



# SE Track Championship Rules: 2023

## Overview

The Senior Endurance Track Championship consists of a series of 3 races at which points are scored according to finishing positions and age-graded scores. There are separate female and male championships.

## Eligibility

Only fully paid-up first-claim members [on LoveAdmin] at the time of starting each race are eligible for points.

For point-scoring purposes, athletes must be a minimum of 17 years of age on the date of the race.

To qualify for points in each race, athletes must wear an official MAC vest or training top. Points are not awarded if an athlete fails to finish a race.

## Season Duration

The season runs from 1<sup>st</sup> July to 30<sup>th</sup> September (inclusive).

## Points

At each race the male and female members will score points for two measurements - finishing position and age-graded score. The athletes with the highest finishing position will be awarded 6 points; the second highest 5 points; and so on, down to 1 point for those finishing fifth and over. The athlete with the highest age-graded score will be awarded 6 points; the second highest 5 points; and so on, down to 1 point for those with the fifth highest and lower. These two scores will then be combined as the athlete's score for that race.

## Championship Races

The championship races will be organised by the club and detailed on the club website: <https://motherwellac.com/championships/trackchampionship2023/>

# Results

Points are compiled from the race results. Point tables are displayed on the MAC website:  
<https://motherwellac.com/championships/trackchampionship2023/>

# Prizes

The overall SE Track Championship winners will be the male and female with the most points accumulated throughout the season.

In the event of a points draw for first place at the end of the season, the winner is decided by which of the relevant runners achieves the highest finishing position in any of the races.

At the Annual Prize Giving, the following prizes will be awarded:

- Track Championship Winner (Female) (plus 2<sup>nd</sup> and 3<sup>rd</sup>)
- Track Championship Winner (Male) (plus 2<sup>nd</sup> and 3<sup>rd</sup>)

# Communications

The club website remains the official method of communicating on all aspects of the Track Championship. All official communications - especially results and championship tables - are set out on the club website.