



# 2021 Canadian 10K Championships BC Team Selection Criteria



## National Championship Competition

The 2021 Canadian 10K Championship will be held in conjunction with the Toronto Waterfront Marathon 10k, in Ontario on Sunday, October 17, 2021. <http://www.torontowaterfrontmarathon.com/event-info/10k-championships/>

## 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:	October 17, 2021
Declaration Deadline:	September 15, 2021
Team Selection:	September 16, 2021
Qualification Window:	January 1, 2019 to September 15, 2021

## 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.
3. Are a 2021 Senior, U20 or Masters Member of BC Athletics, and have been a member for a minimum of 6 months prior to the selection date.

## 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. We encourage all athletes to also apply directly to the event through [this form](#).

## Selection Standard

	10km Road	10,000m	Pts	5,000m	Half
<b>Men</b>	30:44	30:38	901	14:30	1:07:27
<b>Women</b>	34:38	34:17	1021	16:15	1:15:21

Standard must be set in the qualification window in a sanctioned 10km or 10,000m event, on a certified course meeting World Athletics rules 260.21(b) and 260.21(c) regarding elevation loss and separation of start/finish.

Standards are equivalent to the 15<sup>th</sup> place Road 10k time from the Athletics Canada National Rankings of 2019 and the World Athletics table equivalents.

## Selection Process

Athletes will be selected in the following order, if standard was set in the qualifying window:

1. Athlete that has applied, that has the highest equivalent world athletics points score in the 10km, 10,000m, 5,000m, or Half Marathon; within the qualifying window.

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

World Athletics [scoring tables can be found here](#). It is the athlete / coach responsibility to ensure that all eligible performances are included in the rankings. Performances must appear on the [Athletics Canada 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 Toronto on Friday, October 15, 2021.

## 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)