

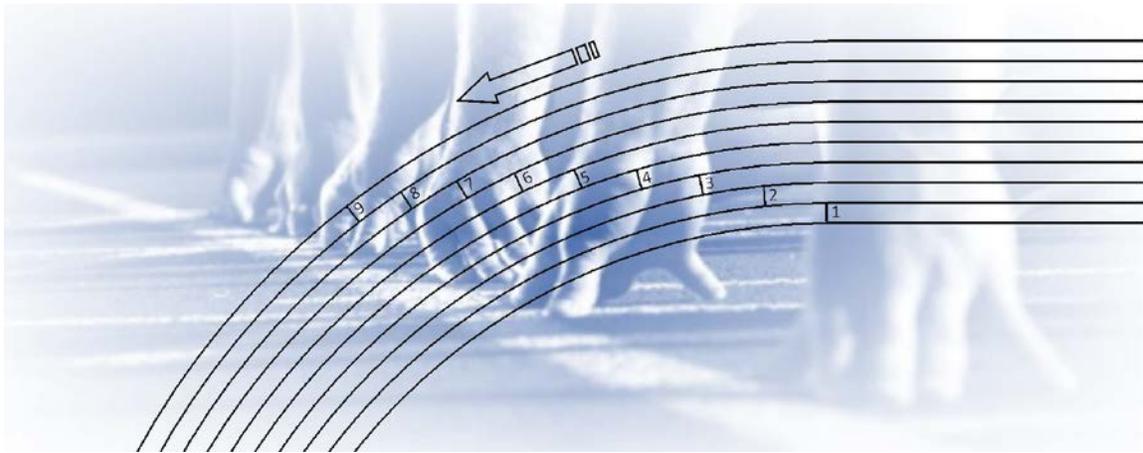


2020 Corporate Running Association Virtual Event – Q&A June 14, 2020

Train Smart! Compete Hard!

- 1. When can I compete for the 2020 Virtual Event?**
You can compete anytime, on any days, between June 15 and July 31; do one event one day and another one another day.
- 2. Where can I compete?**
You can compete on a track, field, road, or a treadmill (for 1600m or longer). If a track is unavailable an alternate course may be established, but document how the distance was measured and ensure there is no net elevation change for distances up to and including one mile. For the 5km the net elevation drop should be less than 150 feet (1%), and for the 10km, less than 300 feet (1%). Use the “comment box” in the result submission screen.
- 3. Can I do the 5km and 10km on a track?**
Yes.
- 4. Can I compete with others?**
Yes as long as everyone complies with the Health and Regulations in your area.
- 5. Can I add or remove events?**
You have until June 30 to add or remove events. We suggest you add as many events you think you will do; no commitment to do them all.
- 6. Why are there “unconventional” outdoor competitive distances, like the 600m?**
The 600m, 1600m and 1200m are needed for relays composition.
- 7. Can I use blocks for starts?**
Yes for 100m, 200m and 400m. Otherwise all races are to be performed from a static start position.

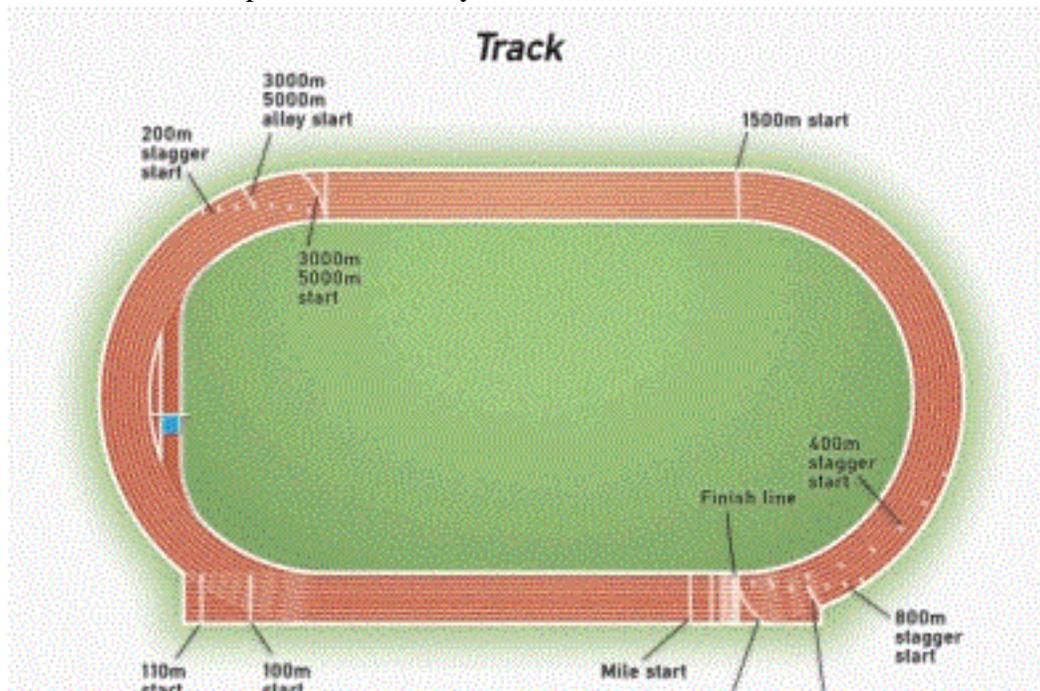
Safety of athletes and all involved is paramount. Everyone involved must adhere to all applicable safety practices. Furthermore, it will be the responsibility of participating athletes to act within World Health Organization (WHO) and government guidelines for health and safety when participating in this event.



