



# 2024 Canadian 10K Championships BC Team Selection Criteria



## National Championship Competition

The 2024 Canadian 10K Championship will be held in conjunction with the Ottawa 10K in Ottawa, Ontario on Saturday, May 25, 2024.

<https://www.runottawa.ca/races-and-events/ottawa-10k>

## 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 25, 2024
Declaration Deadline:	April 29, 2024
Team Selection:	April 30, 2024
Qualification Window:	September 1, 2023, to April 29, 2024
Proof of Fitness needed if standard set before:	January 1, 2023
Proof of Fitness Window:	January 1, 2024, to April 29, 2024
BC Athletics Half Marathon Championship:	Cobble Hill 10K January 28 2024

## Eligibility

1. Declare by emailing to [kevin.oconnor@bcathletics.org](mailto:kevin.oconnor@bcathletics.org) by the declaration deadline.
2. Achieve the 10K selection standard within the qualification window.
3. Be a 2024 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.

## Declaration

All athletes wishing to be considered for selection must declare by email to [kevin.oconnor@bcathletics.org](mailto:kevin.oconnor@bcathletics.org) by the declaration date. Athletes should also apply directly to the event for elite support for travel assistance or rooming. <https://www.torontowaterfrontmarathon.com/elites-and-awards/>

## **Selection Standards**

**Men: 30.00**

**Women: 35.08**

Standards must be set in World Athletics sanctioned & certified events. Results will be adjusted according to World Athletics elevation loss formulas for races exceeding elevation drops of 1m/km.

## **Selection Process**

Athletes will be selected in the following order if the standard is met within the qualification window:

1. Current BC 10K Champion (Cobble Hill 10K, January 28, 2024).
2. Additional athletes, to the team maximum ranked based on the World Athletics point values of their performances. World Athletics points elevation adjustments will be used for courses exceeding 1m/km elevation drop.

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 Toronto on Thursday May 16, 2024.

## **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](mailto:kevin.oconnor@bcathletics.org)