



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 _____

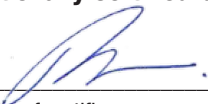
Official Notice

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



Signature of certifier

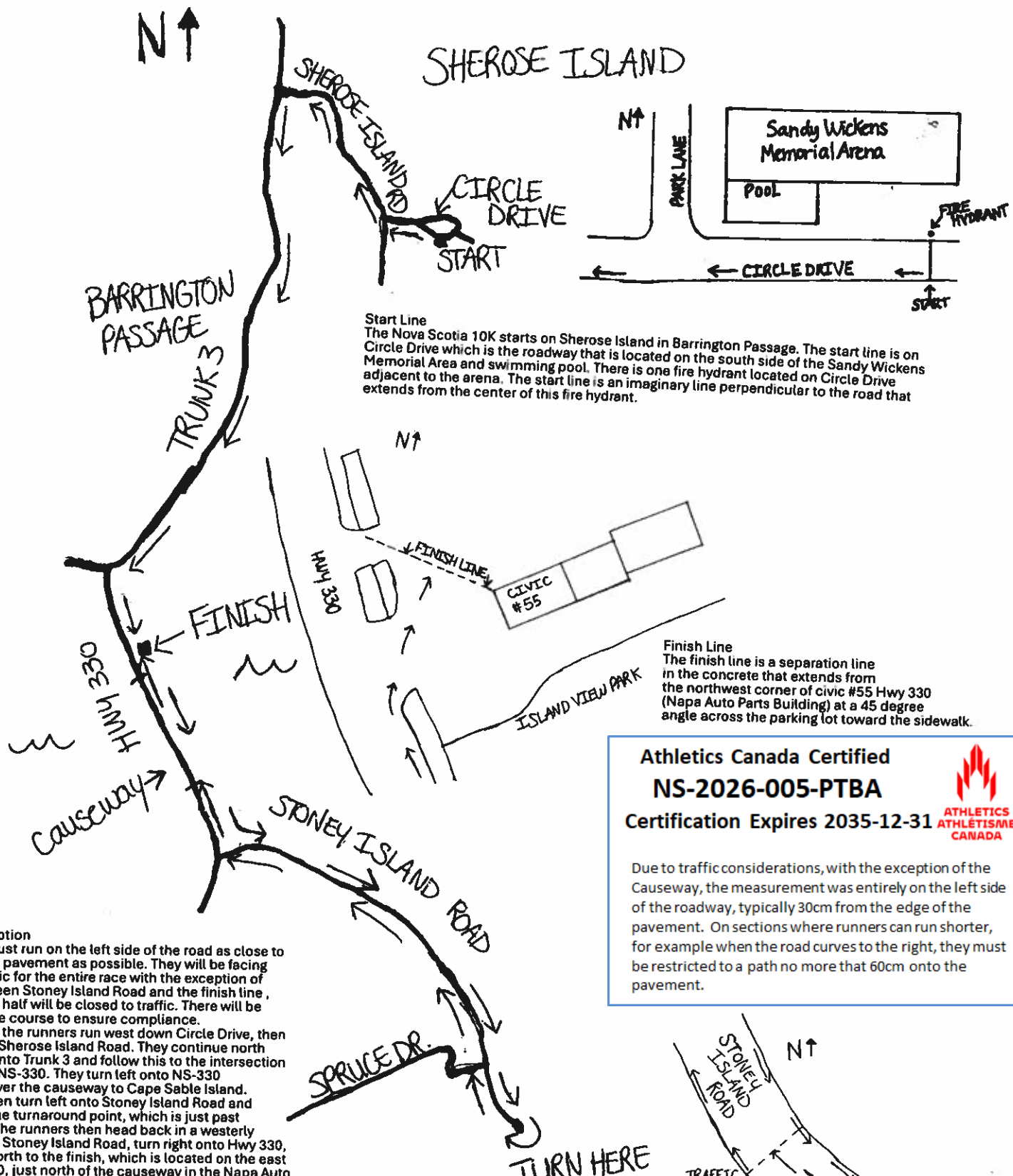
Paul T.B. Adams

Date

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




Nova Scotia 10K Barrington, Nova Scotia



Start Line
The Nova Scotia 10K starts on Sherose Island in Barrington Passage. The start line is on Circle Drive which is the roadway that is located on the south side of the Sandy Wickens Memorial Area and swimming pool. There is one fire hydrant located on Circle Drive adjacent to the arena. The start line is an imaginary line perpendicular to the road that extends from the center of this fire hydrant.

Finish Line
The finish line is a separation line in the concrete that extends from the northwest corner of civic #55 Hwy 330 (Napa Auto Parts Building) at a 45 degree angle across the parking lot toward the sidewalk.

Athletics Canada Certified
NS-2026-005-PTBA
Certification Expires 2035-12-31



Due to traffic considerations, with the exception of the Causeway, the measurement was entirely on the left side of the roadway, typically 30cm from the edge of the pavement. On sections where runners can run shorter, for example when the road curves to the right, they must be restricted to a path no more that 60cm onto the pavement.

Course Description
The runners must run on the left side of the road as close to the edge of the pavement as possible. They will be facing oncoming traffic for the entire race with the exception of Hwy 330 between Stoney Island Road and the finish line, where the east half will be closed to traffic. There will be monitors on the course to ensure compliance. From the start, the runners run west down Circle Drive, then turn right onto Sherose Island Road. They continue north then turn left onto Trunk 3 and follow this to the intersection of Trunk 3 and NS-330. They turn left onto NS-330 and proceed over the causeway to Cape Sable Island. The runners then turn left onto Stoney Island Road and follow this to the turnaround point, which is just past Spruce Drive. The runners then head back in a westerly direction along Stoney Island Road, turn right onto Hwy 330, and proceed north to the finish, which is located on the east side of Hwy 330, just north of the causeway in the Napa Auto Parts Parking lot, adjacent to Island View Park.

The Turnaround
The turnaround point is located in the center of Stoney Island Road on an imaginary line that is perpendicular with the road, and is 7.6 meters southeast of a line that extends from the post of a traffic sign that is outside of civic #392 Stoney Island Road. It is marked with a PK nail, a washer and orange spray paint.

