



# 2019 Canadian 5K Championships BC Team Selection Criteria



## National Championship Competition

**The 2019 Canadian 5K Championship host has not been announced by Athletics Canada. When announced this criteria will be updated with the proper dates.**

## 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 and 2 women

## Funding

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

## Key Dates

Event Date:

Declaration Deadline:

1 week prior to selection

Team Selection:

~ 6 weeks prior to event

Qualification Window:

~ 6 months prior to selection

Proof of Fitness needed if set before:

~ 3 months prior to selection

Proof of Fitness Window:

~ within 3 months of selection

## Eligibility

1. Declare by emailing [clifton.cunningham@bcathletics.org](mailto:clifton.cunningham@bcathletics.org) by declaration deadline.
2. Achieved the selection standard in the qualifying period, one year prior to selection.
3. Are a 2019 Senior, U20 or Master 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 within the year prior to the selection date (Road, T&F or Cross Country).

## Declaration

All athletes wishing to be considered for selection must declare by email to [clifton.cunningham@bcathletics.org](mailto:clifton.cunningham@bcathletics.org) by the declaration date. Athletes should also apply directly to the event for elite support. If the event is able to provide travel assistance or rooming for an athlete.

## Selection Standard

	5km Road	5,000m Track
Men	14:53	14:10
Women	17:07	16:17

Standard must be set in a sanctioned 5km or 5,000m race event, on a certified course meeting IAAF rules 260.21(b) and 260.21(c) regarding elevation loss and separation of start/finish, or set in the most recent Provincial 5k Championships, or in a BC Super Series event in the qualification window.

Standards are equivalent to the 15<sup>th</sup> place in the nationally ranked times achieved in 2018.

## Proof of Fitness

If the qualifying standard performance is set before the proof of fitness deadline, then proof of fitness may be required. Proof of fitness will be a performance within 3% of IAAF equivalents of the qualification standards, at any distance between 1,500m and half marathon in a sanctioned competition on a certified course in the proof of fitness window.

	Half Marathon	10km Road	10,000m Track	5,000m Track	5km Road	3,000m Track	1,500m Track
Men	1:11:30	32:32	32:28	15:09	15:20	8:57	4:10
Women	1:21:05	37:14	36:54	17:28	17:38	10:08	4:43

## Selection Process

Athletes will be selected in the following order, if standard was set in the qualifying window and proof of fitness has been determined:

1. Current BC 5km Champion (BMO St. Patrick's Day 5km, March 16, 2019)
2. Additional athletes to the team maximum based on the combined 2018-2019 BC 5km and 5,000m Rankings as of the selection date, within the qualification window, using IAAF points.

On the selection date a team of 2 men & 2 women will be named.

Current rankings can be found [here](#). It is the athlete / coach responsibility to ensure that all eligible performances are included in the rankings. Due to limitations in available funding, achieving the selection standard DOES NOT GUARANTEE selection to the BC Championship Team.

## Travel Dates

Selected athletes will be expected to travel to the event two days prior to the event.

## 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](mailto:clifton.cunningham@bcathletics.org)