



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 (m/km) _____ 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 which results in a course that is less than the stated distance, this certification becomes void, and the course must then be re-certified.

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

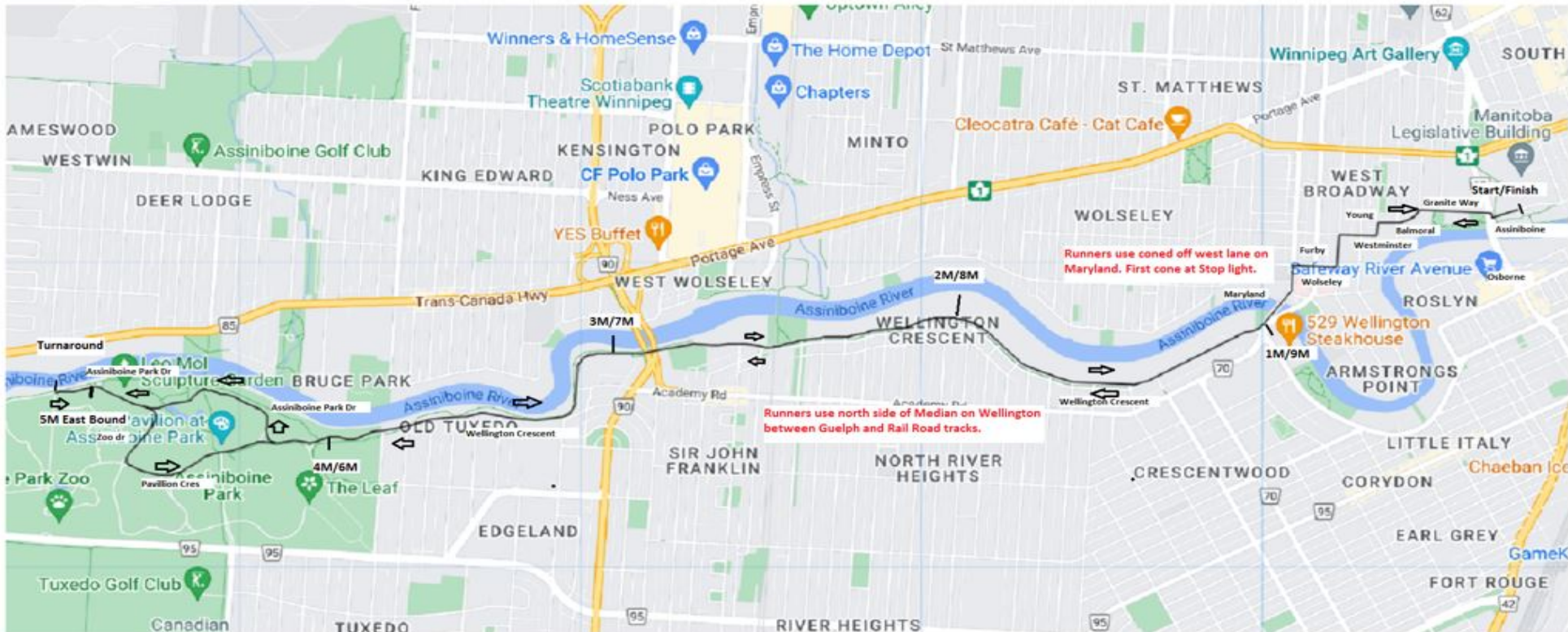
Date

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



Winnipeg 10&10: 10 Mile

Winnipeg, Mb

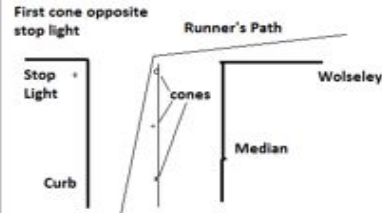


Course in Out and Back with a loop in Assiniboine Park
 Start on Assiniboine Ave West bound
 Turn right on Osborne (North)
 Turn left at Ped Crossing and continue on Granite Way (West)
 Turn left on Balmoral (South then West)
 Turn left on Young (South)
 Turn right on Westminster (West)
 Turn left on Furby (South)
 Turn right on Wolsley (West)
 Turn left on Maryland (South)
 Turn right at yield onto Wellington (West)
 Continue West on Wellington keeping on north side of median at Guelph.
 Enter Park on Assiniboine Park Dr (West,North,West) to Turnaround
 Around cone now heading East
 Turn right on Zoo Dr (South)
 Turn left on Pavilion Cres and continue onto Assiniboine Park dr (east)
 Leave Park moving onto Wellington and continue East keeping to the North of Median near Rail/Road tracks (East)
 Turn left on Maryland using the yield lane (North)
 Turn right on Wolsley (East)
 Turn left on Furby (North)
 Turn right on Westminster (East)
 Turn left on Young (North)
 Turn right on Balmoral (East than North)
 Turn right on Granite Way (East) and cross Osborne at Ped Crossing (East)
 Turn right on Osborne (South)
 Turn left on Assiniboine Ave and sprint to finish Line (East)

Mile Splits:

Start/Finish Line: Between the double stop signs, 7.20 m east of edge of brick sidewalk
 1M/9M: At light pole 2-005-335 on south end of bridge
 2M/8M: At 1095 Wellington metal address sign
 3M/7M: At Max 30 sign across from 1574 Wellington
 4M/6M: At West edge of new expanded parking lot
 5M: 31.0 m East of max 30 sign with no parking sign attached. East bound
 Turnaround: At East post of gate 7, 10.95 m West of Max 30 sign

Maryland and Bridge use west side curb lane



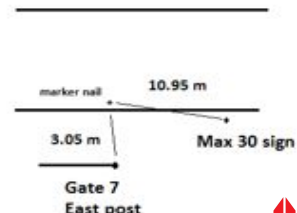
Start/Finish Line



Start/Finish line runs between stop signs on north and south side of Assiniboine

Turnaround

Turnaround is across from Gate 7 eastern post



Athletics Canada Certified
MB-2023-023-BDC
 Certification Expires Dec 31/2032

