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# RUNNING



## CHAPTER 17 - RUNNING

### 1. TEAM COMPOSITION

- 1.1. Regional teams shall be comprised of twenty-five (25) runners who have met the qualifying times listed in [table 6.3](#) below.

### 2. RULES

- 2.1. The competition shall be conducted in accordance with the [Athletics Canada Rules and By-Laws](#), supplemented by the administrative guidelines of the race course selected by the CAFSO, and in accordance with the [CAF Sports Championships Operations Manual](#).

### 3. SUSPENSIONS

- 3.1. Reference [Chapter 5 – Suspensions](#), for infractions that may be applied to any sport.

### 4. CHAMPIONSHIP FORMAT

- 4.1. The Championship shall consist of four (4) separate races as listed in [para 5.1](#). A CAF member will only be permitted to enter the race for which they have entered a qualifying time. A CAF member who has submitted a qualification time for more than one (1) event, will only be eligible to enter in one (1) race at the CAF National Running Championship.

### 5. EVENTS

- 5.1. The Canadian Armed Forces National Running Championship shall consist of the following races:
  - a. Marathon;
  - b. Half Marathon;
  - c. 10 km; and
  - d. 5 km.

### 6. QUALIFYING TIMES

- 6.1. The qualifying times listed below are the minimum qualifying times that a CAF runner must achieved no more than fourteen (14) months prior to race day. CAF runners can achieve their qualifying time by completing an in-person road race, virtual race, or time trial. A virtual or time trial must be a lopped course (not on a track) or an out-and-back routing, and the elapsed time and corresponding map from a GPS tracker must be provided. Proof of times (and maps if virtual) must be submitted to your local PSP Base Sports Coordinator NLT the due date stated in the CAF National Running Championship Joining Instructions.
- 6.2. Under extenuating circumstances, such as deployments, a CAF member may not have the opportunity to compete in a race within the fourteen (14) month time requirement. In these cases, a written request can be made to the MCAFS through the member's local PSP Sports Coordinator prior to the deadline stated in the CAF National Running Championship Joining Instructions.

## 6.3. Qualifying Times table:

Race Distances	Marathon		Half Marathon		10 Km		5 Km	
Age Categories	Male	Female	Male	Female	Male	Female	Male	Female
19 & under	3:15:10	3:35:32	1:32:40	1:45:17	42:24	48:17	20:37	23:26
20-24	3:15:10	3:34:57	1:32:40	1:44:17	42:24	48:09	20:37	23:26
25-29	3:15:10	3:34:57	1:32:40	1:43:30	42:24	48:09	20:37	23:26
30-34	3:15:10	3:34:57	1:32:40	1:43:31	42:24	48:09	20:40	23:26
35-39	3:16:08	3:36:34	1:33:09	1:44:31	42:48	48:30	21:03	23:26
40-44	3:20:41	3:41:37	1:35:17	1:47:04	44:00	49:35	21:46	24:04
45-49	3:28:44	3:50:41	1:39:08	1:51:23	45:46	51:30	22:34	24:57
50-54	3:37:47	4:04:22	1:43:25	1:57:42	47:42	54:23	23:25	26:13
55 & over	3:47:40	4:20:40	1:48:07	2:05:10	49:47	57:50	24:20	27:43

## 7. EQUIPMENT

7.1. All members' must wear the following equipment/uniforms listed in the table below:

MANDATORY	RECOMMENDED
<b>Runners</b>	
<ul style="list-style-type: none"> <li>▪ Singlet provided by the CAF National Sports Office; and</li> <li>▪ Race bib</li> </ul>	<ul style="list-style-type: none"> <li>▪ n/a</li> </ul>

## 8. INJURY PREVENTION

8.1. It is important that injury prevention strategies are reviewed by all members of the team, coaches, officials, athletic trainers, and organizers. Please refer to [Chapter 6](#), for further injury prevention.

## 9. AWARDS

9.1. The first (1<sup>st</sup>) and second (2<sup>nd</sup>) place finishers, male and female, in the 5km, 10km, half and full marathon events will be presented with medals. All awards are based on the "chip time". Gold and silver medals will be awarded within each race category for each race distance (male & female) so long as there is a minimum of five (5) participants in that race category. If there are less than five (5) participants in a particular race category for any given race distance (male & female) only a gold medal shall be awarded (as per 2006 National RSMgr Meeting minutes).

9.2. The CAF age categories for men and women are broken down as follows in all events for the purpose of the CAF awards:

- Open (under 35 years);
- Masters (35 – 47 years); and
- Senior (48+ years).

9.3. Ages for the above categories apply as of the day of the competition.

- 9.4. The Top Athlete Award will be presented to the fastest male and female runner with the highest age-performance percentage, generated by the [2015 WMA Road age-grading calculator](#).
- 9.5. The Environmental Shield Award shall be awarded to the winning environment CAF Runners formed to represent the Navy, Army or Air Force environment. This award promotes teamwork in an inherently individual sport exemplifying what it means to be a member of the Canadian Armed Forces. It is presented to the environment with the highest combined average of the age-performance percentages, generated by the [2015 WMA Road age-grading calculator](#).
- 9.6. Any monetary award won by an athlete competing under the CAF National Running Championship is to be handed over to CFMWS in accordance with [the QR&Os: Volume III - Chapter 208 Fines, Forfeitures and Deductions](#) (208.45 – Deductions for Recovery of Additional Payment Received in Performance of Duties).
- 9.7. See awards breakdown in the table below;

<u>Awards / Recognition</u>	<u>Quantity</u>	<u>Nationals</u>	<u>Regionals</u>
Gold Medals	24	✓	n/a
Silver Medals	24	✓	n/a
Environmental Shield	1	✓	n/a
Top Athlete Award	2	✓	n/a
Officials	1	✓	n/a
Trainers	2-3	✓	n/a
VIP's / Patrons	1	✓	n/a