

2022 GRAND PRIX RULES

EFFECTIVE: JANUARY 1, 2022

All scoring is based on Official Race Results or, in the case of discrepancies, at the discretion of the Gulf Winds Triathletes Board of Directors, to remain consistent with the vision of the club as stated in the bylaws. Membership in Gulf Winds Triathletes must be valid on race day to be eligible for Grand Prix points from that race. Any Gulf Winds Triathletes member competing in a Grand Prix race is eligible to earn points, but to be eligible for end-of-year awards, a member must either finish at least two Grand Prix races or one GP race plus one additional 70.3 or 140.6. In the event a Grand Prix race is not sanctioned by USAT, the scoring for Grand Prix points will follow USAT age guidelines. Special recognition/awards will be based on the member's best six Grand Prix event finishes (highest points total) .

VOLUNTEERISM: In order to be eligible for annual, special recognition/awards, club members must volunteer in at least one Gulf Winds Track Club, Gulf Winds Triathletes, or other regional running /triathlon club's event or function. Here's a list of races that would qualify for your volunteer requirements:

Swamp Forest Trail Half Marathon & Quarter Marathon

Bowlegs Run for Scholarship 5K Run & 1 Mile Walk

GWTC 30K & 15K

Tallahassee Marathon, Half Marathon and Marathon Relay

Flash 12K & 6K

St. Mark's Duathlon

Springtime 10K, 5K & 1 Mile

Red Hills Triathlon

Palace Saloon 5K

Great Potluck Bash 4 Mile Prediction Run

Breakfast on the Track Mile

Miller Landing Madness 8K/5K/3K

Run/Walk for Sickle Cell Anemia 5K

Women's Distance Festival 5K & 1 Mile

Salute to Steve Prefontaine 5K Forest Run

Pine Run at Tall Timbers 20K

Rex Cleveland Magic! Mile

Tallahassee Turkey Trot 15K/10K/5K/1 Mile

GWTC Ten Mile Challenge & Five Mile Challenge

Tallahassee Ultra Distance Classic 50 Mile & 50K

Tannenbaum 6K

Examples of volunteerism would be working packet pick-up, race set up/break down, water stop, traffic control, race directing. Leading a Gulf Winds Track Club or Gulf Winds Triathletes training session is another way to meet your volunteerism requirement. If you are on a Gulf Winds Track Club or Gulf Winds Triathletes board or committee, that counts as your volunteer requirements. If you are not sure if something qualifies as a volunteer requirement, please contact the Gulf Winds Triathlete's scorekeeper. Please

email gulfwindstriathletes@gmail.com to notify our scorekeeper(s) that you have met this requirement.

OPEN POINTS: Open Points are awarded to the first seven (7) male and (7) female Tri Club members to cross the finish line in a Grand Prix event. (1st place earns 30 points, 2nd earns 20, 3rd earns 17, 4th earns 15, 5th earns 13 points, 6th earns 10 points, and 7th earns 7 points.)

AGE GROUP POINTS: Age Group Points are awarded to the first seven (7) Tri Club members in each age group. (1st place earns 20 points, 2nd earns 15, 3rd earns 12 points, 4th earns 10 points, 5th earns 8 points, 6th earns 5 points, and 7th earns 3 points.)

NOTE: It is possible to earn both Open Points and Age Group Points from a single event. Simply be one of the first seven (7) male and (7) female Tri Club members to cross the finish line and one of the top seven (7) finishers in your age group, and you'll rack up some serious Grand Prix points.

CLYDESDALE AND ATHENA: The Clydesdale and Athena competitive divisions are based on weight minimums outlined in the USA Triathlon Competitive Rules. Athletes competing in the Clydesdale division must be a minimum of 220 pounds, and athletes in the Athena division must be a minimum of 165 pounds. Athletes who meet these qualifications may elect to participate in the Grand Prix in these divisions, rather than their age group, and should register for these divisions in any Grand Prix race that offers them. If a Grand Prix race does not offer these categories, the scorekeeper will treat the race as if it did, and award points in accordance with their finishing order relative to Gulf Winds Triathletes in these Grand Prix divisions, and not according to their age group finish.

NOTE: The category each athlete plans to race in (age group, athena, or clydesdale) must be declared at the beginning of the season and made known to the scorekeeper. The athlete may participate in only one category for the season.

TARGETED RACE MULTIPLIER: Each year, the club will designate up to five Grand Prix races as “targeted” races to promote maximum participation and camaraderie. Targeted races will receive a multiplier of 1.25 to both open and age group points. We will be attempting to have training and social events scheduled around these targeted races. As an added benefit to club members, we will also be reaching out to try and secure race registration, lodging, and other race-related discounts for these races!

70.3 and 140.6 (or greater) POINTS: Club members will receive 10 Grand Prix points for up to two 70.3 triathlons and 20 Grand Prix points for up to one 140.6 mile triathlon they successfully finish. There is a limit of (2) 70.3 and (1)140.6 triathlons to receive Grand Prix points for the year. The club member should report their successful completion of the event within 30 days. These points are applied to Open as well as AG divisions.

Please email gulfwindstriathletes@gmail.com to notify our scorekeeper(s) that you have successfully completed a 70.3 or 140.6 (or greater) event.

NOTE: If you participated in a Grand Prix event but don't see any points below from that event, please check to confirm that you were in the top seven (7) of your age group from the Tri Club before reporting a discrepancy. Please report any discrepancies to

gulfwindstriathletes@gmail.com. It is not the club's responsibility to reach out to club members for completed races and volunteerism. Members must notify gulfwindstriathletes@gmail.com upon completion of a race and/or volunteering.