



Peter Glavin

2011 PETE GLAVIN UPSTATE NY CROSS COUNTRY SERIES

Dedication: The Upstate NY Cross Country Series was renamed to honor Peter Glavin, who founded and directed the Series from 1990 to 2009. Pete also founded the Genesee Valley Harriers Running Club in 1996 to promote running at the highest levels. After many adult years as an outstanding runner, a race promoter and terrific dad and husband Pete battled brain cancer for over a year until he passed away at age 47. Tributes to his memory and family are at <http://www.friendsofpeterglavin.com/Tributes.html> The Inaugural Pete Glavin Upstate NY Cross Country Series race was held on September 26, 2010 at Mendon Ponds Park, Pete's favorite place to run. We are honored to keep his memory alive by continuing this series in his name.

2011 SERIES DETAILS

Series Directors: The Genesee Valley Harriers Running Club, <http://www.gvh.net>
Mike Reif, coachmr@rochester.rr.com
Dave Bischoff, dbischof@rochester.rr.com
Darlene Saeva, dsaeva@rochester.rr.com

Series Timer: Yen Timing, Dave Yendzieski, coachyen@aol.com, work: 585-256-6184, cell: 585-298-6921
And Brian Sparacino, Brian Sparacino bsparacino@gmail.com
Series sign in by Captains to declare teams is done at: <http://www.yentiming.com/upstate>

Schedule:

Sunday	September 18	Race #1 - Greenlakes State Park 5K – Fayetteville, NY Hosted by STC
Sunday	October 9	Race #2, Beaver Island State Park 5K, Grand Island, NY Coordinated by Vicky Mitchell, (vam3@buffalo.edu)

Saturday	October 22	Race #3 and USATF National Masters 5K and USATF Niagara Masters Championships, Center Park, Perinton, NY 14450
	9:30 am	PGUNYXC Open and Community Race 5K
	10:30	Master's Women's 5K
	11:30	Master's Men's 5K
Sunday	Nov. 6	Race #4 Stonehenge Golf Course 6K – Groton, NY
	11am	Coordinated by Scott Weeks and FLRC
Sunday	Nov. 20	Championship Day, Fingerlakes CC, Canandaigua, NY
		Coordinated by Mike Reif and Dave Bischoff includes
		USATF – Niagara Association Open XC Championship
	11 am	Women's 6K
	11:45	Men's 8K

Series Entry Fee

- \$60.00 – Five Race Series PRE-ENTRY includes long-sleeved Tech Shirt (Rec'd by 9/14/10)
- \$80.00 – Five Race Series PRE-ENTRY and USATF National Masters 5K Championships
- \$15.00 – Individual Race PRE-ENTRY – does not include shirt
- \$20.00 – Individual Race DAY OF RACE ENTRY – does not include shirt
- \$20.00 – Series' Long-Sleeved Tech Shirt

Individual Age Groups - Men and Women

- Open (39 & under)
- Master (40-49)
- Veteran (50-59)
- Super Vets (60-69)
- Super Dupers (70+)

Individual Scoring

In each Series race, the top 15 finishers in each age-group will receive points on a 20-17-14-12-11-10-9-8-7-6-5-4-3-2-1 basis.

Team Divisions

Men

- Open (max of 8, top 5 score)...men of any age
- Masters (max of 8, top 5 score)...men all over 40
- Veteran (max of 8, top 5 score)...men all over 50
- Super Vet (max of 5, top 3 score)...men all over 60

Women:

- Open (max of 8, top 5 score)...women of any age
- Masters (max of 5, top 3 score)...women all over 40
- Veteran (max of 5, top 3 score)...women all over 50
- Super Vets (max of 5, top 3 score) . . women all over 60

Team Scoring

In each Series race, the Top 5 finishing teams in each division will receive points on a 6-4-3-2-1 basis.

AWARDS FOR INDIVIDUAL SERIES RACES

Awards will be presented to the individual age-group winners for each series race.

As tradition dictates, the winning team in each division in each series race will receive a case of good beer.

Individual Series-End Awards

Awards will be presented to the top finishers in each age-group based on points accumulated throughout the series. All Series runners who complete a minimum of 4 races will receive a certificate.

Top 10 Open Men

Top 10 Masters Men

Top 10 Veteran Men

Top 5 Super Vet Men

Top 3 Super Duper Vet Men

Top 10 Open Women

Top 5 Masters Women

Top 5 Veteran Women

Top 5 Super Vet Women

Top 3 Super Duper Vet Women

Note:

(1). Best 4 races count.

