



“INSPIRING LIFELONG EXCELLENCE THROUGH ATHLETICS”

“We acknowledge that we are on the traditional, ancestral, and unceded land of the Syilx / Okanagan people who have resided here since time immemorial.”

ABOUT

The 2025 BC Athletics Cross Country Provincial Championship is the provincial Cross Country championship for the U10 (2016), U11 (2015), U12 (2014), U13 (2013), U14 (2012), U16 (2011/2010), U18 (2009/2008), U20 (2007/2006), Senior (1991-2006), Master (1990+).

This event will also serve as the selection meet for the U16 (15YO), U18, U20, and Senior Cross Country Teams selected to compete at their respective National Championships.

BC Athletics would like to thank Vernon Amateur Athletics Association for hosting this event. Additionally, BC Athletics would like to thank our BC Athletics Officials and Event Volunteers who make this event special.

SPIRIT OF THE EVENT

The BC Athletics Cross Country Championships is an annual provincial championship event for athletes aged U10 through Masters (35+). This event will serve as the selection trials for the BC Cross Country Team competing at the Canadian Cross Country Championships, November 29- 30 in London, Ontario. The BC Athletics Cross Country Championships event promotes athlete development, friendly competition, sportsmanship, and camaraderie.

This event is made possible by the significant volunteer contribution of event organizers, officials and event volunteers. We encourage all participants and spectators to take a moment to thank these volunteers.

2025 BC ATHLETICS CROSS COUNTRY CHAMPIONSHIPS

As a reminder to all participants and spectators, we participate in sport because it is fun and can provide a healthy challenge to overcome hard things. Let's all do our part to uphold the spirit of the event!

EVENT INFORMATION

Event:	BC Athletics Cross Country Championships
Host:	Vernon Amateur Athletics Association & BC Athletics
Date:	October 18, 2025
Location:	Vernon, BC
Venue:	Department of National Defense Grounds, Falaise Drive, Vernon BC V1B 3V9
Age Groups:	U10 / U11 / U12 / U13 / U14 / U16 / U18 / U20 / Senior / Masters /Masters 70+
Sanctioned by:	BC Athletics
Meet Director:	Robyn Poulin (robypoulin@gmail.com)
Meet Manager:	Adrienne Mills (vaaatrack@gmail.com)
Meet Entry Chair:	Robyn Poulin (robypoulin@gmail.com)
BC Athletics:	Kevin O'Connor (kevin.oconnor@bcathletics.org)
Website:	2025 BC Athletics Cross Country Championships
Registration Link:	CLICK HERE

EVENT ELIGIBILITY

To compete in the BC Athletics Cross Country Championships, athletes must:

- ✓ Be a BC Athletics member who holds a 2025 **ANNUAL COMPETITIVE OR FALL COMPETITIVE** Athlete Membership or equivalent from another Provincial Branch or World Athletics Federation. Athletes from another Provincial Branch or World Athletics Federation should email the Non- Stadia Program Manager (Kevin O'Connor) at kevin.oconnor@bcathletics.org
- Day of Event memberships or Community Road and Trail membership are not available or eligible for this Championship event.

ENTRY STANDARDS

There are no entry standards for this event.

EVENT REGISTRATION + FEES

All registration will be online at: [HERE](#)

Registration Deadline: October 8th, 2025 11:59pm (Pacific Time)

Registration Fees (+GST and Trackie User Fees):

Per distance <i>For: 2015, 2014, 2013, 2012, 2011</i>	\$12.00
Per distance <i>For: U16, U18, U20, Masters, Senior, Masters 70+</i>	\$17.00

Late Registration Deadline: October 14, 2025 11:59pm (Pacific Time)

Registration Fees (+GST and Trackie User Fees):

Per distance <i>For: 2015, 2014, 2013, 2012, 2011</i>	\$20.00
Per distance <i>For: U16, U18, U20, Masters, Senior, Masters 70+</i>	\$25.00

\$5.00 fee for Non-Athletics Canada registrant will be charged per Non-Athletics Canada registrant

**NO REGISTRATIONS ACCEPTED AFTER LATE ENTRY DEADLINE
NO REFUNDS AFTER REGISTRATION IS CLOSED (SEE ABOVE).
NO EXCEPTIONS!**

PACKAGE PICKUP

Friday October 17, 2025 - 1pm to 7pm - **The Starting Block**, 3100 29th Ave, Vernon

Saturday October 18, 2025 - Day of Race - **Department of National Defense Grounds** -
must sign in no later than 1hour prior to your scheduled race start

