

Cross Country Master of the Year Nomination Form

Nominated by: _____ (may be the nominee)

BCA Membership Number: _____

Nominee: _____

BCA Membership Number: _____

Date of Birth: _____ (MM/DD/YYYY)

Gender: _____

Two Best Age Graded performances for the year (use age at beginning of age category eg. 40,45,50 etc)

Age grading calculator may be found at www.howardgrubb.co.uk/athletics/wmalookup06.html

Event	Event Date	Location	Result	Age Graded Result (%)
BC Championship	_____	_____	_____	_____
Canadian Championship	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Note: The award is based on the best age graded performance in the BC Championship and/or the Canadian Championship. Normally, the winner must also have participated in at least one other Cross Country race during the year.

Other significant information:

(such as records set, ranking in BC/Canada/World. For World ranking, number of participants is important for the Sport BC Award).
