



2022 Canadian 10K Championships BC Team Selection Criteria



National Championship Competition

The 2022 Canadian 10K Championship will be held in conjunction with the Ottawa 10K in Ottawa, Ontario on Saturday, May 28, 2022. <https://www.runottawa.ca/>

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:	May 28, 2022
Declaration Deadline:	April 25, 2022
Team Selection:	April 26, 2022
Qualification Window:	January 1, 2021 to April 25, 2022
Proof of Fitness needed if standard set before:	February 1, 2022
Proof of Fitness Window:	February 1, 2022 to April 25, 2022
BC Athletics 10km Championship:	Vancouver Sun Run, Sunday, April 24, 2022

Eligibility

1. Declare by emailing clifton.cunningham@bcathletics.org by declaration deadline.
2. Achieved the selection standard in the qualifying events.
3. Are a 2022 Senior, U20 or Masters 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 or National 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 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. <http://www.runottawa.ca/torw/runners/pro-standards>

Selection Standard

	10km Road Time	10,000m Track Time
Men	30:44	30:39
Women	34:38	34:18

Standard must be set in the qualification events; points will be adjusted according to World Athletics elevation loss formulas.

Selection Process

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

1. Current BC 10km Champion (Vancouver Sun Run, April 24, 2022), if run under standard.
2. Additional athletes to the team maximum based on the adjusted point value of the performances, under standard. Selection by World Athletics Points, elevation corrections accepted.

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

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 Ottawa on Thursday May 26, 2022.

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