TECHNICAL COMPETITION RULES

COMPETITION CATEGORIES

- U10 (2016), U11(2015), U12 (2014), U13 (2013), U14 (2012), U16 (2011/2010), U18 (2009/2008), U20 (2007/2006), Senior (2006-1991), Master (1990-1954). Masters 70+ (1955-)
- BC Athletics membership and the BC Cross Country Championships age category is based on your age at the end of the year (December 31, 2025)
- Masters athlete age in competition is based on your age **ON** the day of competition.
- Masters athletes may run in the Senior category.
- U18 athletes may run up in the U20 event to qualify for the BC Cross Country Team.
- U20 may run up in the Senior event to qualify for the BC Cross Country Team.
- U16 (15YO) only are eligible for the U16 BC Cross Country Team.

EVENT TIMING

Timing and results will be provided by Startline Timing.

Do not stop your watch at the first timing mat finish line, crossing your arm over your bib and chip timer. The camera cannot see your bib number, and this interferes with the timing chip and verifying placement. Stop your watch after the second backup timing mat. If you stop your watch at the first timing mat, your official time will be 2 seconds slower, as the official time will be taken at the second backup timer mat.

SCRATCHES

If you scratch from the race, you **MUST** hand in your bib to the timing table before your race time. Do not leave unused bibs in your backpack or pockets, then walk around the course or close to the finish line. This creates delays in getting verified results out on time.

SPIKE LENGTH

The maximum spike length allowed is **15mm**.

Terrain is grass, dirt, light compact gravel crush, short rubber course connections and hay bales on course. See course video of 2 km loop [here](#)

COMPETITION NUMBERS

Competition bibs must be worn on the chest.

Master's athletes will also wear a "Masters" bib on their back.

Lost or destroyed numbers will be replaced with a **\$10.00** replacement fee.

Replacement numbers can be obtained from the Meet Secretary/Startline Timing at the finish line tent.

COMPETITION ATTIRE

All Club athletes are encouraged to wear their Club issued uniform.
Unattached athletes should wear appropriate athletic gear for their event(s).

START LINE

You must be at the event start line 10 minutes before the start of your race.

PROTESTS

Protests concerning the result or conduct of an event shall be made within **30 minutes** of the official posting of the results of that event (**WA TR 8.2**). Result announcements and posting must be time stamped, and that time is considered the beginning of the **30-minute** period. The Protest is made orally to the relevant Referee.

Only an athlete and their representative/coach may make a protest. The athlete must have been affected by the decision or result of the event. The protestor may contact the relevant Referee through the Meet Director or Technical Information Centre if the Referee is not immediately available. No deposit is required for a PROTEST.

The Referee should record their decision and the reasons for that decision on the Protest and Appeal Form. This completed form is posted with the time and date of posting indicated. Once posted, any athlete affected has **30 minutes** to lodge a protest concerning this decision.

APPEALS TO THE JURY

The original protestor, or anyone else affected by the Referee's decision has the right to make an APPEAL TO THE JURY regarding the Referee's decision, within **30 minutes** of the official announcement of that decision.

An APPEAL TO THE JURY shall be in writing and should cite the relevant Rule number. A **\$50.00 deposit** shall accompany an APPEAL TO THE JURY. The deposit will be refunded if the Appeal is successful. The deposit will not be refunded if the Appeal is denied.

JURY OF APPEALS: A jury of appeal consisting of three competent and qualified persons will be available for decisions arising from protests. All decisions are final.

TENTATIVE SCHEDULE OF EVENTS

RACE	TIME	AGE GROUP	DISTANCE
1	09:00:00 AM	Community Race	5.0km
2	09:45:00 AM	Track Rascals (Male & Female)	1.0km
	10:00:00 AM	Community Race Awards	
3	11:00:00AM	U10 Male and Female	1.5km
4	11:15:00AM	U11 Male and Female	2.0km
5	11:35:00AM	U12 Male and Female	2.0km
6	11:55:00AM	U20 Female Senior Female Masters 35-69 Female Masters 70+ Female	8.0km 10.0km 8.0km 6.0km
7	01:00:00PM	U20 Male Senior Male Masters 35-69 Male Masters 70+ Male	8.0km 10.0km 8.0km 6.0km
8	2:05:00PM	U13 Male and Female	3.0km
9	2:30:00PM	U14 Male and Female	3.0km
10	2:55:00PM	U16 Female	4.0km
11	3:20:00PM	U16 Male	4.0km
12	3:40:00PM	U18 Female	6.0km
13	4:10:00PM	U18 Male	6.0km

