



CMRC Championship Race Series - Rules & Regulations (2016)

I. Requirements for Eligible Athletes

- A. Athletes may reside anywhere where in the world.
- B. Athletes must be a current registered member of the **Creating Momentum Running Club (CMRC)** to score in any CMRC series and to be eligible for prizes. This is a Perk of CMRC Membership
- C. You must Register here: <http://www.creatingmomentumcoaching.com/creating-momentum-running-club.html>
- D. **7-Day Grace Period.** Athletes can score any races run in the 7-days preceding the date of athlete's registration into the CMRC.
- E. To become eligible for prizes a CMRC participants must submit race results for **at least 3 races** in each of series they are competing in. If you do not run at least 3 races, you are not eligible to win an award.

II. Requirement for Eligible Events

- A. Any Running event worldwide is eligible, as long as **official race results for all participants are published** online.
- B. Road, Trail, or Track events are eligible as long as they are **1M or greater in distance**.
- C. Race rules, as set by Race Directors of each event must be adhered to, which may or may not include any IAAF or USATF Rules of Competition. Follow the rules of your race.

III. Scoring and Awards

- A. Athletes can race any number of events, but all races must have online results for CMRC scorekeeper review.
- B. Best scores in each race category count.
- C. Scores will be calculated at the time online race results are reviewed by CMRC scorekeeper.
 1. If official race results change (sometimes race results are officially corrected by race management), then score changes will be accepted to reflect any official online result changes brought to the attention of the CMRC scorekeeper by **anyone** throughout the competition and up to seven (7) days after of the posting of the final standings. Request for score changes should be sent here: Shanmcginn@gmail.com
- D. All races will be worth a maximum of **1000 points**, **UNLESS** the race becomes a "partner" of CMRC and offers a CMRC discount. CMRC Partner Races will have a maximum points value of **1200 points**.
- E. All races will have a **300 points floor**, therefore finishing a race in last place will earn athletes 300 points, **UNLESS** the race becomes a partner of CMRC and offers a CMRC discount. CMRC Partner Races will have a minimum points value of **400 points**.
- F. Score is based upon placement not race time. **Cherry-Picking races is allowed and encouraged. Strategize.** Study past race results and pick races where you can score the most points. Each runner will be allocated points based upon where they place amongst their gender.
- G. Available points, which are all those points between the maximum points **ceiling** (either 1200 or 1000 pts) and minimum points **floor** (300 or 400 pts) will be divided evenly amongst all participants of each gender and added to the floor for total score. Scores will be rounded up to whole numbers, making it possible for more than one runner in a large race to earn the same points.
- H. A CMRC calculator has been developed specifically for official scoring. **No other calculations will be accepted.**
- I. Scoring shall be done separately and equally for men and women.
- J. **Age Divisions** will be designated as follows: 0-29, 30-39, 40-49, 50-59, 60-69, and 70+. The Overall scorer in each gender will be recognized as the Winner of each CMRC Championship Race Series regardless of his and her age



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division. The overall male and female winners **shall be removed** from their age division at the end of the competitive season. The top scorer in each age division will be recognized as the winner of their respective age division.

- K. To be eligible for prizes, runners must be CMRC Club Members and have submitted results for **at least 3 events** in the series they are competing in. **If you run only 2 events in a single series you are not eligible for prizes in that series.**
- L. **2016 Prizes:** Overall Winners from each series will be awarded (1) a Custom "Creating Momentum" Allied Medal Hanger AND (1) Free Registration for the 2017 CMRC. In the event that the same person wins both race series, only one (1) Free CMRC Registration will be awarded to Overall Winners. Age Group Winners (1st place only) will be awarded \$20 gift certificates to Running Warehouse.
- M. **Tie-Breaker**
 1. In the event that a tie breaker is needed, starting with the top three best scores on scorecard, scores will be added and compared to determine winner.
 2. If top three scores still result in a tie, then top four, top five, etc... will be compared until a winner is identified.
 3. If scorecards results are not able to identify a winner, then from all scored races, the race with the highest number of gender participants will be identified, and the runner who earned the most points in the largest event will be declared the winner.
 4. If both runners earned identical scores (i.e two runner with perfect scores), then runner who competed in the largest event will be declared the winner.

