2014 – 2015 RULES OF THE PC RUNNING SERIES

The PALM COAST RUNNING SERIES is comprised of 8 selected running events throughout the season. Your completion of any of the races in the Series qualifies you for points in the Palm Coast Running Series.

To be eligible for awards in the 30 age groups, Over-all Champion, Masters, Grand-Masters and Senior Grandmasters, you must finish at least four or more of the races in the series.

You may be eligible for only ONE award, but Male and Female Over-All, Masters, Grandmasters and Senior Grandmasters will be listed in their respective age group until the winners of the above categories are determined. At that time their names will be removed from their age group standings. The remaining runners in those age groups will all move up one spot in the standings.

There are 15 age groups for males and 15 age groups for females as follows:

1-9	30-34	55-59
10-14	35-39	60-64
15-19	40-44	65-69
20-24	45-49	70-74
25-29	50-54	75+

The Masters are ages 40-49, Grandmasters are ages 50-59 and Senior Grandmasters are ages 60 and over. Points in the above categories are based on the fastest times.

If individual age groups in certain races differ from the Palm Coast Running Series age groups, we will make adjustments. Individuals pushed in strollers or wheelchairs do not score points.

Points will be posted to the age group that you qualified for in your first Palm Coast Running Series race each season. If during the season you move into another age group, your points go to the age group you started in.

EXAMPLE: If at the first race you were 29 and later in the year turned 30 your points would go to the 25-29 age group. At the race you would qualify for an award in the 30-34 age group but your points go to the 25-29 age group.

Points for each race 10 Miles and under:			Points for each race 13 Miles and over:	
1st place	10 pts		1st place	13 pts
2nd place	7 pts		2nd place	10 pts
3rd place	5 pts		3rd place	8 pts
4th place	3 pts		4th place	6 pts
5th place	1 pt		5th place	4 pts

In case of a tie at the end of the season, the following will be used: The runner who has the most head to head victories against tied competitor will be awarded the prize. If there is still a tie, the winner of the last head to head meeting will be declared the winner.