



2024 Canadian 5K Championships BC Team Selection Criteria



National Championship Competition

The 2024 Canadian 5K Championship will be held in conjunction with the Marathon Beneva de Montreal on Saturday 21, 2024.

<https://mtlmarathon.com/en/participate/the-races/5-km/>

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:	Saturday September 21, 2024
Declaration Deadline:	Midnight Sunday August 18, 2024,
Team Selection:	5pm Tuesday August 20, 2024
Qualification Window:	January 1, 2024, to August 18, 2024

Eligibility

1. Declare by emailing to kevin.oconnor@bcathletics.org by the declaration deadline.
2. Achieve the selection standard within the qualification window.
3. Are 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 by the declaration date. Athletes should also apply directly to the event for elite support for travel assistance or rooming.
<https://mtlmarathon.com/en/participate/elite-runners/>

Selection Standards

Men – 14:43

Women – 17:16

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 5K Champion (St Patrick's Day 5K). March 16, 2024
<https://www.startlinetiming.com/en/races/2024/stpat/event/5K/page>
2. Additional athletes, to the team maximum based, ranked based on the World Athletics point values of the 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 Montreal on Thursday September 19, 2024, or Friday September 20, 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