IV. Submitting Results

- A. Only CMRC members are eligible to participate in the race series. **This is a Perk of CMRC Membership**
- B. You must Register here: <http://www.creatingmomentumcoaching.com/creating-momentum-running-club.html>
- C. **7-Day Grace Period.** Athletes can score any races run in the 7-days preceding the date of athlete's registration into the CMRC.
- D. To submit results for scoring, athletes must submit the following information through the official submission form for any race during the competition **within seven (7) days** of the closing date of the competition which is 12/31/16:
 - a) Athletes full name
 - b) Email address
 - c) Preferred Name to use on Leader board (not everyone wants their real name published online) .
 - d) Age (on December 31 of year of competition)
 - e) Your "Home" Region (select from drop down menu)
 - f) Race name
 - g) Select CMRC Partner races from drop down menu to ensure getting maximum points.
 - h) Race date
 - i) Link to online race results
 - j) Overall Placement in race
 - k) Gender Placement
 - l) Total number of runners in gender
- E. **All submission must be made through this form:** <http://www.creatingmomentumcoaching.com/cmrc-race-series-standings.html>



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V. Two Championship Race Series

- A. CMRC Members can compete in both race series.
- B. Both Race Series will **start 3/1/16 and end on 12/31/16**
- C. Only races run from the date of athlete's CMRC Registration will be eligible for scoring.
- D. Standings will be updated periodically throughout competition and announced in the CMRC Facebook Group.
- E. Final Standings will be posted in early January (after all online race results have been published and reviewed).
- F. Award winners will be announced by the end of January 2017
- G. 2016 Awards will be sent to Overall Male and Female Winners and to 1st Place in each age group in each series.
- H. There will be (2) two separate and distinct CMRC Race Series available to CMRC members:
 - 1. CMRC Long Distance Championship Race Series
 - 2. CMRC Ultra Championship Race Series.

VI. CMRC Long Distance Championship Race Series includes 1 Mile through Marathon Race Distances

- A. Highest scores for ten (10) total races in the following four (4) categories will be added together for total score:
 - 1. Three (3) x 5km and under (shortest race distance that can score is the 1 Mile event)
 - 2. Three (3) x over 5km through 10km, (e.g. 8km, 5M)
 - 3. Two (2) x over 10km race through Half Marathon (e.g. 15km, 20km)
 - 4. Two (2) x Over Half through Marathon (e.g. 18M races, 20M)
- B. **At least three (3) scored races** from any category must be submitted to be eligible for awards.
- C. Scorecard do not need to be filled to compete.
- D. Highest combined points determine winners.

VII. CMRC Ultra Champion Race Series includes 50k - "Over 24 hours/Over 100 Miles" events

- A. Highest score for the following eight (8) categories will be added together for total score:
 - 1. One (1) x 50km through sub-40M (e.g. NYC 60km, shortest eligible race distance is 50km.)
 - 2. One (1) x 6 hour (Races must be billed and scored as a 6-hour event, must complete Over 26.2 mile to score)
 - 3. One (1) 40M through sub-50M (e.g. Naked Bavarian or Strolling Jim which are just over 40 miles)
 - 4. One (1) 50M through sub-100km (e.g. Comrades)
 - 5. One (1) 100km through - sub-100M (e.g. Laurel Highland 70.5 Mile)
 - 6. One (1) 100M (any race billed as 100M despite distance being not exact, e.g. Javelina 100.9M)
 - 7. One (1) 24 Hour (Race must be billed and scored as a 24 hour timed event)
 - 8. One (1) "Over 24 Hour/Over 100M" event (any event that is billed as being over 24 hours in time duration or over 100 miles in length, i.e. 48 hour races, 6 days races, Brazil 135M, Vol State, etc.)
- B. If Timed Events (6 hour, 24 hour etc.) also provide official finishes and published race results for specific distances (i.e. 50k, Marathon, 50M) those results can be scored. There must be official results published for the race distances you wish to score).
- C. **At least three (3) races** must be scored to be eligible for awards.
- D. Scorecard do not need to be filled to compete.
- E. Highest combined scores determine winners.



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VIII. Procedures, Protest, Appeals and Request for Rule Changes

- A. All matters of interpretation of CMRC rules shall be submitted to the CMRC President for final decision.
- B. Requests for result corrections must be submitted by email to Shanmcginn@gmail.com within seven (7) days of the posting of the CMRC Final Series Standings.
- C. Rule change proposals are required to be submitted in writing to Shanmcginn@gmail.com by November 30th of the preceding year to be considered for adoption for the next CMRC Championship series. A rule change proposal will be reviewed by the CMRC President. Decision to change rules will be made solely by CMRC President.