2020 Armageddon Long Distance Running Series Bylaws

Races
* Races and schedule for the 2020 Armageddon Long Distance Race Series will be determined by the San Diego Long Distance Running Clubs and the Armageddon Series Director.
* An advisory committee may be formed to evaluate proposed races and provide recommendations on the series schedule.

2020 Race Schedule
Races to be run anytime during the weekends of the following events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>September 19 or 20</td>
<td>8K or 5K</td>
<td>Determined by Individual athlete</td>
</tr>
<tr>
<td>September 26 or 27</td>
<td>5 x 4K Relay</td>
<td>Determined by your Club teams</td>
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<tr>
<td>October 10 or 11</td>
<td>5K</td>
<td>Determined by Individual athlete</td>
</tr>
<tr>
<td>November 7 or 8</td>
<td>5K (5x5x200) Relay</td>
<td>Determined by your Club teams</td>
</tr>
<tr>
<td>November 28 or 29</td>
<td>1 mile</td>
<td>Determined by Individual athlete</td>
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Series Entry
To enter the Armageddon Series, runners must:
* Be 18 years of age or older.
* Be committed enough to complete the race distances
* There is no entry fee for the races in this series

Awards
* Runners who complete all races will be recognized.
* Individuals and club teams who do well have bragging rights

Possible Event Sites for Individuals and Clubs to participate in these Events
* Fiesta Island
* Hospitality Point
* Ski Beach
* UCSD

Individual Scoring
* Based on the **HONOR SYSTEM**.
* Each competitor must download the **Strava app**.
* Run the distance event using the **Strava app**.
* Submit your finishing time to Tom Berge at tomberge@sbcglobal.net by Wednesday at noon the following week of each event.
* If a performance is questioned, the scorer (Tom Berge) has the right and responsibility to review the competitor’s individual **Strava app** and determine the validity of the performance.

Team Scoring
* The team score shall be the total time of the finishing positions of the scoring members. The team with the fastest team time collectively is the team winner.
*For Men and Women Open teams, the first five declared members of each team shall count in that team's score. For Men and Women’s Masters 40+ teams, the first four declared members of each team shall count in that team’s score.
* Each club’s designated team captain submits the total team time to Tom Berge at tomberge@sbcglobal.net by Wednesday at noon the following week of each event.
* If a performance is questioned the scorer (Tom Berge) has the right and responsibility to review the competitor’s individuals Strava app from the team members and determine the validity of the performance

**Event Races Descriptions**
- **8K or 5K (your choice)** on September 19 or 20: Individuals run 4.97 miles and submit finishing time. **or** Individuals run 3.1 miles and submit finishing time.
- **5 x 4K Relay** on September 26 or 27: This is a team event only and each member of a 5-person club team run a 4K. The 4K distance is 2.485 miles
- **5K** on October 10 or 11: Individuals run 3.1 miles and submit finishing time.
- **5K (5x5x200) Relay** on November 7 or 8: This is a team event only and each member of a 5-person club team run a 200. The 200-meter distance is 218 yards.
- **1 mile** on November 28 or 29: Individuals run 5,280 feet and submit finishing time.

**Protests and Appeals**
* Protests of race results or series scoring must be raised to the Series Director (Paul Greer) within 48 hours of initial posting. The Series Director will respond to protests.
* Appeals must be raised to the Series Director within 24 hours of response to protests.
* (3) individuals without actual conflict of interest in the matter being appealed will serve as the Jury of Appeals.

**Call the series director Paul Greer at (858) 245-1399 for more information.**