



Athletics Canada/Run Canada Measurement Certificate

Name of the course Rock and Roll - Vancouver 10K Distance 10 km
Location (city) Vancouver (province) BC
Type of course: road race ☒ calibration track Configuration: Loop
Type of surface: paved 100 % dirt _____ % gravel _____ % grass _____ % track _____ %
Elevation (meters above sea level) Start 37 m Finish 4 m Highest m Lowest m
Straight line distance between start & finish 630 m Drop 3.3 m/km Separation 6.3 %
Measured by (name, address, phone & e-mail) Quinton Jansen 125 Mary St.
Port Moody, BC, V3H 2N9 604-831-2471 and Mark Williams
Race contact (name, address & phone) Jordan Myers 305-2520 Manitoba St.
Vancouver, BC, V5Y 3A6 604-733-5444
Measuring Methods: bicycle ☒ steel tape electronic distance meter
Number of measurements of entire course: 2 Date(s) when course measured: Oct. 2&14, 2014
Race date: Oct. 26/2014 Course paperwork submission date: Oct. 15/2014
Expires: Dec. 31/2023 (if applicable) Certification code: BC-2014-122-BDC

Notice to Race Director
Use this Certification Code in *all* public
announcements relating to your race.

Be It Officially Noted That

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/Run 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.

This certification expires on December 31 in the year 2023

AS NATIONALLY CERTIFIED BY:

Bernard Conway Date: Oct. 18/2014
Bernard Conway - Athletics Canada/Run Canada National Certifier
- IAAF/AIMS Grade A Measurer
- USATF/RRTC Final Signatory

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Athletics Canada Certified
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Certification Expires Dec. 31/2023

