



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 _____

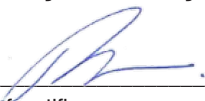
Official Notice

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

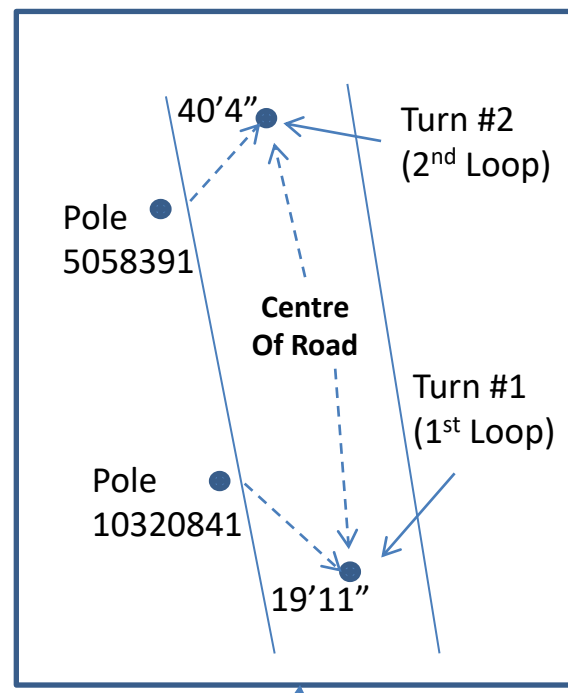
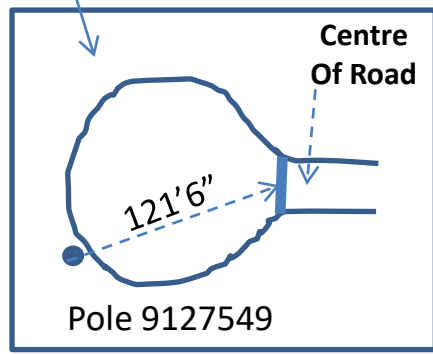
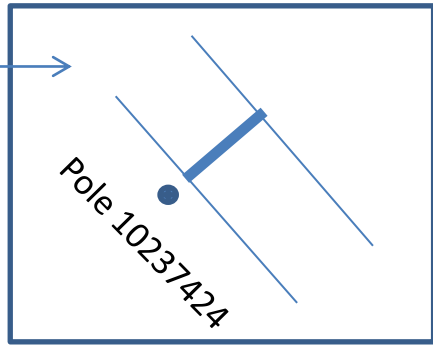
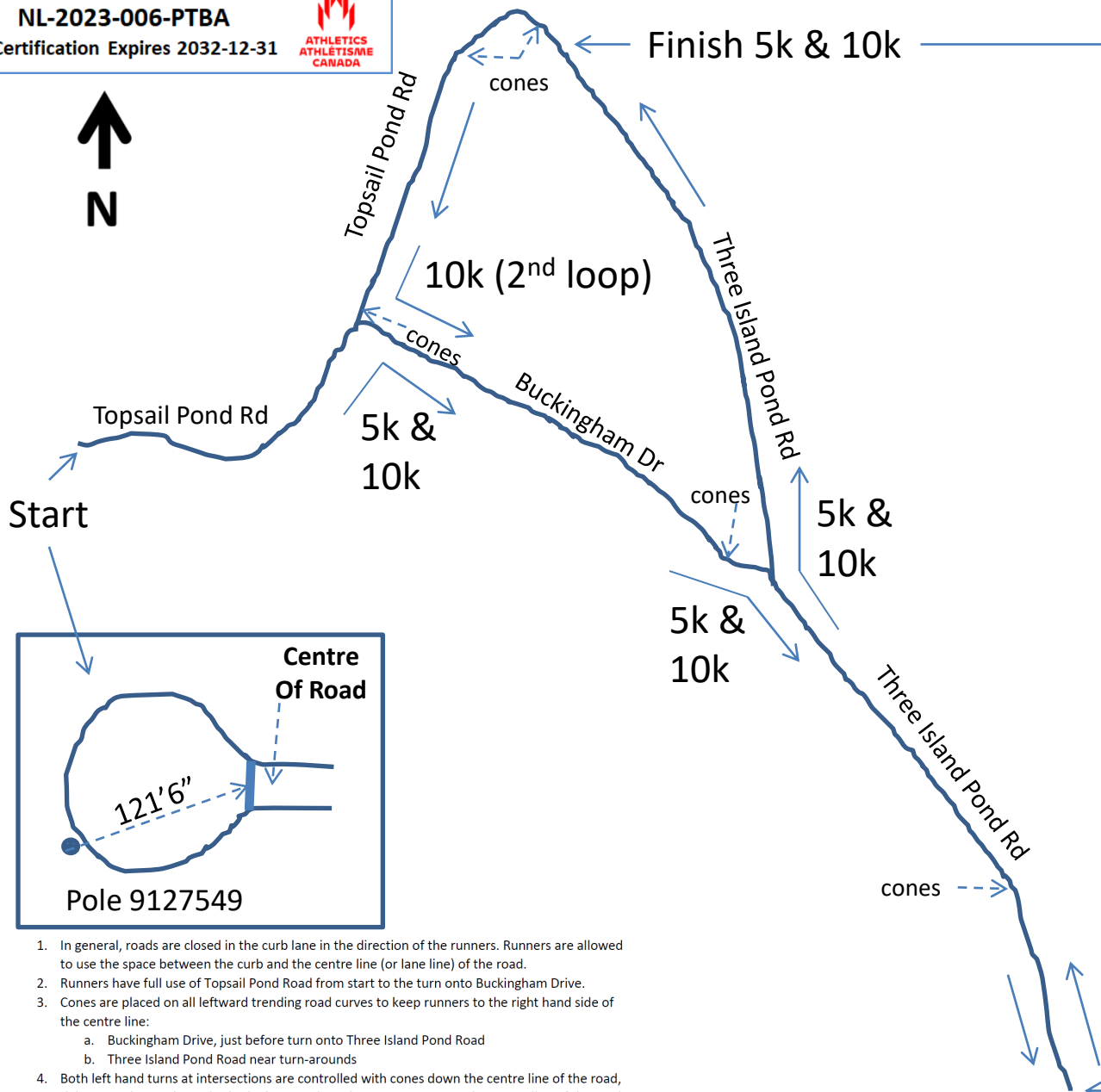
In the event a **National Open Record** is set on this course, or at the discretion of **Athletics Canada**, a validation remeasurement may be required to be performed by a qualified measurer. If such a remeasurement shows the course to be short, then all pending records will be rejected and the course 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





- In general, roads are closed in the curb lane in the direction of the runners. Runners are allowed to use the space between the curb and the centre line (or lane line) of the road.
- Runners have full use of Topsail Pond Road from start to the turn onto Buckingham Drive.
- Cones are placed on all leftward trending road curves to keep runners to the right hand side of the centre line:
 - Buckingham Drive, just before turn onto Three Island Pond Road
 - Three Island Pond Road near turn-arounds
- Both left hand turns at intersections are controlled with cones down the centre line of the road, right up to the turning point in the intersection. The cones resume at the centre line of the road into which the turn was made, so that runners are not able to cut the corner.
 - Three Island Pond Road onto Topsail Pond Road
 - Topsail Pond Road onto Buckingham Drive

Turn-arounds

Paradise Five & Dime