



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



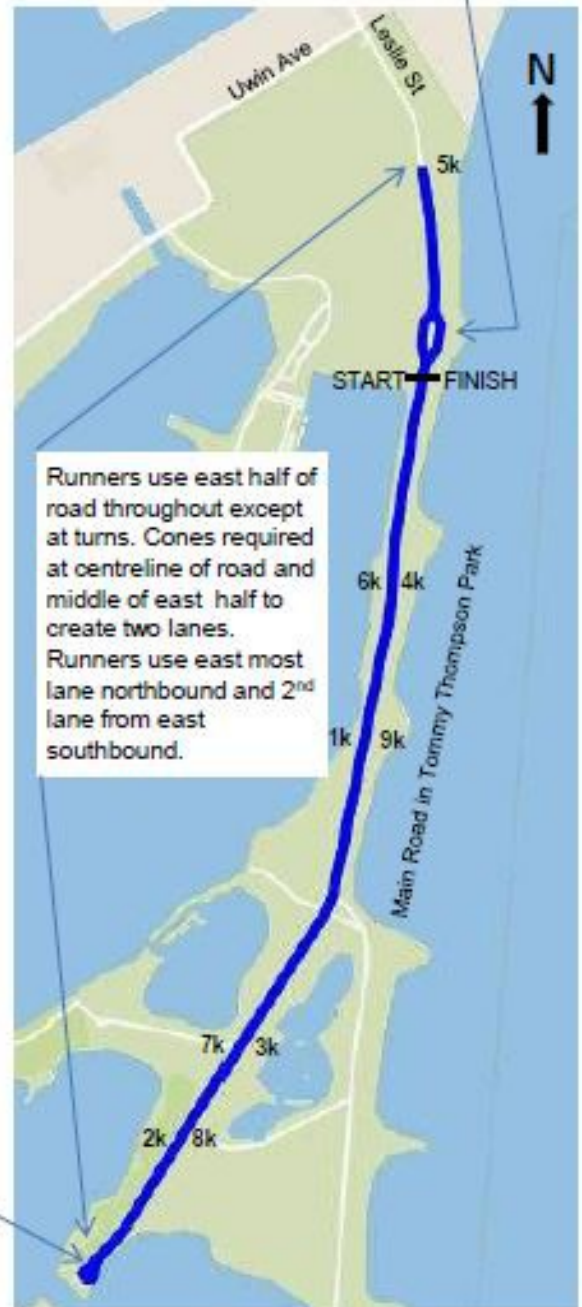
NCCWMA 10 km – 2019

Tommy Thompson Park, Toronto

- Start N&W 11.3m S of the top of the speed bump S of the gate house area and 3.6m from W edge of pavement.
- 1 km 20.3m N of tree on W side in line with S edge of large mulch pile.
- 2 km Between speed bumps 4 and 5 from start.
- Turn See detail.
- 3 km 2.4m S of gravel path on W side to bird watching area and blue toilet.
- 4 km 1.5m N of wide gravel path on E side. "No Bicycle" sign against S rock.
- 5 km & Turn N&W 1.8m S of "Bump Ahead" sign and 3.3m from W edge of pavement. N&W is at apex of semi circle with Radius of 1.3m.
- 6 km Same as 4 km. Opposite direction.
- 7 km Same as 3 km. Opposite direction.
- 8 km Same as 2 km. Opposite direction.
- 9 km Same as 1 km. Opposite direction.
- 10 km Same as Start

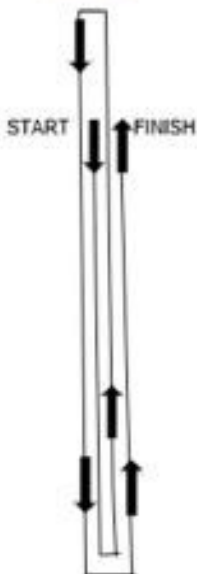
Note: The race route is along the main north-south road in the park.
N&W – Nail and Washer

At gate house runners use east most lane northbound and 2nd lane from east southbound all within the east half of the road.



Runners use east half of road throughout except at turns. Cones required at centreline of road and middle of east half to create two lanes. Runners use east most lane northbound and 2nd lane from east southbound.

Direction of Race



Athletics Canada Certified
ON-2019-026-BDC
Certification Expires Dec. 31/2028

