



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 _____

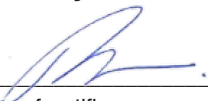
Official Notice

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

 Paul T.B. Adams

Signature of certifier _____ Date _____

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



North Endpoint
marked with spike & washer mid-trail;
near low clear depression on west;
~129.5m north of CRD 8K post;
~76.5m south of spotter white painted
log end at bend to north;
~ 48.5219°N & 123.3986°W



V&S 300m Calibration
Elk/Beaver Lake Regional Park
Saanich BC

Measured: Thu 2014 October 16th
by Gary Duncan & Elizabeth Brady
Altitude: 62m Capital Regional District CRD contours Map data

*Unpaved – Suitable only for measurement
of courses with primarily similar surfaces
like the major trails within the park*

map 2023 April

South Endpoint
marked with nail & washer mid-trail;
~.05m west of exposed stone;
~170.5m south of CRD 8K post;
~15.5m north of spotter tree at
bend to south;
~ 48.5193°N & 123.3978°W

300.000m baseline between pins straddling the "8K" post on the main "10K" loop trail around Elk/Beaver Lake,
developed on the west side atop the old Victoria & Sidney rail line

