



ATHLETICS CANADA

ROAD RACE MEASUREMENT CERTIFICATE

Race Information

Name of the course _____
Certificate number _____ Distance _____ Race date _____
City _____ Province _____
Race contact name _____ Race contact email _____

Course Information

Start elevation _____ Finish elevation _____
Elevation change _____ Percent separation _____

Measurer Information

Measurer name _____
Measurement date _____ Expiry date _____

Official Notice

Based on examination of data provided by the above named measurer, the course described above and in the map attached is hereby certified as reasonably accurate in measurement according to the standards adopted by the **Road Running Technical Council**. If any changes are made to the course, this certification becomes void, and the course must then be recertified.

Validation of Course

In the event a **National Open Record** is set on this course, or at the discretion of **Athletics Canada**, a validation remeasurement may be required to be performed by a qualified measurer. If such a remeasurement shows the course to be short, then all pending records will be rejected and the course certification will be cancelled.

As Nationally Certified by

Signature of certifier

Date

Any inquiries regarding this certificate should be directed to coursemeasurement@athletics.ca



STARTING BLOCK 10K RUN COURSE MAP

- > OUT
- - -> BACK
- ⑦ KM MARKER

MAP SCALE APPROXIMATELY 1:14,000
WHEN PRINTED AT 8.5 x 11"

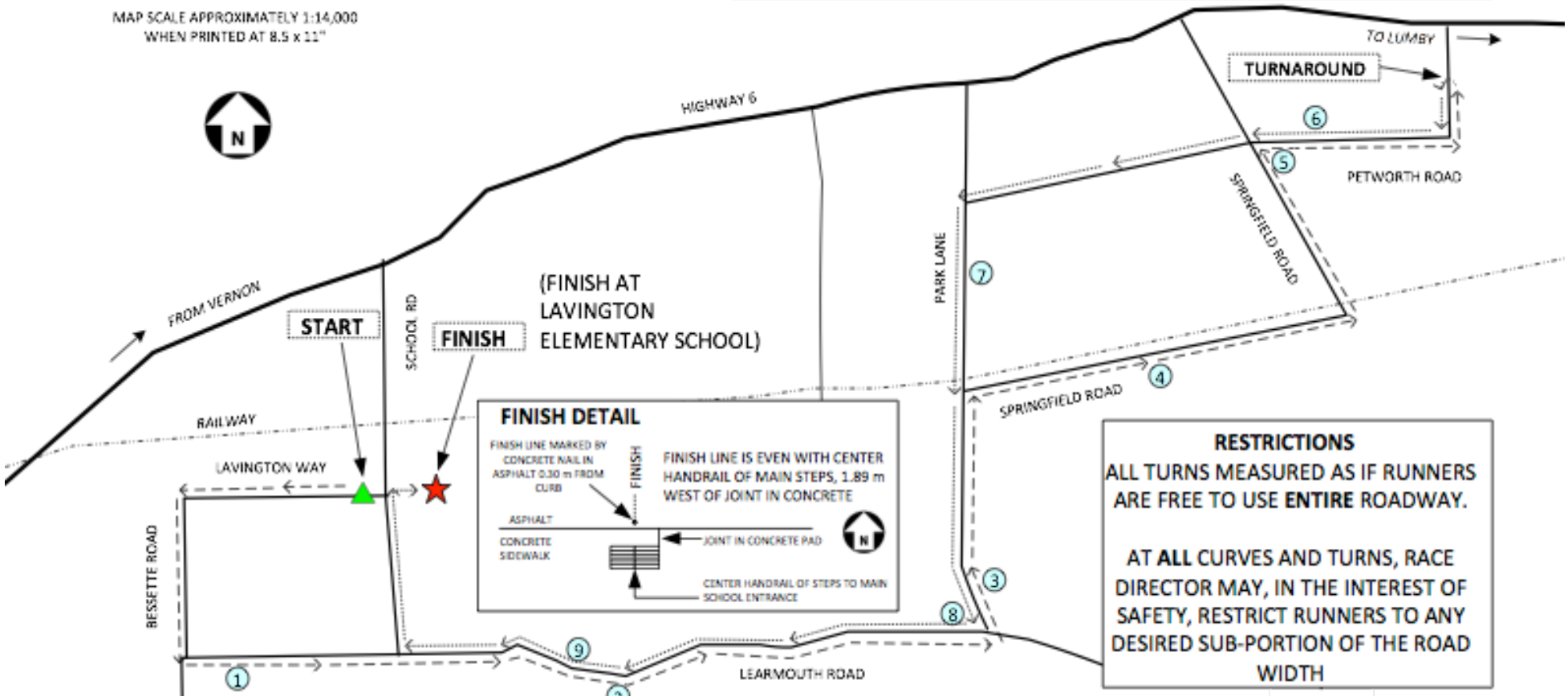


TURNAROUND DETAIL

TURNAROUND IS 20.3 M SOUTH FROM POWER POLE WITH TRANSFORMER, 78.2 M NORTH OF POWER POLE AT CORNER

TURNAROUND IS MARKED BY 3 CONCRETE NAILS:
30 cm FROM EAST EDGE OF PAVEMENT
30 CM FROM WEST EDGE OF PAVEMENT
CENTER OF ROAD HALFWAY BETWEEN OTHER TWO NAILS

TURNAROUND PYLON TO BE PLACED ON CENTER NAIL



FINISH DETAIL

FINISH LINE MARKED BY CONCRETE NAIL IN ASPHALT 0.30 m FROM CURB

FINISH LINE IS EVEN WITH CENTER HANDRAIL OF MAIN STEPS, 1.89 m WEST OF JOINT IN CONCRETE

RESTRICTIONS

ALL TURNS MEASURED AS IF RUNNERS ARE FREE TO USE ENTIRE ROADWAY.

AT ALL CURVES AND TURNS, RACE DIRECTOR MAY, IN THE INTEREST OF SAFETY, RESTRICT RUNNERS TO ANY DESIRED SUB-PORTION OF THE ROAD WIDTH

START DETAIL

START LINE IS EVEN WITH PLAYGROUND SIGN APPROXIMATELY 50 M WEST OF SCHOOL ROAD. MARKED ON NORTH SIDE OF LAVINGTON WAY WITH CONCRETE NAIL 1.50 m SOUTH OF SOUTH EDGE OF SIGN POST AND 0.27 m FROM NORTH EDGE OF PAVEMENT, AND ON SOUTH SIDE BY CONCRETE NAIL 0.30 m FROM BASE OF CURB.



Athletics Canada Certified
BC-2017-001-LJL
Certification expires Dec. 31/2026