(2). Runners must compete on Championship Day to be eligible for an individual Series-end awards.

(3). Individual scoring is based on the athletes age on their first series race of the season.

Team Series-End Awards

Awards will be presented to the predominant scoring members of the following teams in each division:

Top 3 Open Men's Teams – 8 awards each

Top 3 Masters Men's Teams – 8 awards each

Top 3 Veterans Men's Team – 8 awards each

Top 3 Super Veterans Men's Team – 5 awards

Top 3 Open Women's Teams – 5 awards each

Top 3 Masters Women's Teams – 5 awards each

Top 3 Veteran Women's Team – 5 awards

Top 1 Super Veteran Women's Team – 3 awards

2011 Peter Glavin Upstate NY Cross Country Series Rules and Regulations

1. Team divisions contested shall be Open Men (OM) & Open Women (OW) which consist of runners of any age, Master Men (MM) and Master Women (MW) which consist of runners 40 & older, Veteran Men (VM) and Veteran Women (VW), which consist of runners 50 & older and Super Veteran Men (SVM) and Super Veteran Women (SVW) 60 & over.
2. Individual divisions contested shall be Open Men (OM) & Open Women (OW) which consist of runners of any age, Master Men (MM) and Master Women (MW) which consist of runners 40-49, Veteran Men (VM) and Veteran Women (VW), which consist of runners 50-59, Super Veteran Men (SVM) and Super Veteran Women (SVW) 60-69, Super Duper Veteran Men (SDVM) and Super Duper Veteran Women (SDVW) 70 +.
3. A runner's age for individual scoring shall be determined on first day they race and they will remain in that age group throughout the series.
4. A runner's age for team scoring shall be determined by the age he/she is on the day they are part of a team declared for a specific race. E.g Runner X may be 49 on their first race and changes age groups at

the next race. They may run on the 50-59 team or younger. Individually they will score as a 49 year old throughout the series.

5. Open Men, Open Women, Senior Men, Master Men & Veteran Men's teams may declare up to 8 runners per team. Declarations must be made on-line by 6pm the day prior to each race. Team scoring in these divisions shall be the total of the finishing positions of the top 5 finishers for each declared team. The team with the lowest total points is the winner.
6. Master Women, Veteran Women, Super Veteran Men's and Super Veteran Women's teams may declare up to 5 runners per team. Declarations must be made on-line by 6 pm the day prior to each race. Team scoring in these divisions shall be the total of the finishing positions of the top 3 finishers for each declared team. The team with the lowest total points is the winner.
7. Each team will be allowed one change (addition and/or deletion) from their on-line declared roster on race day. All changes must be submitted in writing no later than 15 minutes prior to the scheduled start time for the race. This rule may be relaxed by the race director and timers.
8. Runners of incomplete teams, teams from other divisions, team entries not declared eligible for team scoring, and unattached or individual competitors will be eliminated from team scoring. Non-scoring declared members of complete teams within each division (maximum of 8 for OM, OW, SM, MM & VM; and maximum of 5 for MW, VW, SVM and SVW) shall retain their finishing positions and thereby displace other team runners within that division.
9. Each team division will be scored independently. Runners not eligible for a team division will be eliminated from team scoring in that division.
10. If a team fails to finish with a complete scoring team, the team members finishing shall be counted as individuals in the race results and shall still be eligible to receive individual awards.
11. Ties shall be resolved by determining which team's last scoring member (normally 5th runner in OM, OW, MM and VM divisions; and the 3rd runner in MW, VW, SVM and SVW divisions) finished nearer to first place.
12. Runners may not switch Club teams during the series except to move to another division for the same club team. A runner may drop from a club team and run unattached for the remainder of the series
13. A runner may compete in only one Series' team division on any given race day.
14. The Top 15 finishers in each division will receive individual Series' points on a 20-17-14-12-11-10-9-8-7-6-5-4-3-2-1 basis for each series race.
15. The Top 5 teams in each division in each race will receive team Series' points on a 6-4-3-2-1 basis.
16. Final point totals will be based on a runner's best four (4) races. You must compete on Championship Day to be eligible for Individual Series-End awards. Ties will be broken by head-to-head finish comparisons and then the number of races finished.
17. Individual awards will be presented to the age-group winners only for each individual Series' race. As tradition dictates, the winning team in each division will receive a case of good beer for each individual Series' race or other similar award for the members.
18. A runner may compete for a Club on Championship Day only if that runner has competed in at least one of the first 4 Series' races as part of that Club.
19. Decisions of the Series' Directors are final and without appeal.