



2019 Canadian 10K Championships BC Team Selection Criteria



National Championship Competition

The 2019 Canadian 10K Championship will be held in conjunction with the Ottawa 10K in Ottawa, Ontario on Saturday, May 25, 2019. <http://www.runottawa.ca/torw/races>

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, 2019
Declaration Deadline:	April 28, 2019
Team Selection:	May 6, 2019
Qualification Window:	September 1, 2018 to April 28, 2019
Proof of Fitness needed if set before:	February 1, 2019
Proof of Fitness Window:	February 1, 2019 to April 28, 2019

Eligibility

1. Declare by emailing clifton.cunningham@bcathletics.org by declaration deadline.
2. Achieved the selection standard in the qualifying period.
3. Are a 2019 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 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	31:12	31:07
Women	34:55	34:35

Standard must be set in the qualification window in a sanctioned 10km or 10,000m event, on a certified course meeting IAAF rules 260.21(b) and 260.21(c) regarding elevation loss and separation of start/finish, or set in the most recent Provincial 10km Championships, or in a BC Super Series event in the qualification window.

Standards are equivalent to the 15th place time from the Athletics Canada National Rankings of 2018.

Proof of Fitness

If the qualifying standard performance is set before the proof of fitness deadline, then proof of fitness may be required. Proof of fitness will be a performance within 3% of IAAF equivalents of the qualification standards, at any distance between 5km/5,000m to a half marathon in a sanctioned competition on a certified course in the proof of fitness window.

	Half-Marathon	10km Road	10,000m Track	5,000m Track	5km Road
Men	1:10:34	32:08	32:03	15:09	15:20
Women	1:18:15	35:58	35:27	16:54	17:04

Selection Process

Athletes will be selected in the following order, if standard was set in the qualifying window and proof of fitness has been determined:

1. Current BC 10km Champion (TC 10km, April 28, 2019)
2. Additional athletes to the team maximum based on the combined 2018-2019 BC 10km and 10,000m Rankings as of the selection date, within the qualification window, using IAAF points.

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

Current rankings can be found [here](#). It is the athlete / coach responsibility to ensure that all eligible performances are included in the rankings. 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 23, 2019.

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