

## KRRR Policy on Categories for Races/Series Points

KRRR supports a running community that benefits all runners and supports a category system that encourages participation and competition. KRRR bases its guidelines off those provided by Athletics Canada and Athletics Ontario.

Athletics Canada believes all people, regardless of age, gender, sex, ethnicity, or ability, should have the opportunity to participate in athletics. It is widely known that inclusive and safe sport benefits all participants.

### Minimum Age to Participate in KRRR Events

KRRR follows Athletics Canada guidelines to identify the minimum age to participate in KRRR organized running events. KRRR Race Directors should include age limitations on their specific race entry information. Race series points can only be accumulated in races for which runners are eligible.

([https://athletics.ca/wp-content/uploads/2023/09/DistanceRecommendation\\_2014-01-15.pdf](https://athletics.ca/wp-content/uploads/2023/09/DistanceRecommendation_2014-01-15.pdf))

Age	< 10	10	11	12	13	14	15	16	17	18
Maximum Distance	3K	5k	5k	8k	8k	10K	10K	21.1K	21.1K	42.2K

### KRRR Age Categories

KRRR tracks race results based on age categories. These age categories are utilized by Race Directors to provide age group awards at individual races and are also used to calculate KRRR overall series points. In 2024, KRRR approved the addition of an 80-89 age group.

Age	19 & Under	20-29	30-39	40-49	50-59	60-69	70-79	80-89	
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The KRRR policy is that the age for age group awards and series points is to be calculated on 1 Jan of the calendar year. In order for fairness in calculating KRRR series points, we want to avoid people changing age categories mid-year. It is understood that some non KRRR organized races, that are part of our race series, use age on race day for awards but the KRRR needs the runner's age on 1 Jan to calculate overall KRRR series points.

### Sex and Gender

KRRR supports a running community that benefits all runners and strives to have a category system that encourages participation and competition. KRRR follows guidelines provided by Athletics Canada ([guidelines](#)).

Athletics Canada believes all people, regardless of age, gender, sex, ethnicity, or ability, should have the opportunity to participate in athletics. It is widely known that inclusive and safe sport benefits all participants.

Athletics Canada also acknowledges the importance of maintaining fairness and competitive integrity for the women's competitive category. The aim is to eliminate barriers to participation for transgender and gender diverse athletes, while also maintaining the integrity and fairness in the women's competitive category.

KRRA races and its overall race series are considered "grassroots competitions"- local competitions, fun runs, and other athletic events that are geared towards participation rather than performance (e.g., any domestic competition that is not sanctioned by World Athletics or World Para Athletics). Therefore, participants should be able to compete in the category in which they identify.

Starting in 2026, KRRA will start to use the following categories for registration and race results. These categories are based on Athletic Canada guidelines and follow the best practices utilized by the Race Ottawa series. The categories are entirely self-selected by participants and designed to provide options for participants to choose the category that best reflects their sex and/or gender (see Athletics Canada for detailed definitions). The categories are as follows:

- Male
- Female
- Non-Binary/Open

KRRA will track individual KRRA race and overall race series results for the Male and Female categories for ALL age categories.

KRRA will track results in the non-binary category starting in 2026 in two categories: 39 and under, and over 40 (Masters). If participation numbers demand, these age categories will be revisited.

### **Para-Athletes**

Since the early 1990s, Canadian sport organizations have followed a policy of inclusion for para-athletes. In the sport of Athletics, Para-Athletics caters to wheelchair athletes, amputee athletes, visually impaired athletes, and athletes with cerebral palsy.to discuss their needs and requirements

KRRA supports the inclusion of para-athletes in all of its events wherever possible. We encourage para-athletes to reach out to race directors and work together to see what measures can be taken to enable their possible participation and review the course for its suitability.

