



2007 Timex Point System

- Athletics Manitoba or Run Manitoba Membership is required to accumulate points for the Timex Road Race Series
- The top three point scorers (male and female) in each five year age category will be awarded for their achievement at the Run Manitoba Awards Night
- Your age category will be determined as of the date of the first Timex race (April 15, 2007)
- **A minimum of 6 races must be run for consideration with the best 9 of 12 race points used for final calculations**
- Only Timex races run in Manitoba qualify for points

Place	Points	Place	Points	Place	Points	Place	Points
1	300	6	245	11	195	16	154
2	285	7	235	12	185	17	153
3	275	8	225	13	175	18	152
4	265	9	215	14	165	19	151
5	255	10	205	15	155	20	150

Points will continue to decrease by 1

Age Groups (Male and Female) – age as of April 15, 2007

Under 14	15-19	20-24	25-29	30-34	35-39
40-44	45-49	50-54	55-59	60-64	65-69
70-74	75+				

National Timex 10km Championships Criteria

- Athletics Manitoba or Run Manitoba membership is required to qualify
- A maximum of 4 individuals will be selected. These athletes must meet or exceed the following standards will be considered for funding to the National Timex 10km Championships in Ottawa, Ontario on Saturday, October 13, 2007.

Minimum time standards:

Open Men	33:30
Open Women	38:00
Masters Men	35:30
Masters Women	43:30

- We will focus on choosing 1 runner from each category. If a category fails to produce a qualifier, the next fastest qualifier from all the other remaining categories will be considered.
- To qualify you must run a minimum of 3 for the Manitoba Timex Series 10km races and at least one of these races must be run at the minimum standard listed.
- **Masters runner is defined as 35 years of age and over. The age is determined by June 2, 2007.**

