



2023 NIAGARA MASTERS MINI

GRAND PRIX SERIES

In the summer of 2023 a four race series to **increase masters participation** within the Niagara Association will be conducted. Prize monies have been made available by the generosity of the individual races and by a grant from USATF's Growth to Impact funds.

Points will be awarded on an **age-graded basis** with competitors times for the four-mile and 5K races earning points when compared with the current world records for their age-group as of July 1, 2023.

Each race's top 10 individuals, according to the age-graded results, will be awarded from 10 to one point for the first three races in the series. The final race of the series, The Hector Harvest 5K will score the top 15 runners (15 points to 1 point).

The male/female **top five overall places** at the end of the series will win cash awards of \$400-300-250-150-150 for both male and female divisions. Competitors completing **three of the four** races in the series will earn a long-sleeve series t-shirt.

For individual race details and entry information contact the individual competitions or visit the USATF Niagara website (www.niagara.usatf.org) for race links. 7/29/23 **Empire 4 Mile Challenge** – Cortland, 8/5/23; **Cayuga Waterfront 4 Mile** – Cayuga, NY; 9/4/23 **25th Groton Labor Day 5k** – Groton; 9/17/23 **Hector Harvest 5K** – Hector, NY.

Frequently asked questions (FAQ's)

1. **Do I have to be a USATF Niagara member?** A. Yes, you do. And you must be a member before the start of the Grand Prix series. If you sign-up after the first or second race with USATF those results will not count. Contact the Membership Chair Jim Glinsky at membership@usatf.niagara.org for details.
2. **What if I change ages in the middle of the series?** A. It does not matter. Your scores for each race are for your age at that race, and by the World Record of a 5k or 4 mile for your age on the day of that race.
3. **How does age-grading work?** A. Age-grading is done on a 100-point scale. The World Record for a particular age is rated at 100 points. We are using USATF Masters charts for age grading (<https://usatfmasters.org/age-grading/>). Your times for the 5k or 4 mile is rated against the 100-point/World Record standard. Your "score" is a percentage of the World Record. The closer your time to the World Record, the higher your score. There are tables for both men and women.
4. **Do you have to participate in all the races?** A. No, but doing so would increase your chances of winning a prize.
5. **Where does the prize money come from?** A. One thousand dollars (\$1000) of the prize money comes from the National Office's Growth to Impact funds. Each race has pledged a \$500 donation (4 races x \$500 = \$2000). The top five male/female prize structure of \$400-\$300-\$200-\$150-\$150 totals \$2400 with \$600 reserved for the three-race t-shirts and administrative expenses (mailing, postage, etc.).
6. **It seems all the races are on the eastern side of the Niagara Association. What about the western side?** A. That is a correct observation. If this series is a success plans call for initiating a 2024 Mini Masters Grand Prix with three or four races on the west side of the Association.
7. **Where can I get race results and Grand Prix standings?** A. The USATF Niagara website will post current standings about one week following each race.
8. **What if a race in the series is canceled?** A. In the unlikely event a race needs to be canceled due to weather, smoke pollution or some other unforeseen circumstance results will be determined from the contested three events.

9. **What if the final tally produces a tie?** A. Ties will be broken in the following order: who participated in the most Grand Prix races? If a tie remains, who achieved the highest one race point score. If a tie remains, who achieved the two highest point scores. If a tie remains the prize money will be split evenly between the athletes.
10. **How can I find out information on the individual races?** A. Google the individual races or check the links on the USATF Niagara website.