



## NIAGARA

### **2017 RUNNER OF THE YEAR SERIES**

May 7 <sup>th</sup>	Mountain Goat 10 Mile	Syracuse, NY
May 21 <sup>st</sup>	Lilac 10km	Rochester, NY
June 9 <sup>th</sup>	McMullen Mile	Rochester, NY
June 24 <sup>th</sup>	USATF Niagara Outdoor T&F Championships Last Man Standing Open Men 2 Mile Open Women & All Masters	Penfield, NY
August 12 <sup>th</sup>	Bergen Road Race 5km	Bergen, NY
October 15 <sup>th</sup>	Ridge Run 25km Trail Race	Wellsville, NY
October 29 <sup>th</sup>	USATF Niagara XC Championships/Pete Glavin Series Open Men 8km, All Masters & Open Women 6km	Rochester, NY
December 30 <sup>th</sup>	USATF Niagara Indoor T&F Championships 5000meters	Rochester, NY

#### **Eligibility:**

Must be a 2017 USATF Niagara Member to be eligible to score in the USATF Niagara Series and to be eligible for awards.

#### **Awards:**

Open Men	1 <sup>st</sup> \$500, 2 <sup>nd</sup> \$200
Open Women	1 <sup>st</sup> \$500 2 <sup>nd</sup> \$200
Master Men (40+)	1 <sup>st</sup> \$100
Master Women (40+)	1 <sup>st</sup> \$100

#### **Scoring:**

Score best 5 Races.

Must run a minimum of 4 races to be eligible for Awards.

Ties will be broken by head to head comparison.

Open Divisions will receive points based on places from each race.

Masters Divisions will receive points based on age graded result places.

Scoring: 1<sup>st</sup> 20 points, 2<sup>nd</sup> 17 pts., 3<sup>rd</sup> 15 pts., 4<sup>th</sup> 12 pts., 5<sup>th</sup> 10 pts., 6<sup>th</sup> 8 pts., 7<sup>th</sup> 6 pts., 8<sup>th</sup> 4 pts., 9<sup>th</sup> 2 pts., 10<sup>th</sup> 1 pt.