



Race Requirements for the 2017 Michigan Fitness Foundation (MFF) Race Series Championship

Update: 1-6-17/JEC

1. The race must take place in the state of Michigan.
2. The race must be for one of the following distances:

1 Mile (track only) 5 km 8 km(or 5 mile) 10 km 15 km 10 mile

20 km Half Marathon 25 km 30 km Marathon

3. The race course distance must be USATF certified. Refer to the UASTF website for a list of Michigan course certifiers. Race results will be nullified for any course determined to be short.
4. The race must take place between March 15, 2017 and November 15, 2017.
5. Electronic timing to 0.1 seconds required (0.01 seconds for 1 Mile on track).
6. Transponder/chip times (not gun times) required for scoring.
7. Male and Female scoring for the following age groups:

17 & Under 18-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59

60-64 65-69 70-74 75-79 80+

8. Race results must be submitted to MFF within 48 hours of the race.
9. The race results must include name, age, and city/state information of each entrant.
10. Race directors may apply for multiple race events in 2017, but an application is required for each day of an event. For multiple distances on the same day and location, only one application fee is required for that day.
11. Application fee of \$50 required with each event(s) day application.
12. Application must be received 60 days before the race date.
13. To apply, contact Michelle Coss at mcoss@michiganfitness.org or phone 517-899-5211
14. Races provide their own awards as usual. MFF will provide overall series awards at the end of the race season.
15. Race director will provide liability insurance for the event.
16. Race entry waiver required to include MFF release.
17. Race entry (paper and electronic) to include MFF logo.
18. MFF will use the USATF Road Race rules as a **guideline**. Race directors are encouraged to review these.
19. MFF will provide a referee, if needed, to settle any competition issues or protests after an event. The referee's decision will be final.

Questions: Contact Michelle Coss at mcoss@michiganfitness.org , ph 517-899-5211
or Jim Carter at CARTAJ@aol.com , ph 517-896-1150