



Manitoba Runners' Association Race Standards for 2016

Race Standards

Feature	Standards
Entry Forms/ Course Maps	Made available to all runners, electronically and hard copy format
Race Day Administration	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. Lead cyclist must be familiar with the course.
Washrooms	At least one men's and one women's washroom/portable available per 100 runners.
Medical support	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 walkie talkie
Water stations	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.
Traffic Control & Marshalling	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 plus all intersections controlled by marshals wearing safety vests or police as required by the city. We recommend that any motorized vehicles be used to follow the last runner and not be used as lead.
Insurance	Mandatory for all participants.
Course Measurement, Start and Finish areas	A fun run can be measured by car, bicycle odometer, or GPS system. A timed race, especially if in the MRA 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. An efficient finish line chute and system to correctly capture all finishing times is in place and timers are trained. Course to be checked and confirmed by the race director.

Split Times	Not required
Results	Digital display at the finish of the run (not required for a fun run). Full results and position of all finishers to be published on site within one hour of the finish and sent electronically to the MRA within 24 hours.
Awards	Not required for a fun run. Overall top 3 Male and Female awards, 5 year age category awards to winners in the MRA Race Series

Note: Summer refers to events run between May 1 and September 30. Winter refers to events run between October 1 and April 30.