



## 2008 TRANSCANADA CANADIAN 10KM CHAMPIONSHIPS TECHNICAL PACKAGE

Ottawa, ON, October 18<sup>th</sup>, 2008

### Championships Information

Location: [Canadian War Museum](#), Ottawa, ON (Lebreton Flats)

Date: Saturday, October 18<sup>th</sup>, 2008

Website: [www.transcanada10km.ca](http://www.transcanada10km.ca) or [www.athletics.ca](http://www.athletics.ca)

### Registration

This event is open to everyone. Only those registrants who are Canadian citizens and members of Athletics Canada will be eligible for Championship medals and prize money.

You can enter online at [http://www.eventsonline.ca/events/transcanada\\_10k/](http://www.eventsonline.ca/events/transcanada_10k/)

All entries and confirmation are the responsibility of the athlete (including carded athletes). Online registration will close after October 16<sup>th</sup>. You can register onsite October 17<sup>th</sup> & 18<sup>th</sup>.

### Fees:

September 1 <sup>st</sup> – October 16 <sup>th</sup>	\$45.00
October 17 <sup>th</sup> & 18 <sup>th</sup>	\$50.00 (CASH ONLY)

### Host Hotel

Sheraton Ottawa  
150 Albert St.  
Ottawa, ON K1P 5G2  
Tel: (613) 238-1500 or (800) 489-8333

Room rate is \$109 for single/double occupancy. When making your reservation, please ask for the Athletics Canada rate. To guarantee the rate, please book by September 16<sup>th</sup>, 2008.

### Race Packages

Race packages (and late registration) can be picked up at the following locations & times:

Sheraton Ottawa (Host Hotel)  
Friday, October 17<sup>th</sup>  
4:00pm – 8:00pm

Canadian War Museum (Barney Danson Theatre)  
Saturday, October 18<sup>th</sup>  
7:00am – 9:00am

### 10km Course

For a map of the course, please click [here](#)

The race starts in front of the Canadian War Museum, near Vimy Place. You then head east towards Booth St. You turn left onto Booth Street and head north towards Laurier (Gatineau). You will then turn right onto Laurier (using the right turn lane). The course then heads east on Laurier to the Portage Bridge. You make a right onto the Portage Bridge and head south back into Ottawa. Once across the bridge you will make a right onto Wellington and head out onto the Ottawa River Parkway. You will head west on the Parkway until you reach Island Park, in which you will turn around and head back to the Museum where the finish area is. The turnaround is 4 lanes wide at Island Park, and participants will be given warnings at 50m and 25m regarding the turnaround.

#### **Award & Prize Structure for the Canadian 10km Championships**

Prize money will be awarded to the top overall Canadian finishers. They must also have a current membership with an Athletics Canada branch association.

1st place male and female:	\$3,000 each
2nd place male and female:	\$1,500 each
3rd place male and female:	\$ 750 each
4th place male and female:	\$ 500 each
5th place male and female:	\$ 250 each

#### **Standards (Related to Prize Money)**

The following standard must be met at the championship race in order to be eligible for the full prize money. If an athlete that finishes in the top 5 does not meet standard, they will be eligible for 50% of the prize money.

Men:	31:00
Women:	36:00

#### **Awards**

Athletics Canada Championship medals will be awarded to the first three Canadian finishers (Men & Women). Only those who meet the athlete citizenship and membership eligibility can be declared Canadian Champions and receive a medal, award, or financial recognition.

#### **Award & Prize Structure for the Canadian Wheelchair 10km Championships**

Prize money will be awarded to the top overall Canadian finishers. They must also have a current membership with an Athletics Canada branch association.

#### **Open Class:**

1 <sup>st</sup> place male and female:	\$1,000 each
2 <sup>nd</sup> place male and female:	\$ 500 each
3 <sup>rd</sup> place male and female:	\$ 250 each

#### **Quad Class:**

1 <sup>st</sup> place male and female:	\$ 500 each
2 <sup>nd</sup> place male and female:	\$ 250 each

#### **Standards (Related to Prize Money)**

The following standard must be met at the championship race in order to be eligible for the full prize money. If an athlete that finishes in the top 5 does not meet standard, they will be eligible for 50% of the prize money.

