



2019 Victoria Day Douglas Mile – High Performance Application Information

This application is to request a complimentary or reduced entry fee into the High Performance Start of the First Annual Victoria Day Douglas Mile which will be held on Monday, May 20th, start time is 8:30 am. High Performance Applications will be accepted until May 18th and participants will be notified as they apply as to whether they are accepted based on the qualifying Standards shown below.

Before you register, please contact the Douglas Mile High Performance Director, Bob Reid, at bobreid04@gmail.com or 250-384-1520 to discuss your qualifying times. Once approved, Bob will issue a complimentary or half price Promo Code which grants free entries for Level 1 Standards and 50% off for Level 2 Standards.

We are attempting to attract 20 men and 20 women to be in the High Performance starting field. Once the 40 spots have been allocated the successful athletes will then have to register using a Promo Code. If you are not awarded a spot in the early start, you are still encouraged to enter the main start which will go at 8:35 am.

LEVEL 1 – Qualifying Standards for Complimentary Entries

Junior (Under 20) Men: 4:20 and Women: 4:55
Senior (20 to 39) Men: 4:15 and Women: 4:50
Master (40 and Over) Men: 4:30 and Women: 5:10

LEVEL 2 – Qualifying Standards for 50% Off Entry Fee

Junior (Under 20) Men: 4:30 and Women: 5:05
Senior (20 to 39) Men: 4:25 and Women: 5:00
Master (40 and Over) Men: 4:40 and Women: 5:20

Deadline for submissions is **NOON on Saturday, May 18, 2019**. Send applications to:

Bob Reid, Harriers High Performance Athlete Director
E-mail: bobreid04@gmail.com Phone: 250-384-1520 Cell: 250-686-7343



2019 VICTORIA DAY DOUGLAS MILE – HIGH PERFORMANCE APPLICATION FORM

First Name:

Last name:

Address:

City:

Prov./State:

Postal Code:

Phone:

E-mail:

Gender: M F

Date of Birth: YY MM DD

Age on Race Day:

Club/Team:

Current Estimated Mile Time:

Level Applying for: 1 or 2

Athlete's Current 2018 or 2019 Performances (Time, event name, position) – One to three races

1 -

2 -

3 -

Athlete's Personal Best Performances (Time, event name, year) – One to three distances

One Mile -

800 Metres -

1,500 Metres -

3,000 Metres –

Note: High Performance entries are limited to 40 (20 men and 20 women).