FACILITY INFORMATION

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Portable Washrooms (Washrooms on site in building may be open but is winterizing dependent)

Food Trucks on site Free Parking

Physiotherapy and Massage

Souvenir Clothing Merchandise

Face Painting

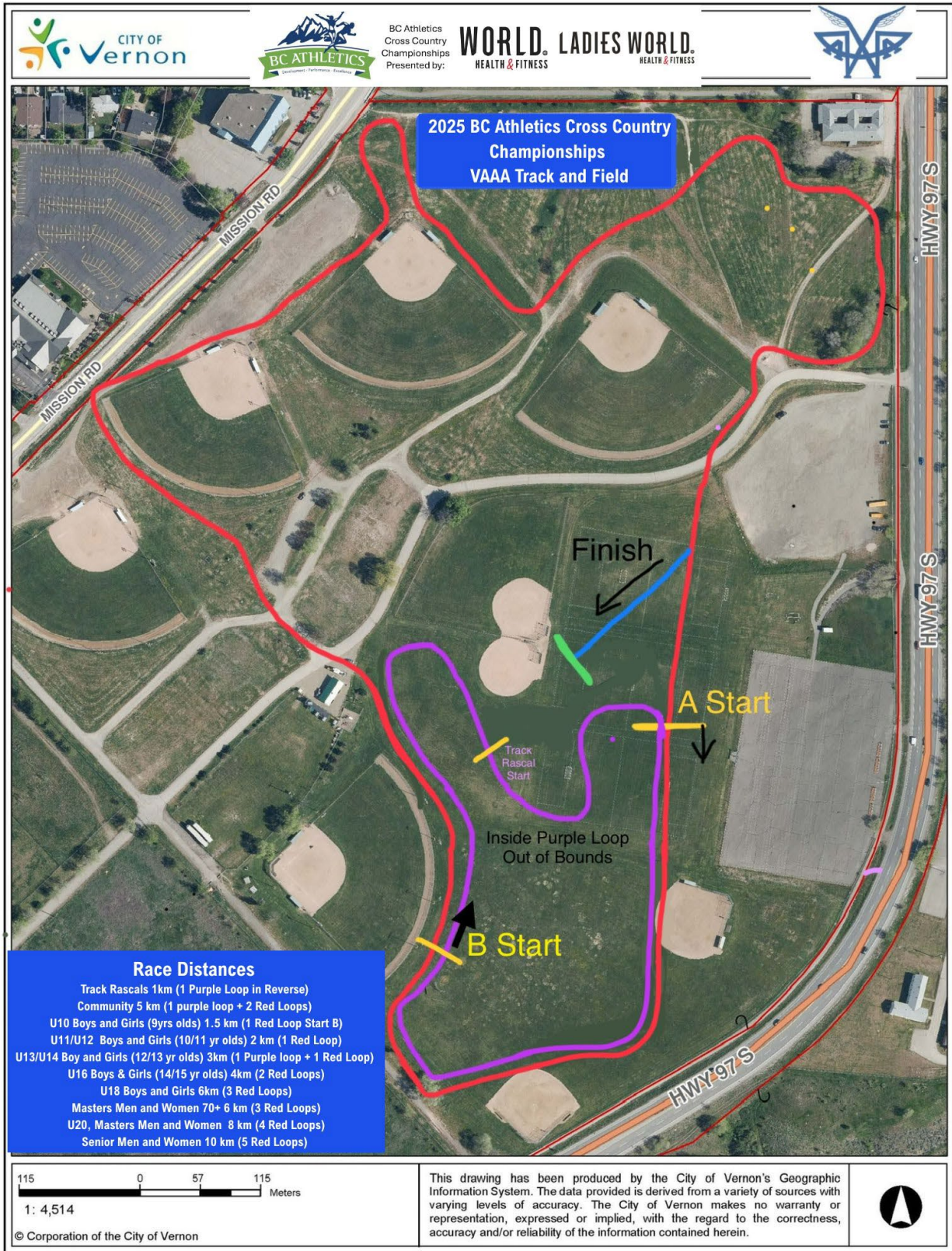
TENTS

Team and individual tents are welcome. There will be a designated area to set up tents, see map. Tents can NOT be staked into the ground. They must be tied to a weight of some kind ie: sandbag, brick, etc. There will be some sandbags available on site.

COURSE MAP



2025 BC ATHLETICS CROSS COUNTRY CHAMPIONSHIPS



AWARDS

A medal ceremony will take place for each final event once the final results are posted (30 minutes following the conclusion of the event). Athletes should check in at the Awards table for their award ceremony. Medal ceremonies will take place in the Team Tent area.