Men:	26:00 (Open) 34:00 (Quad)
Women:	30:00 (Open) 44:00 (Quad)

#### **Awards**

Athletics Canada Championship medals will be awarded to the first three Canadian finishers in each event. Only those who meet the athlete citizenship and membership eligibility can be declared Canadian Champions and receive a medal, award, or financial recognition.

### **Timex Road Racing Series**

Canada's only National Road Race Series, the Timex Road Race Series, encompasses 9 series in all provinces across the country. Developed by Timex in 1989, in conjunction with the branch associations of Athletics Canada, the TNRRS has over 110 races with an excess of 140,000 participants.

The TNRRS reflects the growing popularity in 5 KM and 10 KM running as we continue to see the base of participation increase each year. The TNRRS is an integral part of the road running scene in Canada, designed for all runners from the beginner to the elite competitor.

For the Timex Series Finale, the top three male and female individuals will be recognized, as well as the top provincial team. Teams will be scored based on their top 2 male and 2 female finishers. Please note that even though you will register your Timex teams under the Timex Series Finale, those athletes are still eligible to compete for the National title, as long as they meet the necessary criteria (i.e. Athletics Canada member, Canadian citizen). However, those that register under the National Championship portion will not be eligible to contest for the Timex Series title unless they have been named to their Provincial Team.

All Timex athletes are eligible for Age Category prizing, with some exceptions. The top three finishers (male and female) will not be eligible for age category prizing, as they will already be receiving prize packages. If a Timex athlete finishes in the Top 5 Overall, who is eligible for National Championship prizing, and the Top 3 Timex, they will receive a combined prize package and both titles (i.e. if a Timex athlete finishes 3<sup>rd</sup> overall and Top Timex athlete, they would receive the prize money for finishing 3<sup>rd</sup>, the National bronze medal, the title of Timex Champion, and a prize package from Timex). If you have any questions about the award system, please contact Athletics Canada for more information.

### **Doping Control**

Doping Control will be carried out at these Championships in accordance with Athletics Canada / CCES Policies.

### **Schedule of Events (Subject to changes)**

#### *Pasta Dinner*

Date: Friday, October 17<sup>th</sup>, 2008  
Time: 6:00pm  
Location: Sheraton Ottawa (Host Hotel)  
Cost: Tickets are \$25.00 and are limited.

#### *Race*

Date: Saturday, October 18<sup>th</sup>, 2008  
Time: 9:00am – 5km Fun Run  
10:00am – Canadian Wheelchair 10km Championships  
10:20am – Elite Women Start (National Championships and Timex Series)  
10:30am – Elite Men and Mass Race Start  
Location: Start and finish at Canadian War Museum

Awards will follow after the completion of the race.

### **Medical and Therapy Facilities**

The race will have Emergency Medical Services available on site as well as first aid. Massage services may also be available.

### **Parking**

Parking is available at the war museum. Please visit <http://www.civilization.ca/visit/cwmlocatione.asp> for details.

### **Athletics Canada Members**

To become an Athletics Canada member and have the right to be awarded the title of Canadian Champion and receive prize money, please contact your provincial branch. See a list of branches at: <http://www.athletics.ca/page.asp?id=14> or directly with Athletics Canada at (613) 260-5580.

### **Athlete Citizenship Eligibility**

The following athletes are eligible to compete in National Championships:

- Canadian Citizens who are Athletics Canada members;
- 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:

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

1. Canadian Permanent Residents (Landed Immigrants) who are Athletics Canada members and full-time residents of Canada;
2. Non-Canadian residents who are claiming refugee status, and foreign athletes who are temporary residents of Canada due to business, study or family reasons, providing that they are Athletics Canada members and have been resident in Canada for at least six months prior to the date of competition
3. Foreign athletes who have been invited and, at the entire discretion of the Director, National Team Programs ([smacdonald@athletics.ca](mailto:smacdonald@athletics.ca)) have had their applications accepted

### **National Team Programs**

The winners of the 10km Championships (men and women) will be guaranteed a spot on the team for the 2008 Chiba Ekiden, which takes place on November 22, 2008. For more information regarding this team, please contact Scott MacDonald at [smacdonald@athletics.ca](mailto:smacdonald@athletics.ca)

### **Race Inquiries**

For any race inquiries, please contact Nicole Clarke at [nclarke@athletics.ca](mailto:nclarke@athletics.ca) or at (613) 260-5580 ext 3309.