



2018 Canadian 10K Championships BC Team Selection Criteria



National Championship Competition

The 2018 Canadian 10K Championship will be held in conjunction with the Ottawa 10K in Ottawa, ON on Saturday, May 26, 2018. <http://www.runottawa.ca/torw/races>

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 maurice.wilson@bcathletics.org by April 29, 2018 to declare 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 April 29, 2017 and April 29, 2018 (Road, T&F or Cross Country).

Due to limitations in available funding, achieving the selection standard DOES NOT GUARANTEE selection to the BC 10K Championship Team.

Declaration

All athletes wishing to be considered for selection must email maurice.wilson@bcathletics.org by April 29, 2018 to declare 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. The deadline to apply for support from the event is March 29, 2018.

<http://www.runottawa.ca/torw/runners/pro-standards>

Travel Dates

Selected athletes will be expected to travel to Ottawa on Thursday or Friday, May 24/25, 2018.

Selection Standard

Men: 31:58
Women: 36:06

Standard must be set in a sanctioned 10K road race, on a certified course, with net downhill not exceeding 50m, between September 1, 2017 and April 29, 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 March 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 5000m and half marathon in a sanctioned competition on a certified course after March 1, 2018.

Selection Process

Athletes will be selected in the following order:

1. Current BC 10K Champion, if standard has been met.
2. Additional athletes to the team maximum based on 2018 BC 10K Rankings at April 29, 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 Maurice Wilson, BC Athletics Technical Manager Road & Cross Country Running, 604-333-3553, maurice.wilson@bcathletics.org