

# Road Running – 10k

*Created November 2022*

Refer to the 55+ BC Games 'General Rules Book' for additional general rules that apply to all sports.

## 1. Age Categories

Men 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+

Women 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+

## 2. Events

- a) 10k

## 3. Participation

- a) Each zone may send an unlimited number of participants per age category.

## 4. Competition

- a) It is required that the Host Society Sport Chair obtain an official sanction for this **event** from BC Athletics and that electronic timing and wind reading measurements be recorded for all appropriate Track & Field events.
- b) Road race will take place on Saturday.
- c) Course can be out and back or point to point.
- d) Race bibs must comprise of four digits – the first two indicating the age category, e.g. 60 for 60-64 age category. Race bibs are to be worn on the front and must be visible.

## 5. Medals

- a) Gold, Silver and Bronze medals will be awarded to the top overall participants
- b) Gold, Silver and Bronze medals will be awarded to the top three finishers in each age category.

## 6. Index of Changes

NO.	TYPE	CHANGE	EFFECTIVE
1.	Rule change	Created sport specific rules for road running – participants allowed to enter 10k in addition to other sports. (still listed as an event in the track & field rules)	2022.Nov.17