**Fitness World Grand Prix**

**Divisions will be for Youth (12 and under), Teen (13 to 19), Open, Masters (40 and over), Grand Masters (50 and over), Senior Masters (60 and over) and Veteran Masters (70 and over) for male and female.**

**Race distances from 1 mile and above are permitted.**

**Races must be accurately recorded by timing company.**

**Complete results must be submitted within two weeks after the race date.**

**A Runner must score in at least Five races to win an award.**

**Double Points will be awarded at the Race for Taylor, and the Darlington Marathon**

**Ten Bonus Points will be awarded for anyone running in more than 30 races.**

**Awards, Trophies, and plaques will be given to top 6 runners in all male and female divisions.**

**FWRC Scoring System**

**Completing a Race**

**3 points 5k race -- 5 points 10k race or Mud Run -- 7 points Half Marathon -- 9 points Marathon.**

**10 points Ultra Marathon/Relay(200 miles) or Triathlon**

**Winning in your age group**

**3 points first -- 2 points for second -- 1 point for third place**

**Overall Winner in race**

**5 points for 1st place overall -- 3 points for 2nd place overall**

**5 points for winning a Master's Division**

**5 points for getting your photo in the Paper, TV**

**3 points for a PR**