

PA XC Champs 11/16/2014 PA LDR Committee Meeting Agenda

Meeting to be held at the picnic tables at the east end of Lindsay Meadow, Golden Gate Park at 12:00.

Discussion of 2015 PA Road GP Bids

Date	Race	Prize \$\$\$	Points	Notes	Status
3/7/2015	NorCal 10	\$4350	1.5		approved
3/22/2015	Excelsior 5K (name TBD)	\$2900	1	new course	bid received
4/12/2015	SacTown 10 Mile	\$2900	1		approved
4/26/2015	Across the Bay 12K (or 15K)	\$2900	1	new owner	bid coming
4/26/2015	Bay City Classic 12K	\$2900	1	new bidder	bid received
5/10/2015	Pacific TherX 5K	\$2900	1	new name	bid received
5/25/2015	Marin Memorial Day 10K	\$2900	1		bid received
7/4/2015	Morgan Hill Freedom Fest 5K	\$2900	1	new bidder	bid received
7/12/2015	Marin Miracle Mile	\$2900	1		bid received
10/18/2015	Humboldt Redwoods H Mar.	\$2900	1		bid received
11/8/2015	Clarksburg H Mar.	\$2900	1		bid coming
12/6/2015	CIM	\$2900	2	all age groups	approved
12/13/2015	Xmas Relays	\$2900	1		approved

Notes on Morgan Hill 5K: on-going from 1998, same RD since 2002, very organized, long time runner

Soul Focus Sports: <http://www.soulfocussports.com/about/>

MUT

Redesigned Duration Races

Overview: Keep 24 hour races and eliminate all other duration races. Replace minimum distance requirements with scoring as follows:

All runners will be ranked according to the distance covered in the race. All runners completing a distance of at least 100K will be credited with a score equal to the placement points multiplied by a distance factor of 2.0. In addition, runners completing 100M or more will be credited with a score equal to the placement points multiplied by a distance factor of 3.3.

At most one of these two scores may be included in the runner's total Grand Prix score. In other words, the race can count as a 100K or 100M but not both. Those running less than 100K will not be scored.

Following is an example of individual scoring. Runner A and Runner B use the 24-hour score with the 3.3 distance factor in their total GP score. Runner C, on the other hand, uses the 24-hour score with the 2.0 factor, because Runner C scored more than 79.2 points at another race with a 3.3 distance factor.

Points scored at PCTR 24 hour (100M+)
Distance Factor = 3.3

40-49

- 1. 132 Runner A 121 miles
- 2. 102.3 Runner B 117 miles
- 3. 79.2 Runner C 101 miles

Points scored at PCTR 24 hour (100k+)
Distance Factor = 2.0

40-49

- 1. 80 Runner A 121 miles
- 2. 62 Runner B 117 miles
- 3. 48 Runner C 101 miles
- 4. 38 Runner D 89 miles
- 5. 32 Runner E 72 miles
- 6. 24 Runner F 62 miles

Points scored at RDL 100M
Distance Factor = 3.3
40-49

1. 132 Runner C 22:00:00
2. 102.3 Runner A 23:00:00

Women 40-49

	PCTR24 100k+	PCTR24 100M+	RDL 100M
1. Runner A	(80)	132	(102.3)
2. Runner B	(62)	102.3	
3. Runner C	48	(79.2)	132
4. Runner D	38		
5. Runner E	32		
6. Runner F	24		

Team scoring will be similar to individual scoring.

Also revise the rule for the number of races to be used for different distances as specified in the wording for Rule 3.

Wording Changes to Ultra GP Rules: (New wording is highlighted in red)

Rule 3: Replace: "Only five of these may ultimately be in races longer than 50 K. Moreover, if an athlete scores in more than one 100-mile race in the Grand Prix, only the higher of his scores will ultimately be used."

with: "ultimately, no more than five of these may be in races longer than 50K, no more than 3 may be in races of 100K or longer, and no more than 1 may be in a race of 100M or longer."

The effect of this will be that you can score three 100K"s if you don"t score in a 100M. The limits can be summarized as:

At most one race of 100M or longer.

At most three races of 100K or longer.

At most five races longer than 50K.

This will allow individuals and teams that don"t score a 100 miler to use three 100K"s. In many years, this is the case with the women"s division and "older" runners.

Also replace:

"Teams will compete on the same basis as individuals: they will be scored for every race in which they qualify for points, but in the end only their seven (10 for 2000-01) highest scores will count towards their Grand Prix total. Only five (5) of these scores may be in events longer than 50 K."

with:

"Teams will compete on the same basis as individuals, including the same limitations on the number of races scored for the specified distances."

Rule 4: Replace "For duration ultras, the multipliers shall be 2.0 for 12-hour runs (same as 100K) and 3.3 for 24-hour runs (same as 100M)"

with: "For duration races, see Rule 7"

Rule 7: Replace Rule 7 with the following:

"7. DURATION RACES

Only 24 hour duration races will be included in the Ultra Grand Prix.

Individual scoring for a 24 hour race:

All runners participating in a 24 hour race will be ranked according to the distance covered in the race. All runners completing a distance of at least 100K will be credited with a score equal to the placement points multiplied by a distance factor of 2.0. In addition, runners completing 100M or more will be credited with a score equal to the placement points

multiplied by a distance factor of 3.3. At most one of these two scores may be included in the runner's total Grand Prix score. In other words, the race can count as a 100K or 100M but not both.

Team scoring for a 24 hour race:

Team scoring is similar to individual scoring. Teams are ranked according to the total distance covered by the top three members in each division. If all three scoring members cover a distance of 100K or more, the team will be credited with placement points multiplied by a distance factor of 2.0. In addition, division teams with all three members completing 100M or more will be credited with placement points multiplied by a distance factor of 3.3. Within each division, at most one of these two scores may be included in the team's total Grand Prix score for that division. In other words, the race can count as a 100K or 100M but not both."

Wording Changes to LDR Guide:

Rule 4.6: Remove the Note in 4.6(a): 'Note: Both clubs for which the athlete is competing must have mutually exclusive programs in respect to head-to-head competition. For example, Club A competes in road running only. Club B competes in road running and MUT running. Member of Club A cannot join Club B for only MUT running, but must join Club B for road running also.'

Also remove the phrase 'and has no intention of doing so'

Rule 4.6(a) would then read: **(a) The club for which the athlete is competing does not in the current season field a team or teams in the MUT Grand Prix.**

No other changes to Rule 4.6.

CROSS COUNTRY

19.0 STEPPING DOWN FOR TEAM SCORING

19.1	An athlete of an older age group may compete for a younger team in a Grand Prix championship event. This process, known as stepping down, applies only to team competition and will not affect an athlete's ability to score in individual competition. In situations where there are separate races for the athlete's proper age division and the younger age division, the athlete should race in the proper age division, but this shall not prevent her or him from scoring in the younger team competition. Prior notification for stepping down is not required.
19.2	Athletes may step down for the entire Grand Prix season or a single event.
19.3	Athletes may only score on one team in any Grand Prix event. An athlete of an older age group may compete for his or her own age group or a younger age group at an event, but may not score for more than one age group team at the event.

At the 9/7/2014 committee meeting it was approved that the meaning of PA Rule 19.3 should be changed to indicate that each individual race/heat should be considered a separate event.

LDR BANQUET: Reached out to River City Rebels again.

NEW BUSINESS

Protests/Appeals: Impala RT are protesting Jenny Hitching scoring for SRA's Open Women's team. She was not wearing team singlet.

Other New Business

Proposed dates for 2015 LDR Meetings