

# AWARD CATEGORIES

Open Age Group Categories for both the 10K & 5K runs, Male & Female

*Top overall winners for each gender is based off gun time.*

Walker category (5K only)

Medals awarded for 1st/Gold, 2nd/Silver, 3rd/Bronze for all age categories listed.

*Top three for each age category is done by chip time.*

Course cutoff time: 11:00 am

## Age Categories

- \* 14 & under
- \* 15-19
- \* 20-24
- \* 25-29
- \* 30-34
- \* 35-39
- \* 40-44
- \* 45-49
- \* 50-54
- \* 55-59
- \* 60-64
- \* 65-69
- \* 70-74
- \* 75 & over

## THE DOUBLE AWARDS

“The Double” is a separate category for participants who run in both 10K and 5K, male & female categories. The winners are determined by cross country scoring of each race (10K + 5K). Participants are eligible for individual age category awards in both races.

**Len Caldeira Cup - 1st PLACE OVERALL FOR DOUBLE- M/F**