



POINT SCORE COMPETITION

A point score competition will be held across the 8-meet series to determine age champions at the conclusion of the series. Athletes must be registered with a QA Club to be awarded points for the Series.

Medals will be awarded to the following male and female age champions once final points are calculated following Race 8. You must have attended at least 50% in order to be eligible.

AGE GROUP	DISTANCE	AGES / YEAR BORN
Under 8	1000m	Born in 2015 or 2016 (Max. age 7 this year)
Under 10	1000m	Born in 2013 or 2014 (Max. age 9 this year)
Under 12	2000m	Born in 2011 or 2012 (Max. age 11 this year)
Under 14	3000m	Born in 2009 or 2010 (Max. age 13 this year)
Under 16	4000m	Born in 2007 or 2008 (Max. age 15 this year)
Under 18	6000m	Born in 2005 or 2006 (Max. age 17 this year)
Under 20	8000m	Born in 2003 or 2004 (Max. age 19 this year)
Masters 30-49	6000m	Born between 1992 & 1973 (Age on Day)
Masters 50+	6000m	Born 1972 or earlier (Age on Day)
Open	4000m	Short Course
Open	6000m	Medium Course
Open	8000m	Long Course

NOTE – Age for all age groups except masters 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)

Points will be awarded to athletes running in the eligible distance for their age group only as per below table.

	1000m	2000m	3000m	4000m	6000m	8000m
Under 8	✓					
Under 10	✓					
Under 12		✓				
Under 14			✓			
Under 16				✓		
Under 18					✓	
Under 20						✓
Open Short Course				✓		
Open Medium Course					✓	
Open Long Course						✓
Masters 30-49					✓	
Masters 50+					✓	

1000m/2000m/3000m Distances

Athletes competing outside the Designated Age Groups in the 1000m, 2000m & 3000m events will be Classified as "All Age" and will score a maximum of 2 points for their Club.

For example: an Under 14 athlete running a 1000m event will be considered All Ages and score points only in the All Ages Category, NOT in their own Age Group

4000m/6000m/8000m Distances

Athletes competing outside the Designated Age Groups in the 4000m, 6000m & 8000m events will be Classified as Open and will score points in that Open Event category.

For example: a Masters athlete running a 4000m event will be considered to be competing in the Open Short Course category and score points for that Category, NOT in the Masters Age Group