



2023 Canadian 10K Championships BC Team Selection Criteria



National Championship Competition

The 2023 Canadian 10K Championship will be held in conjunction with the Ottawa 10K in Ottawa, Ontario on Saturday, May 27, 2023. <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 27, 2023
Declaration Deadline:	May 1, 2023
Team Selection:	May 5, 2023
Qualification Window:	September 1, 2022 to May 1, 2023
Proof of Fitness needed if standard set before:	January 1, 2023
Proof of Fitness Window:	January 1, 2023 to April 30, 2023
BC Athletics 10km Championship:	Vancouver Sun Run, Sunday, April 16, 2023

Eligibility

1. Declare by emailing kevin.oconnor@bcathletics.org by declaration deadline.
2. Achieved the selection standard in the qualifying events.
3. Are a 2022 Senior, U20 or Master's 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 kevin.oconnor@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 Time
Men	30:23
Women	35:17

“Standards may be met in either 10km road or 10000m track events. Net downhill 10km road performances with elevation drops exceeding 1m/1km will be adjusted using 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, April16, 2023), 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 25, 2023.

Code of Conduct

Selected athletes are expected to abide by the [BC Athletics Code of Conduct](#) policy.

Questions

Contact Kevin O'Connor , BC Athletics, Non-Stadia Program Manager. 604-333-3553, kevin.oconnor@bcathletics.org