



**Road Running Technical Council  
USA Track & Field**

**Measurement Certificate**



Name of the course SOUTH COUNTY HS BAND ROCK-N-RUN 5k Distance 5 km

Location (state) VIRGINIA (city) LORTON

Type of course: road race calibration track Configuration: \_\_\_\_\_

Type of surface: paved 100 % dirt \_\_\_\_\_ % gravel \_\_\_\_\_ % grass \_\_\_\_\_ % track \_\_\_\_\_ %

Elevation (meters above sea level) Start 73 m Finish 75 m Highest 86 m Lowest 70 m

Straight line distance between start & finish 195 m Drop -0.4 m/km Separation 3.9 %

Measured by (name, address, phone & e-mail) JUDE PRABAHARAN, 8530 WOOD LAWN COURT

ALEXANDRIA, VA 22309. 412-260-2705. e: JPRABAHARAN@GMAIL.COM

Race contact (name, address, phone & e-mail) KATIE LORD, 8501 SILVERBROOK RD

LORTON, VA 22079. 703-967-9200. e: MUSKATEER333@LIVE.COM

Measuring Methods: bicycle steel tape electronic distance meter

Number of measurements of entire course: 2 Date(s) when course measured: SEPT 1, 2014

Race date: SEPT 13, 2014 Course certification effective date: SEPT 9, 2014

Certification code: VA14042RT

Notice to Race Director: Use this Certification Code in *all* public announcements relating to your race.

***Be It Officially Noted That***

Based on examination of data provided by the above named measurer, the course described above and in the map attached is hereby certified as reasonably accurate in measurement according to the standards adopted by the Road Running Technical Council. If *any* changes are made to the course, this certification becomes void, and the course must then be recertified.

**Verification of Course** — In the event a National Open Record is set on this course, or at the discretion of USA Track & Field, a verification remeasurement may be required to be performed by a member of the Road Running Technical Council. If such a remeasurement shows the course to be short, then all pending records will be rejected and the course certification will be cancelled.

***This certification expires on December 31 in the year 2024***

**AS NATIONALLY CERTIFIED BY:**

*Robert Thurston*

Date: SEPT 9, 2014

Robert Thurston – USATF/RRTC National Certifier e: thurret@aol.com

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