

2008 CANADIAN 10,000M CHAMPIONSHIPS TECHNICAL & REGISTRATION PACKAGE

Varsity Centre, Toronto, ON, June 4th, 2008

Presented by: University of Toronto Track Club
Sanctioned by: Athletics Canada
Website: <http://www.athletics.ca/page.asp?id=298>

Event Location and Dates

University of Toronto Varsity Centre
June 4th, 2008

[Directions to Track](#)



Facility

John L Davenport Track at the University of Toronto Varsity Centre

Track: 8 lane synthetic
Spike Length: 7mm(track)
Timing: Lynx

How to Enter

Entries are done through Athletics Canada on-line system available at:

<https://www.acdirect.ca/meetentries/meLogin.aspx>; the registration system is open as of Monday, April 21, 2008. All entries and confirmation are the responsibility of the athlete (including carded athletes). Entries are not completed until payment is received.

Registration/entry forms can be completed by club and should be done for each athlete. All coaches must register as well. The entry deadline is **Friday, May 23rd, 2008** at midnight (EST). The late entry deadline is **Friday, May 30th, 2008**. NO entries will be accepted after this date, no exceptions. All entries are non-refundable.

Entry Fees

\$55.00 per participant. The late entry fee is \$100.00 per participant.

Schedule

8:30 p.m. – Women's 10,000m
9:15 p.m. – Men's 10,000m

Awards

Athletics Canada Championship medals will be awarded to the first three Canadian finishers in each event. In order to be eligible, athletes must be Canadian citizens and members of Athletics Canada.

Accommodations

Note: Accommodation booking is the responsibility of the participant.

Holiday Inn Toronto-Midtown

280 Bloor St. West

Toronto, ON M5S 1V8

Contact: Sonya at (416) 968-0010 ext.1520

Fax: (416) 968-7765

Rate: \$129.99 (single or double occupancy)

\$139.99 (triple)

\$149.99 (quad)

Deadline to book to guarantee rate is May 19th, 2008

Citizenship Eligibility

The following athletes are eligible to compete in National Championships:

- Canadian Citizens who are Athletics Canada members in good standing;
- Only Canadian Citizens are eligible to be declared Canadian Champions and receive a medal, award, or financial recognition.

Non-Canadian Citizens

The following non-Canadian citizens are also eligible to compete:

- Canadian Permanent Residents (Landed Immigrants) who are Athletics Canada members and full-time residents of Canada
- Foreign athletes who may or may not be full time residents of Canada may also compete at the sole discretion of Athletics Canada. Foreign athletes must request permission by completing the Foreign Athlete Application (Please contact Nicole Clarke - nclarke@athletics.ca for a copy of the application form).

Note: Non-Canadian citizens are not eligible to be declared Canadian Champions, receive a medal, award, or financial recognition.

2008 Entry Standards

Standards to be achieved on the track only ⁽¹⁾:

Men – 31:00.00 or 14:27 for 5,000m toward the 10,000m

Women – 36:50.00 or 16.50.00 for 5,000m toward the 10,000m

⁽¹⁾ See “Entry Qualification Process” sub-section D for exceptional entry via a road-running result

Qualifying Period – the qualifying period to reach these standards is March 24, 2007 to May 30, 2008.

Eligibility of Entry Performances

Athletes must submit proof of performances as required on the Championship Registration Form. We encourage you to provide us with the results of the competition where the performance was achieved, especially High School and out-of-country competitions. If the performance cannot be verified, the athlete will be given no seeding performance or may be refused entry.

The achievement of all performances must be recognized on the official Athletics Canada performance ranking lists. These results must have been achieved at competitions listed on the Athletics Canada or IAAF Member Federation fixtures lists. All results must be achieved in conformity with IAAF/Athletics Canada rules. Wind readings and implement certification must always be recorded on results to guarantee their validity. In addition the signature and contact details of the certified Athletics Canada Official and or international equivalent are required. It is the responsibility of the athlete to submit these results to Athletics Canada (ishoucair@athletics.ca) prior to the entry deadline. Imperial to metric conversions will not be accepted. Indoor performances are not permitted. Performances achieved in mixed events (between male and female participants), held completely in the stadium, will be accepted (IAAF Rule 147). Results from regional high school meets will not be accepted unless sanctioned or recognized by an Athletics Canada member branch.

Entry Qualification Process

The following Entry Procedures to the Canadian 10,000m Championships will apply to athletes who meet the citizenship eligibility criteria:

A) Current 2008 Athletics Canada members who have achieved the qualifying entry standards, during the qualifying period.

B) Athletics Canada members who have not made the qualifying entry standards are also eligible to compete if:

- At the designated Provincial/Territorial Branch Qualifying competition, they finish in the top five of those who have not achieved the entry standard for that event.
- If there is no such Provincial/Territorial Branch Qualifying competition, the Province/Territory or Branch may select up to five athletes per event who have not made the qualifying standard for that event.

C) Carded athletes (2007-2008) are automatically eligible to compete in the Championship events in which they are carded. In the case of the 10000m championship, carded athletes on the 5000m, 10000m or marathon events will be considered automatically eligible. They must process their registration form with appropriate payment.

D) Based on a written (only) request made directly to the Endurance Coordinator and Coach (or delegate) and by no later than **May 28, 2008**, an athlete can be accepted into the event based on a **2008** road running result. Proper details and documentation of the result will be required. Acceptance of athletes under this clause is at the sole discretion of Athletics Canada. Normally acceptable performances are those achieved on a certified course and that respect the IAAF rule 260.28 on records: “the start and finish points of a course, measured along a theoretical straight line between them, shall not be further apart than 50% of the race distance; the decrease in elevation between the start and finish shall not exceed an average of one in a thousand, i.e. 1 m per km.”

Any athlete who wants to be entered based on a road performance, should make the request directly to Athletics Canada National Teams Program Director via email at smacdonald@athletics.ca, providing the following info:

- Exact name of the road race and exact location (city and province/state)
- Exact 2008 date and the precise event details (length of the given race)

Athletics Canada National Team Program

These Championships will serve as selection trials for the following 2008 National Team Projects:

- 2008 NACAC U23 Championships in Toluca, MEX (<http://www.athletics.ca/page.asp?id=251>)

The Championships are also included into the qualifying period for achievement of standard consideration or possible qualifying based on position consideration:

- 2008 Olympic Games in Beijing, CHN (<http://www.athletics.ca/page.asp?id=225>)

Please refer to the Official National Team Selection Criteria for exact information on the qualification process; this information is available on the Athletics Canada website (<http://www.athletics.ca/page.asp?id=22>).