

Rules of the Circuit

1. Participants in the circuit must complete the respective entry forms for each race in which they wish to compete. Unreadable race entries that prove unreadable or contain missing information (e.g., age or gender) shall be considered void for purposes of the circuit.
2. MA-USATF members who pre-register for a circuit event by the initial deadline may be able to get a discount from the stated entry fee. Eligible circuit races may set up a “coupon code” for MAUSATF members to avail themselves of the discount via online registration. Refer to the Grand Prix Events page on the USATF Mid-Atlantic web site for the code for each race as they are established.
3. Individuals competing in the circuit must be registered as a USATF athlete member before their performances will be scored. All USATF registrations/renewals are now being done online. Runners must register/renew **BEFORE** their race to be scored.
4. Individuals who register through another association shall not be eligible for circuit scoring until their membership transfer request has been received by the Mid-Atlantic membership chair.
5. Individuals shall be scored for age-group and age-graded competition. See scoring section below for details.
6. For June 7 races members have the option to score in either the Red Rose 5m or Scott Coffee 8k. Athletes will score in all categories (age group and age graded) for the completed distance.
7. The final weekend (Phila Marathon, Half Marathon or Rothman 8K) offers athletes the option to select an event based on the athlete’s preferred racing distance. Athletes will score in all categories (age group and age graded) for all completed distances.
8. The circuit offers Mid-Atlantic clubs a team challenge independent of the individual competition. Refer to the Club Challenge rules on the MA-USATF website LDR page for information.
9. Each of the races on the circuit retains the right to manage its entries, to determine whether to offer prize money, and to operate its own award ceremony. This Grand Prix Circuit will operate “after the fact” by using the official race results to determine overall standings.

Scoring the Circuit

1. The 2025 Age-Graded Tables approved by USATF Masters LDR, will be used to score results in each race. Each finisher’s time will be divided into the standard for his/her age and gender; this calculation produces a performance percentage used in the Age-Graded competition. USATF Age Grade calculator [MLDR Road age-grading calculator](#)
2. For the Individual Age Graded competition, scoring will be the sum of each runner’s best 6 Age-Graded percentage scores. The top ten men and women will receive awards.
3. The circuit will also feature Age-Group competition. Athletes compete in 5-year age groups beginning at age 15 based on their age on the date of their first Grand Prix event of the year and remain in that age group for the remainder of the year. The top 3 age graded performances within each age group will earn 5, 3, 1 point respectively. Athletes must complete at least three (3) Grand Prix races in the current year to be eligible for an Age Group award. Awards are calculated based as the sum of all points earned that year.



USATF™
MID-ATLANTIC

2025

GRAND PRIX CIRCUIT

MID-ATLANTIC

USA TRACK & FIELD

P.O. BOX 1312 Fort Washington,

PA 19034

USA TRACK & FIELD**MID-ATLANTIC****2025****GRAND PRIX CIRCUIT**

The Grand Prix Circuit has been created to enhance the quality of road racing experiences for Mid-Atlantic athletes. These 14 races represent popular distances, using USATF-certified courses and offering USATF sanctions. That means you can be assured that each race meets the highest standards of management this area can provide.

The circuit offers long distance runners an opportunity to participate throughout the calendar year at a variety of distances and in locations around the tri-state area. Whatever your level of ability, this circuit has something for you. Check www.mausatf.com for updates and results.

Disclaimer of Liability.

USATF Mid-Atlantic, its officers, members, and any or all sponsors of this Grand Prix circuit disclaim any responsibility or liability for injury, loss, or damages arising from your participation in this circuit. You assume full responsibility for being physically healthy and having sufficiently trained to enter races on this circuit and accept all risks, if any, consequent to your decision to participate in these races. Further, your participation in this circuit testifies to your permission for free use by USATF Mid-Atlantic, circuit sponsors, and each race in the circuit of our name and picture in any broadcast, telecast, or print media account of the circuit.

USA TRACK & FIELD MID-ATLANTIC CHAMPIONSHIP & GRAND PRIX CIRCUIT (33rd annual)

Date	Event Name/Phone/Website	Race Director/Address	Distance
February 22 9:00 AM	<i>Fireside Frostbite 5 Miler</i> Ambler, PA	Ira Meyers www.aarclub.com/Frostbite/home.htm	5 Mile
March 15 8:30 AM	Haddonfield Adrenaline Run	Dave Welsh https://runsignup.com	5K
April 13 8:30 AM	<i>Valley Forge Revolutionary 5 Mile Run*</i> Valley Forge, PA.	Kirsten Tallman www.revolutionaryrun.org	5 Mile
May 4 7:00 AM	<i>Blue Cross Broad Street Run</i> Philadelphia, PA	Peggy Jastrzemski www.broadstreetrun.com	10 Mi
May 26 TBD	<i>Memorial Main Street Mile</i> Yardley, PA	Jimmy Balmer https://runsignup.com/Race/PA/Yardley/MemorialMainStreetMile	1 Mile
June 7 8:30 AM	<i>Scott Coffee Run 8K</i> Moorestown, NJ	Bill Van Fossen/Bob Bickel www.runsignup.com/ScottCoffeeRun	8K
June 7 TBD	<i>Red Rose 5M Run</i> Lancaster PA	Kate Wright	5 Mile
Sept 14 TBD	<i>Main Line Run 5K</i> Wayne, PA	Eric Hildebrand www.mainlinerun.org	5K
Sept. 21 7:30 AM	<i>Philadelphia Distance Run ½ Marathon</i> Philadelphia, PA	Carolyn Redman https://www.philadelphiadistancerun.com	1/2Mar
Oct. 19 9:00 AM	<i>Delaware Distance Classic 15K*</i> Wilmington, DE	Alison McCann www.ddc15k.org	15K
Nov. 2 8:30 AM	<i>Cooper Norcross Run the Bridge Event</i> Camden, NJ	Kim Marino www.runthebridge.org	10K
Nov. 22	<i>Dietz & Watson Philadelphia 1/2 Marathon* (7:00 AM.)</i> <i>Rothman Orthopedics 8K* (11:00 AM)</i>		1/2 Mar 8K
Nov. 23 7:00 AM	<i>AACR Philadelphia Marathon* (7:00 AM)</i> Philadelphia, PA	www.philadelphiamarathon.com	Marathon

**Mid-Atlantic Championship Race*

Check the LDR/Grand Prix pages on our web site - www.mausatf.com for updated information.