

# **Saskatoon Road Runners Association Inc. Age Restriction Policy**

## **Policy Background**

A policy for age restrictions for SRRA events is needed to provide consistency in all SRRA races and more importantly to ensure safety for all participants.

According to SRRA research, most organized running events have an age restriction policy in place for various distance races. Our review of similar events in Canada and the USA revealed that age restrictions are in place and enforced, but varied from race to race. Examples of races reviewed were: Queen City Marathon, Regina, BMO Okanagan Marathon, BMO Vancouver Marathon, Good Life Toronto Marathon, Chicago Marathon, Twin Cities Marathon and Scotia bank Calgary Marathon. We were able to derive from this research helpful information for the SRRA age restriction policy.

Reasons for the policy include potential medical concerns for youth participants regarding growth and development from strenuous training, as well as injury and safety concerns for youth who are participating in SRRA events.

## **Policy**

Age restrictions for Event Distances (age at the date of the event) shall be as follows:

Ultra Marathon (distances longer than 42.2km): 18yrs and older  
Ultra Marathon Team event (with leg distances no greater than 21.1 km): 14yrs and older  
Marathon (42.2 km): 16yrs and older  
Half Marathon (21.1km): 14yrs and older  
10km: 12 yrs and older  
5km: No restriction

This policy is effective October 1, 2010 until further notice.

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SRRA President Signature

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Lorrie Dobni  
Name (Please Print)

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October 1, 2010  
Date