

**APPENDIX 4**

**MANITOBA RUNNERS' ASSOCIATION  
2019 RACE STANDARDS**

The MRA is concerned with runner safety and promotes the interests of road runners in Manitoba. All MRA sanctioned events will maintain the following standards:

Feature	Standards
<b>Entry Forms/Course Maps</b>	Made available to all runners, electronically and in hard copy format.
<b>Race Day Administration</b>	Race day registration is optional, or may state in printed & promotional materials that there will be no race day registration; race to start on time; runners called to start line when race is about to start. Optional baggage check, if available, must be supervised throughout the event..
<b>Washrooms</b>	At least two washrooms/portables available per 100 runners.
<b>Medical support</b>	Anyone with current First Aid training may attend and should be on site ½ hour prior to the start and stay until the end of the race. Race Director responsible to see that First Aid people have adequate supplies. Should have medical spotters on the course with communication equipment, ie: cell phone or radio.
<b>Water stations</b>	A 5k should have 1 water station at the half way point and at the finish. 10k should have 2 water stations on the course and 1 at the finish.
<b>Traffic Control &amp; Marshalling</b>	At all intersections and active parking lots, traffic controlled by warning signs; traffic cones along all areas where participants use the roadway; lead bicycle is familiar with the course and has communication equipment; trailing bicycle/vehicle with communication; all intersections controlled by marshals wearing safety vests or police as required by the city. We recommend that motorized vehicles be used to follow the last runner and not be used as lead.
<b>Insurance</b>	Mandatory for all participants.
<b>Course Measurement, Start and Finish areas, Timing</b>	An untimed Fun Run can be an approximated distance and does not need to be officially measured. A timed but uncertified course can be measured by car, bicycle odometer, or GPS system. A timed and certified course, especially if in the MRA Classic Race Series, must be measured by a recognized MRA course measurer and certified by Athletics Canada. There must be a visible start and finish line as well as an efficient finish line chute and system to correctly capture all finishing times. Timers should be recognized by the MRA. Course to be checked and confirmed by the race director prior to start. Split times are not required.
<b>Results</b>	Digital display of times (clock) at the finish of the run (not required for a fun run). Full unofficial results and position of all finishers to be published on site within one hour of the finish. Official results to be sent electronically (pdf) to the MRA within 24 hours.
<b>Recognition</b>	Not required for a fun run. Recognition should be given to top 3 overall male and female finishers: top male and female in each age category should also be given recognition. The size and value of any awards given must be the same for male and female winners.