



# CORRIDOR CORPORATE *GAMES*

## CROSS COUNTRY RACE – 5K

### Eligibility

1. All participants must be regular employees (full or part-time), interns or retirees of companies registered for the Corridor Corporate Games.

### General Guidelines

1. All ages and genders of the 5K will run together in one race starting at 8:00 am.
2. 99% of the course is grass. Spikes may be worn but are not required.

### COVID-19 Guidelines – These guidelines supersede any conflicting rules listed above

If necessary, COVID-19 guidelines will be added to these rules to comply with current local, state, and CDC recommendations.

### CCG Point System

- The Cross Country Race will be held as a single event. Individuals will compete within their gender and age group against competitors from all divisions
  - **Age Groups: 18-29, 30-39, 40-49, 50+**
- Points will be awarded to the top four finishers in each age group (**by division, gender, and age group**) as follows:

<b>5K Cross Country Race</b>	
<b>Place</b>	<b>Points</b>
<b>1<sup>st</sup></b>	<b>60</b>
<b>2<sup>nd</sup></b>	<b>40</b>
<b>3<sup>rd</sup></b>	<b>30</b>
<b>4<sup>th</sup></b>	<b>20</b>

- Participation points will be awarded for individuals in the Cross Country Race. To receive **10** participation points, individuals must complete the course as designed.