



TRACK AND FIELD / ROAD RUNNING CROSS COUNTRY

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**2010 ATHLETICS MANITOBA PROVINCIAL ROAD RUNNING
SELECTION CRITERIA & STANDARDS**

Overview

The Athletics Manitoba Provincial Road Running Team is comprised of athletes born in 1990 and older who have been identified as meeting or exceeding the outlined standards as of September 20, 2010. The goal of the program is to compete at the national 10km championships. Athletics Manitoba will be providing subsidy.

- Maximum Team Size: 4
- Provincial Team Fee: \$250.00

General Information

Athletes wishing to be considered for selection to the Athletics Manitoba Provincial Road Running Team must be individual members of Athletics Manitoba and have met their respective standards and run a minimum of two of the Manitoba Timex Series 10km races. Athletics Manitoba will arrange all travel, accommodation and entry details. Athletes will be responsible for their own meal costs. All team members will receive a Team Manitoba singlet which must be worn during the national meet. Due to limitations in team size, achieving the selection standard does not guarantee selection.

Minimum Standards

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

A Masters runner is defined as 40 years of age and over.
You must meet the master's standard when you are 40 years of age.