Cross Country Master of the Year Nomination Form

Nominated by: ____________________________ (may be the nominee)

BCA Membership Number: ________________________

Nominee: ____________________________

BCA Membership Number: ________________________

Date of Birth: ____________________________ (MM/DD/YYYY)

Gender: _____

Two Best Age Graded performances for the year (use age at beginning of age category eg. 40,45,50 etc)

Age grading calculator may be found at www.howardgrubb.co.uk/athletics/wmalookup06.html

<table>
<thead>
<tr>
<th>Event</th>
<th>Event Date</th>
<th>Location</th>
<th>Result</th>
<th>Age Graded Result (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>BC Championship</td>
<td></td>
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<tr>
<td>Canadian Championship</td>
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</tbody>
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Note: The award is based on the best age graded performance in the BC Championship and/or the Canadian Championship. Normally, the winner must also have participated in at least one other Cross Country race during the year.

Other significant information:

(such as records set, ranking in BC/Canada/World. For World ranking, number of participants is important for the Sport BC Award).

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