

----> New Balance Run Alberta Cross Country Series Rules

Individual Series Rules

In order to be eligible for series prizing, men must do the 8km distance (10km at the Stewart Cup) and women must do the 5km distance (6km at Stewart Cup + 8km at Series Champs).

A runners best 4 race positions are used to figure out their score. Please note that for overall series prizing, a runner's outright result will be used regardless of age or age graded time.

There is no mandatory race, you only need to run in 4 of the 6 races to count for series prizing!

*ACAC runners will have their ACAC placing used as one of their 4 races.

**Runners may not use their placing from both race #3a and #3b to count for scoring. Only their better result will be used.

The lowest score wins.

All races are weighted equally. Your overall position in a race is the position that will be used when calculating series results.

If there is a tie in series standings, the winner will be decided as follows:

1. The runner or team with more wins out of their 4 best races.
2. The runner or team with the highest worst place finish out of their 4 best races.
3. The runner or team with the most 2nd place finishes out of their 4 best races.
4. The runner or team with the most 3rd place finishes out of their 4 best races.
5. If a tie still remains after the above 4 criteria have been applied, then the prizing will be split evenly between those runners/teams that are tied.

Final resolution on any protest for the series will be decided by the series director, Matt Norminton. His decision will be final.

Age Group Rules

There will be 3 age groups for which prizes will be awarded: Under 20 (U20), 20-34 and 35+. With the exception of the 35+, runners must complete 4 races in order to be eligible for series prizing. A runner's best 4 results will be used for final series standings. Overall series winners will be removed from age group results at the end of the series.

If a runner's age is not known, he/she will be placed into the 20-34 age group. If a 35+ age group runner's age is not known, they will be assumed to be 35. It is the **runner's responsibility** to notify Matt Norminton (mattnorminton@hotmail.com) if their age is not listed as correct.

For the 35+ age group, times will be age graded and then re-scored according to the age graded times. For the 35+ age group, runners only need to complete 3 races. A runner's best 3 results will be used for final series standings. Overall series winners will be removed from age group results at the end of the series. Please note that age graded times do not come into use for determining overall XC series prizes, they will only be used for the 35+ age group results.

Team Competition Rules

Team scores for each race will be calculated using each team's 4 best place finishers. The 4 places will be added together to determine the team's points for that race.

If 2 teams tie in an individual race, they will be scored as tied for purposes of series standings and both receive the same points for that race. The team with the next lowest points after the tied teams will receive a placing of N+2 whereby N is the position of the tied teams. For example, if 2 teams tie for 1st place in a race, the team with the next fewest points would finish in 3rd position.

If a team does not field 4 runners in a race, they will receive last place + 1 point for their 4th runner. If they are missing 2 runners, then they would receive last place + 2 points for their 2nd missing runner.

A team's series points will be determined using their 4 best team results from the 6 series races. There is no mandatory race, teams simply need to compete in 4 of the 6 races.

Lowest overall score wins.

All races will be weighted equally.

If teams are tied at the end of the series, the following will be used to break the tie:

1. The team with more wins out of their 4 best races.
2. The team with the highest worst place finish out of their 4 best races.
3. The team with the most 2nd place finishes out of their 4 best races.
4. The team with the most 3rd place finishes out of their 4 best races.
5. If a tie still remains after the above 4 criteria have been applied, then the prizes will be split evenly between those runners/teams that are tied.

Final resolution on any protest for the series will be decided by the series director, Matt Norminton. His decision will be final.