

Event Schedule

2023 BC Athletics Cross Country Championships

October 14, 2023 – Crescent Park (Surrey)

HOSTED by OCEAN ATHLETICS TRACK AND FIELD CLUB

| Race | Time | Category | Distance |
|------|----------|---|------------------|
| #1 | 10:40 am | Track Rascals All-Comers Event | 1.0 km |
| #2 | 11:00 am | 2014 Boys & Girls (age 9) | 1.5 km |
| #3 | 11:15 am | 2013 Boys & Girls (age 10) | 2.0 km |
| #4 | 11:30 am | 2012 Boys & Girls (age 11) | 2.0 km |
| #5 | 11:45 am | 2011 Boys & Girls (age 12) | 3.0 km |
| #6 | 12:05 pm | 2010 Boys & Girls (age 13) | 3.0 km |
| #7 | 12:30 pm | U20*, Senior & Masters Men 70+ Men | 8.0 km 6.0 km |
| #8 | 1:20 pm | Senior & Masters Women U20*, 70+ Women | 8.0 km 6.0 km |
| #9 | 2:10 pm | U16 Boys (age 14 & 15) 2008 & 2009 | 3.0 km |
| #10 | 2:30 pm | U16 Girls (age 14 & 15) 2008 & 2009 | 3.0 km |
| #11 | 2:50 pm | U18 Boys (2006 & 2005) | 5.0 km |
| #12 | 3:15 pm | U18 Girls (2006 & 2005) | 5.0 km |

BC Athletics Membership and the BC Cross Country Championships age category is based on your age at the end of the year (December 31).

Masters age in competition, is based on your age ON the day of competition.

Awards will be presented shortly after each age group is complete.

Notes:

** U18 may run up in the U20 event to qualify for the BC Team — must indicate race # when entering.
U20 athletes may run up in the Senior Category to qualify for the BC Team.*

U16 athletes are NOT permitted to run up.