Junior Development (ages 9 - 13) Championships

BC Athletics medals to individual 1st, 2nd and 3rd place finishers in each year (male and female). Ribbons for 4th to 8th place finishers in each age category / gender.

U16 (14 & 15) Championship

BC Athletics medals to individual 1st, 2nd and 3rd place finishers in each age category / gender.

U18 Championship

BC Athletics medals to individual 1st, 2nd and 3rd place U18 finishers in each gender race.

U20 Championship

BC Athletics medals to individual 1st, 2nd and 3rd place U20 finishers in each gender race.

Senior Championship

BC Athletics medals to individual 1st, 2nd and 3rd place Senior Category finishers in each gender race.

Masters Championship

BC Athletics medals to individual 1st, 2nd and 3rd place Masters Category finishers in each gender race. Ribbons to top 3 finishers in 5 year age / gender groups.

JD Club Championship

Team scores based on the top 6 finishers in each year (boys and girls). 1 point for 1st, 2 for 2nd, etc. Low score wins. In the event of a tie, the Championship will be jointly awarded.

U16 Club Championship

Team scores based on top 3 finishers for each club in the race. 1 point for 1st, 2 for 2nd, etc.

Low score wins.

In the event of a tie, the lower placed third finisher wins.

Clubs may score multiple teams - first 3 finishers score the first team, next 3 finishers score the second team, etc. Awarded in each gender event.

U18 Club Championship

Team scores based on top 3 finishers for each club in the race. 1 point for 1st, 2 for 2nd, etc.

Low score wins.

In the event of a tie, the lower placed third finisher wins. Clubs may score multiple teams - first 3 finishers score the first team, next 3 finishers score the second team, etc.

Awarded in each gender event.

Senior and Masters Club Championship

Team scores based on top 4 finishers for each club or postsecondary club in the race, regardless of age group. 1 point for 1st, 2 for 2nd, etc. Low score wins.

In the event of a tie, the lower placed fourth finisher wins.

Clubs may score multiple teams - first 4 finishers score the first team, next 4 finishers score the second team, etc. Awarded in each gender event.

Please note that an athlete's 1st claim club affiliation will be eligible for Club Championship scoring. An athlete's 2nd claim club affiliation will not be eligible.

RESULTS



Available online at: [Startline Timing](https://www.startlinetiming.com)

MEDICAL AND FIRST AID

Emergency first aid care will be onsite. The medical tent will be located near the finish area.

The nearest hospital is:

Vernon Jubilee Hospital, 2101-32ND Street, Vernon, BC V1T 5L2

VOLUNTEERS

This event is only possible with the help of many volunteers! We encourage you to sign up and join the fun. Sign up [here](#)!. Interested in becoming an official? More information can be found [here](#).

SOUVENIR MERCHANDISE

Championships merchandise will be available for pre-order via online store and onsite sales.

Participants are encouraged to pre-order gear [here](#).

FERRY TRAVEL ASSISTANCE

BC Ferries and viaSport may assist with ferry travel costs for athletes participating in the BC Championship through the Sport Experience program. For more information visit Sport BC website:

<http://www.viasport.ca/grant/bc-ferries-sport-experience-program>.

Applications for travel assistance must be received at least 12 business days before the Championship. Due to overwhelming demand, viaSport may not be able to accept all applications.

ACCOMMODATIONS

Please note that this will be a busy weekend in Vernon and hotels will fill up fast. Clubs, Athletes and Coaches are please asked to book accommodations ASAP.

Host Hotels: Prestige Hotels and Resorts, www.prestigehotelsandresorts.com

Online Promo Code: **XRUN**

If calling directly ask for the **BCXC Championships in October**

Prestige Vernon Lodge and Conference Centre, 2.4km from competition site (approximately 6min.) 250-545-3385

Prestige Hotel Vernon, 3km from Competition site (approximately 7min.) 250-558-5991

Rate: Standard Rooms starting at \$139.95/night (Oct. 16-19,2025)

Complimentary: Parking & WIFI and access to the fitness center

2025 BC TEAM SELECTION TRIALS

This meet will act as the Selection Trials for the 2025 BC Cross Country Team.

For more information including selection criteria, please visit the [BC Team Program webpage here](#).

For any questions concerning the BC Team program please contact the Non Stadia Program Manager, kevin.oconnor@bcathletics.org.

THANK YOU FOR OUR EVENT SPONSORS



VERNON

