

Triathlon Grand Prix Competition

The Competition consists of 8 events throughout the main Triathlon season they range from sprint pool based races through to Standard distance open water events. The Grand Prix Secretary carries out the selection of these events. Members may compete in as many events as they wish, their best 5 races counting in the competition. Points are awarded according to where club members finish relative to each other. Members must race for Stratford upon Avon AC in order to qualify for points (we do encourage members to wear club kit were possible)

Scoring

Points are scored based on position compared to other SAC athletes

Position	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th	14th	15th
Points	20	18	16	14	12	10	9	8	7	6	5	4	3	2	1

Your score is then adjusted based on age as of the 1st January of that year and sex:

	U35		35-39		40-44		45-49		50-54		55-59		60-64		65-69		70-75	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
Points	0	3	0	4	1	5	2	6	3	7	4	8	5	9	6	10	7	11