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8. On a track which lane should I run in?

For the 100m, 200m and 400m, the entire race is run in one lane. Preferred lanes for the 200m and the 400m are 4 or 5. For the 600m and up, run in lane 1. 600m start in lane 1 is the same as the 200m start. The Mile, if run on the track starts, if not marked, 9 meters behind the finish line for a total of 1609m. The 1600m and the Mile are two separate races and you must run both distances.



9. What about the wind factor?

Since you most likely will not have the use of a wind gage, we suggest trying to perform the 100m, 200m and Long Jump on a light wind day. It is acceptable to run the 100m or jump with a light tail wind; some tracks will have two jumping pits to accommodate jumping with a tail wind.

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10. How many attempts do I have for the Long Jump, Discus and Shot Put?

Once you finish your warm-up, you have four (4) attempts. Measure (in metric) and take a picture/video of all attempts; but no need to measure any attempts you know for sure are shorter than a previous attempt. If possible, people, other than the athlete, should be watching for fouls, marking the landing and measuring the attempts.

11. What is considered a foul in throwing and long jump?

For the throwing events, you must not step on the front edge of the circle while throwing and you must exit the circle from the back half. For the long jump, it is a foul to take off on or past the measurement point of the take-off board; you can use tape to mark the foul area if needed. You exit the pit on either side but forward of your mark.

12. How many attempts do I have in the High Jump and by how many centimeters does the bar move up after any successful attempt?

Once you finish your warm-up and start your competition, you have three attempts to make a height. You must move the bar up by at least one (1) cm, after a successful attempt. If you move the bar up by more than one (1) cm and fail, you cannot move the bar down; you are done and your final result is the last successful height you made.

13. Where do I submit results?

Results can only be submitted with the athletic.net APP, not on their Website. For international athletes that were not able to download the APP, send your results and proofs to your team captain.

14. When do I submit my results?

Results can be submitted anytime between June 15 and July 31, once a result is submitted, it is final. If you are not satisfied with a performance, do not submit, keep your performance information in case you need and try again on another day.

15. What is considered “proof” when I submit my result?

For races on a track, a video showing the stopwatch while crossing the finish line is preferred, if not, a picture of the stopwatch. Submit all event times (100m

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- through the Mile) to the second decimal place (1/100ths of a second), and 5km, 10km times to one second. For field events, a video of your best performance showing the distance or the height from the measurement tape or HJ standard is preferred, or a picture of the measurement tapes or HJ standard. Also a picture of the implements used showing the size if possible. For road races, upload map and stats from any GPS tracking devices or the athletic.net APP distance recording device. There is also a comment field that can be used to add any pertinent information; i.e. what was used to measure 100m in a grass field.
16. [Can I submit results from an actual Track Meet or Road Race?](#)
Absolutely, for proof, upload a picture of the official result sheet and add a link to the results in the Comment Box.
17. [Why am I not able to upload videos or photos with my results?](#)
You need to have all “Permissions” ON in the Athletic.net APP settings in your phone.
18. [Can a team coach submit results for their athletes?](#)
Yes, there are two different ways to achieve this. Call Jovette at 403-890-0886 for instructions.
19. [Where can I see all the results?](#)
You can see all results as they are posted using your APP, in the results submission screen or the Event page from a computer.
20. [What about the Relays and Team Races?](#)
At the conclusion of the Virtual Event (after July 31), the team captains and / or their delegates will have until August 15 to put together and submit their relays and team races (Men’s Mile and Women 800m) results accordingly to the [rules](#), using their athletes’ individual times.
21. [Where will the Virtual Event final results and team scores be posted?](#)
They will be posted on the [CRA Website](#).
22. [Are there individual and / or team awards?](#)
We are working on it.

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