



## Points

Male and female results are calculated separately.

Points will be awarded following each event. You will get points for each race you participate in as well as points based on your finishing place.

| Participation Points  |        |
|-----------------------|--------|
| Distance              | Points |
| 5k, 4-Mile, or 5-Mile | 3      |
| 10k or 10-Mile        | 5      |
| Half-Marathon         | 7      |

| Additional Points   |        |
|---------------------|--------|
| Place               | Points |
| First Overall       | 150    |
| Second Overall      | 140    |
| Third Overall       | 130    |
| Fourth Overall      | 120    |
| Fifth Overall       | 110    |
| First in Age Group  | 100    |
| Second in Age Group | 90     |
| Third in Age Group  | 80     |
| Fourth in Age Group | 70     |
| Fifth in Age Group  | 60     |

*Age group points decrease in increments of 10. Every participant after the 10th finisher in the age group will received 10 points.*