



2026 USATF-NJ Individual Grand Prix

Individual Grand Prix Rules & Regulations

I. Requirements for Athletes

A. The athlete must be a current member of the New Jersey Association of USATF in order to score in any Grand Prix event. Athletes that live outside the geographical boundary of the New Jersey association are allowed to join New Jersey with written approval from the association in their geographical area. Individuals may belong to multiple associations. However, athletes may compete in only one association. Non-U.S. athletes who are in the United States on a sports or other visitor's type visa are not eligible to compete in the Grand Prix. The athlete must be a bona fide resident in accordance with the bylaws of USATF.

B. In order to score Grand Prix points in any Grand Prix event, the athlete must enter his/her current, valid USATF number in the space provided on the event's entry form. Substitute numbers or phrases such as "yes" or "have it but left it home" may cause the athlete's performance to be excluded in the Grand Prix scoring.

II. Requirements for Grand Prix Events

A. All long distance running events held within the state of New Jersey are eligible, including road and cross country. Trail events are excluded.

B. The event must be sanctioned by USATF-NJ, including signing of the USATF Trademark sublicense agreement.

C. The course must be certified by the Road Running Technical Council of USATF prior to the running of the event. Under special circumstances, the course certification requirement may be waived or altered by the LDR committee.

D. The event organizers must include the following required items on the official race entry form:

1. The appropriate Grand Prix Insignias in the required size as indicated by USATF-NJ. The size may not be reduced.

2. The point value of the race must be shown within the USATF-NJ Insignia. If an event offers multiple races, the point values for each event must be made clear. Identifying the distance Category is encouraged.



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3. A clearly positioned and indicated line for "[current year] USATF-NJ #" (with optional line "Required for Grand Prix scoring") printed below it. This line must be long enough to allow registrants to fill in a ten-digit number.

4. A line for "Date of Birth" in addition to "Age on Day of Race."

5. A pre-entry deadline that is no more than 10 days before the event date.

E. The LDR Grand Prix Agreement must be submitted no later than 60 days prior to the event to the USATF-NJ with the appropriate fee.

F. Copies of all press releases, media coverage, and all printed materials must be submitted to the USATF-NJ office.

G. Complete results must be submitted to the grand prix scoring company within one week after the event. These must include a listing of all finishers by place, including times and a clear system for identifying which participants were current USATF-NJ member athletes. Events employing the services of either CompuScore, Elite, BEST, or Lin-Mark computer scoring companies are assumed to be responsible for submitting results directly to the grand prix scoring firm, as these companies are automatic participants in the Grand Prix scoring system. However, Race Directors are ultimately responsible to see that their results are submitted by the firms hired to do scoring.

H. Grand Prix events must offer pre-entry discounts to USATF-NJ members. Provide minimum \$3 pre-entry discount for race entry fees of \$49 or less. Provide a minimum \$5 pre-entry discount for race entry fees \$50 or greater. Pre-entry discount to be offered until the event pre-entry deadline for mail in and online electronic entry

III. Grand Prix Scoring

- A. The "point value" of any Grand Prix event indicates the number of points awarded to the first finisher of each gender. The point value awarded to the last finisher is indicated in parentheses.
1. 500 (100) point races are Grand Prix non-championship events that offer pre-entry discounts to USATF-NJ members.
 2. 700 (200) point races are typically USATF-NJ LDR Championship events. Championship events offer pre-entry discounts to USATF-NJ members.
 3. All USATF-NJ Cross Country Championships will have a point value of 700 (300)
 4. USATF-NJ may designate a point value of 800 (200) points for a Championship race.



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5. USATF-NJ may designate Wild Card Status to an event. Wild Card point values are 700(200)/500(100). **In 2026 all Category III events are designated wildcard events.**
 6. USATF-NJ Track and Field 5k and 10k Open and Masters Championship races will have a point value of 500(100).
- B. The point value of an event indicates the number of points that will be awarded to the first male and female finisher in the event. Points shall then be awarded to all finishers in a race regardless of membership in USATF-NJ on a descending scale down to the minimum point value for that event, separately for men and women, which shall be proportionate to the number of finishers in the event.
1. In races which feature separate International Elite and/or American Elite divisions, the runners from those divisions, with the exception of USATF-NJ members, shall be removed for the purpose of determining points. Only those finishers who are members of USATF-NJ and in the appropriate age groups will be tallied for purposes of scoring in the grand prix.
 2. In races which are contested in heats that separate athletes into divisions. (Events like the Road Mile) The results of all the division heats shall be combined and organized by time to determine order of finish and points awarded as outlined above.
- C. Grand Prix participants may compete in an unlimited number of Grand Prix events during the year. Final Grand Prix scoring for the year is determined by nine events in which the participant has scored his/her highest point values. These six events are limited as follows:
1. A maximum of three from Category I (1 mile to **5km**) In Category I, a maximum of one event at distances less than 5km may count toward the final Category I total.
 2. A maximum of three from Category II (**4 miles** up to but not including 12km)
 3. A maximum of three from Category III (*12km and above*)
 4. Within each of the categories, a maximum of two 700 point events will be scored. The athlete's two highest point values for 700 point events will count toward the year end total. Wild Card events of 700(200)/500(100) will be scored as a 500 point event in instances where the Wild card event is not one of the athlete's top two 700 point events. The athlete's highest point score for a 500 event which can be either a LDR designated 500(100) point scored event or a Wild Card event scored using the 500(100) point Grand Prix scoring.



