



POINT SCORE COMPETITION

A point score competition will be held across the 7-meet series to determine age champions at the conclusion of the series.

Prizes will be awarded to age champions once final points are calculated following Race 7.

JUNIOR AGE GROUPS

AGE GROUP	DISTANCE	AGES / YEAR BORN
Under 8	1000 M	Born in 2011 or after (Max. age 7 this year)
Under 10	1000 M	Born in 2009 or after (Max. age 9 this year)
Under 12	2000 M	Born in 2007 or after (Max. age 11 this year)
Under 14	3000 M	Born in 2005 or after (Max. age 13 this year)
Under 16	4000 M	Born in 2003 or after (Max. age 15 this year)

NOTE – Age is calculated by year born.

E.g. If a child is turning 12 this year, they will be in the *Under 14* age group.

Points will be allocated to male and female runners in each age group for their allocated distance at each race day in the series:

1 st	30 pts
2 nd	25 pts
3 rd	22 pts
4 th	20 pts
5 th	19 pts
6 th	18 pts

...

21st 3 pts

22nd + 2 pts

(points decreasing by 1 point down to a minimum of 2 points for every runner)

OPEN AGE GROUPS

For runners aged 16 and above (born in 2002 or before) points will be allocated in an "Open" male and female age group.

Only the three longest distances on each race day in the series will attract points in the Open age group within separate **Short Distance**, **Medium Distance** and **Long Distance** points categories.

E.g. If the longest three distances offered on a race day are 8000m (Long Distance), 6000m (Medium Distance) and 5000m (Short Distance), the points will only be allocated to athletes in these races only.

1st 30 pts

2nd 25 pts

3rd 22 pts

4th 20 pts

5th 19 pts

6th 18 pts

...

21st 3 pts

22nd + 2 pts

(points decreasing by 1 point down to a minimum of 2 points for every runner)