



2018 Canadian 5K Championships BC Team Selection Criteria



National Championship Competition

The 2018 Canadian 5K Championship will be held in conjunction with the B&O Yorkville Run 5K in Toronto, ON on Sunday September 9, 2018. <http://www.yorkvillerun.com/>

Team Objectives

To place BC athletes on the podium, and have all team athletes finish in the top 8.

Team Size

A maximum of 4 athletes – 2 men + 2 women

Funding

BC Athletics will provide funding in accordance with [BC Athletics General Criteria for Funding and Team Selection](#).

Eligibility

1. Email clifton.cunningham@bcathletics.org by July 22, 2018 to express interest.
2. Achieved the selection standard in the qualifying period.
3. Are a 2018 Junior or Senior member of BC Athletics, and have been a member for a minimum of 6 months prior to the selection date.
4. Have competed in at least one BC Championship between July 23, 2017 and July 22, 2018 (Road, T&F or Cross Country).

Due to limitations in available funding, achieving the selection standard DOES NOT GUARANTEE selection to the BC 5K Championship Team.

Declaration

All athletes wishing to be considered for selection must email clifton.cunningham@bcathletics.org by July 22, 2018 to express their interest. Interested athletes should also apply directly to the event for elite support. If the event is able to provide travel assistance to an athlete, BC Athletics can roll their support down to other athletes.

Travel Dates

Selected athletes will be expected to travel to Toronto on Friday, September 7, 2018.

Selection Standard

Men: 15:18
Women: 17:31

Standard must be set in a sanctioned 5K road race, on a certified course, with net downhill not exceeding 25m, between January 1 and July 22, 2018.

Standards are equivalent to 850 points using the BC Super Series scoring system, a standard anticipated to achieve a top 15 national ranking on the year.

Proof of Fitness

If the qualifying performance is set prior to June 1, 2018, then proof of fitness may be required. Proof of fitness will be a performance equivalent to 850 or more points at any distance between 1500m and half marathon in a sanctioned competition on a certified course after June 1, 2018.

Selection Process

Athletes will be selected in the following order:

1. Current BC 5K Champion, if standard has been met.
2. Additional athletes to the team maximum based on 2018 BC 5K Rankings at July 22, 2018.

Current rankings can be found [here](#). It is the athlete / coach responsibility to ensure that all eligible performances are included in the rankings.

Code of Conduct

Selected athletes are expected to abide by the [BC Athletics Code of Conduct](#) policy.

Questions

Contact Clifton Cunningham, BC Athletics Technical Manager Road & Cross Country Running, 604-333-3553, clifton.cunningham@bcathletics.org