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5. In order to have his/her points counted in the end-of-the-year scoring, the athlete must have competed in a minimum of three Grand Prix events.

6. Where an event features a simultaneous start for more than one race, an athlete may be scored in only one race.

7. Athletes competing in USATF-NJ Championship events for awards, medals, or prize money are required to abide by the current USATF Competition rules without exception.

D. Grand Prix scoring shall be done separately and equally for men and women and all runners will be listed in the overall scoring. However, Age Divisions will be from 16 to 39 for females and males in accordance with national rules regarding the conduct of LDR events. The Master's (40+) age divisions continue with 40 to 44, and on up through 95 to 99 in five year age divisions. The top three Overall scorers will be recognized for being the winner of the grand prix regardless of his and her age division. The top three overall male and female winners shall be removed from their age division at the end of the competitive season. The top three scorers in each age division will be recognized for being the winner of their respective grand prix age division.

To be eligible for prize money an athlete's final end of year scoring total must include a minimum of six grand prix races with at least one grand prix event in each of the three categories for a total of six scored events. Athletes in age group divisions 80 years and above are not required to have completed a race in the category 3 division and the final end of year scoring total must score in a minimum of six total Grand Prix Races. If an athlete fails to complete the prize money requirements, their place remains the same and no athlete moves up.

E. Grand Prix scoring for any given event is subject to USATF Rules of Competition, including the appropriate rules for pacing, course cutting, and disqualification.

F. Athletes age groups during a calendar year:

1. An athlete's age on December 31st of the calendar year will determine his/her Grand Prix age group for that entire year.

2. The above policy applies only to Grand Prix scoring, not to events and team Masters Championship placing in any race. Masters place in their age division according to their age on race day.



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G. Grand Prix scoring ties: All Grand Prix scoring ties shall stand as they are except for the year end first place Overall, first place for both men and women in all age group divisions. For these positions, ties shall be broken as follows:

1. The three best USATF-NJ LDR Championship placings (or as many as necessary) shall be compared until the tie is broken.
2. Only the championship placings of the division in question will be compared. For example if breaking a tie for number one Open woman, only Open women's championships will be used.

IV. Procedures, Protest, Appeals

1. All matters of interpretation of Grand Prix rules shall be submitted in writing or via email to the LDR Division Chair: ldrdivision@newjersey.usatf.org. The LDR committee for will review and issue a decision.

2. Protests must be filed in writing or via email to the LDR Division Chair: ldrdivision@newjersey.usatf.org within thirty (30) days of the posting of the Grand Prix series standings on the USATF-NJ web-site. The Grand Prix Appeals Committee shall consist of the three LDR Chairs and three LDR Vice-Chairs with the LDR Division Chair serving as tie-breaker, if necessary.

3. Appeals of year-end final Grand Prix standings must be filed in writing to the LDR Division Chair or via email to ldrdivision@newjersey.usatf.org within five (5) days of the posting of the Grand Prix series final results on the USATF-NJ web-site.

4. The LDR Committee shall establish the prize money subject to approval of the USATF NJ Trustees

Mini-Series Category I, II and III.

Mini-Series Category I II & III (One, Two and Three). While still scoring in the USATF-NJ Individual Grand Prix, runners can also score in the Mini-Series using the USATF-NJ GP scoring system:

Mini Category I (One): 1 mile to **5KM** - score a total of nine races, with a maximum of three 700 point event scores and a minimum of seven races total. A maximum of one event at distances less than 5km may count toward the Category One Mini Series total.



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Mini Category II (Two): Four miles up to but not including 12km - score a total of seven races, with a maximum of three 700 point event scores and a minimum of five races total.

Mini Category III (Three): 12km and above - score a total of five, with a maximum of three 700 point event scores and a minimum of four races total.

1. In All Mini-Series, age divisions will be the same as in the Overall USATF-NJ Grand Prix. At season's end, only those who have completed seven races for Category I (One), and five races for Category II (Two) and four Category III (Three) will be listed and ranked.
2. The top three male and female overall and age group winners from the USATF-NJ Individual Grand Prix shall be removed from their age division in the Mini's at the end of the competitive season.

2026 Edition of Cross Country Series. Score a total of five races, with a maximum of two Cross Country Grand Prix championship scores and a minimum of three races total. Non Championship Cross Country races shall have a point value of 500(100). The Cross Country races are not required to be Grand Prix participating races. The events must be USATF-NJ Sanctioned and will have the USATF-NJ Cross Country logo on their race application.