



2015 Chiba Ekiden Relay Selection Criteria

OVERVIEW

Athletics Canada views the Chiba Ekiden Relay as a promising opportunity to give some of Canada's top Road Running/Distance athletes valuable international racing experience. The following shall serve as the selection criteria should Canada receive an invitation to compete at the 2015 Chiba Ekiden.

Dates	Description	Location
January 1 st to September 13 th , 2015	Qualifying Period	
September 12 th , 2015	Declaration Deadline	
May 23 rd , 2015	Canadian 10km Road Championship	Ottawa, ON
September 13 th , 2015	Canadian 5km Road Championships	Toronto, ON
October 1 st , 2015	Final Selection Date	
November TBD, 2015	Ekiden Relay Race	Chiba, Japan

TRAVEL

AC will coordinate and book all travel for this team.

FUNDING

This National Team will be 100% funded.

Relay Leg Distances

42.195km (marathon) comprised as follows;

Leg 1	5km	Male
Leg 2	5km	Female
Leg 3	10km	Male
Leg 4	5km	Female
Leg 5	10km	Male
Leg 6	7.2195km	Female

Team Size

Six athletes (three male, three female) will be selected to compete in Chiba. The team head coach will decide who runs on the specific legs of the relay. Two athletes (one male, one female) will be selected as alternates.

Alternates will replace those athletes who are deemed sick or injured prior to departure by the medical staff and head coach.



Male Selection

M1

- i) 2015 Canadian 10km road champion
- ii) If the 2015 Canadian 10km road champion declines, the spot goes to the top finishing declared athlete at the 2015 Canadian 10km road championships who has a sub 29:40 road or 29:20 track performance within the qualifying period.
- iii) If neither i) or ii) result in a selection this spot goes to the 2nd highest point scorer in M3

M2

- i) 2015 Canadian 5km road champion.
- ii) If the 2015 Canadian 5km road champion declines the spot goes to the top finishing declared athlete at the 2015 Canadian 5km road championships who has a sub 14:05 road or 13:55 track performance within the qualifying period.
- iii) If neither i) or ii) result in a selection, this spot goes to the 2nd highest point scorer in M4

M3

Top declared point scorer at 10km road or 10000m track from Chart below. If there is not a minimum 2 point separation in athlete scores, the position goes in order to:

- i) Top finisher at the 2015 Canadian 10km road championships
- ii) Top 10000m track time during the qualification period.

M4

Top declared point scorer at 5km road or 5000m track from chart below. If there is not a minimum 2 point separation in athlete scores the position goes in order to:

- i) Top finisher at the 2015 Canadian 5km road championships
- ii) Top 5000m track time during the qualification period.

Female Selection

F1

- i) 2015 Canadian 10km road champion
- ii) If the 2015 Canadian 10km road champion declines, the spot goes to the top finishing declared athlete at the 2015 Canadian 10km road championships who has a sub 33:40 road or 33:20 track performance within the qualifying period.
- iii) If neither i) or ii) result in a selection this spot goes to the 2nd highest point scorer in F3

F2

- i) 2015 Canadian 5km road champion.
- ii) If the 2015 Canadian 5km road champion declines the spot goes to the top finishing declared athlete at the 2015 Canadian 5km road championships who has a sub 16:00 road or 15:50 track performance within the qualifying period.
- iii) If neither i) or ii) result in a selection, this spot goes to the 2nd highest point scorer in F4



F3

Top declared point scorer at 10km road or 10000m track from Chart below. If there is not a minimum 2 point separation in athlete scores, the position goes in order to:

- i) Top finisher at the 2015 Canadian 10km road championships
- ii) Top 10000m track time during the qualification period.

F4

Top declared point scorer at 5km road or 5000m track from chart below. If there is not a minimum 2 point separation in athlete scores the position goes in order to:

- i) Top finisher at the 2015 Canadian 5km road championships
- ii) Top 5000m track time during the qualification period.

Performance Standards

Chart 1-Time Standards								
Top Performance (in one event only) during the qualification period								
Points	Male				Female			
	10000m	10km	5000m	5km	10000m	10km	5000m	5km
	Track	Road(+20")	Track	Road(+10")	Track	Road(+20")	Track	Road(+10")
12	28:30	28:50	13:30	13:40	32:30	32:50	15:25	15:35
11	28:40	29:00	13:35	13:45	32:40	33:00	15:30	15:40
10	28:50	29:10	13:40	13:50	32:50	33:10	15:35	15:45
9	29:00	29:20	13:45	13:55	33:00	33:20	15:40	15:50
8	29:10	29:30	13:50	14:00	33:10	33:30	15:45	15:55
7	29:20	29:40	13:55	14:05	33:20	33:40	15:50	16:00
6	29:30	29:50	14:00	14:10	33:30	33:50	15:55	16:05
5	29:40	30:00	14:05	14:15	33:40	34:00	16:00	16:10
4	29:50	30:10	14:10	14:20	33:50	34:10	16:05	16:15
3	30:00	30:20	14:15	14:25	34:00	34:20	16:10	16:20
2	30:10	30:30	14:20	14:30	34:10	34:30	16:15	16:25
1	30:20	30:40	14:25	14:35	34:20	34:40	16:20	16:30