



Hosted by the Vernon Amateur Athletics Association

Sanctioned by BC 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.”

Saturday, October 18, 2025

Meet Director:

- Adrienne Mills: email – vaaatrack@gmail.com

Location:

- Department of National Defence Grounds, Falaise Drive, Vernon, BC,

Course Maps:

- See Map Below

Registration:

- Online registration:
- closes midnight October 16, 2025

Age Categories:

- Track Rascals – age 1 – 8
- U-16
- 16 - 99

Entry Fees:

- Track Rascals - \$1.00
- U-16 - \$8
- 16 – 99 - \$15
- Additional \$5 if you require “Day of Event” BC Athletics Membership

Package Pick-up:

- Friday, October 17, 2025, 1 pm – 7 pm at ‘The Starting Block’, 3100 29th Ave Vernon, B.C.
- **Day of Race:**
 - Department of National Defence Grounds, must sign in no later than 1 hour prior to the scheduled race start

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	1.0km
	10:00:00 AM	Community Race Awards	
3	11:00:00AM	U10 Boys and Girls	1.5km
4	11:15:00AM	U11 Boys and Girls	2.0km
5	11:35:00AM	U12 Boys and Girls	2.0km
6	11:55:00AM	U20, Senior & Masters Women, Masters 70+ Women	U20 & Masters 8K, Senior 10K (Masters 70 plus 6K)
7	01:00:00PM	U20, Senior & Masters Men, Masters 70+ Men	U20 & Masters 8K, Senior 10K (Masters 70 plus 6K)
8	2:05:00PM	U13 Boys and Girls	3.0km
9	2:30:00PM	U14 Boys and Girls	3.0km
10	2:55:00PM	U16 Girls	4.0km
11	3:20:00PM	U16 Boys	4.0km
12	3:40:00PM	U18 Girls	6.0km
13	4:10:00PM	U18 Boys	6.0km

EVENT TIMING:

Timing will be provided by **Startline Timing**

To all coaches and athletes, if you have scratches or will 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.

To athletes racing: 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.

Awards:

- Will be presented at the podium at 10:00am

Individual Awards 5km

- **Track Rascals:** Ribbons to 1st thru 6th place finishers (boys and girls).
- **U-16:** Prizes to 1st, 2nd, 3rd and 4th place finishers (boys and girls).

- **16 – 99:** Prizes to 1st, 2nd, 3rd and 4th place finishers (Men and Women).

Results:

- Available on line at:
 - VAAA Website - <https://www.vernontrackandfield.org/>

Competitors Numbers:

- Must be worn on the front and be visible at the finish line

Medical:

- First aid will be available on site.

Food and Beverage:

- Available on site, there will be a variety of food trucks on site
- There will be post race snacks and drinks available for racers at the finish line

Tents

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

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 centre

Host Restaurant:

- **Silverstar Brewing Company, 2933a 30th Ave, Vernon**

COURSE MAP



BC Athletics
Cross Country
Championships
Presented by:

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**2025 BC Athletics Cross Country
Championships
VAAA Track and Field**



Race Distances

Track Rascals 1km (1 Purple Loop in Reverse)
Community 5 km (1 purple loop + 2 Red Loops)
U10 Boys and Girls (9yrs olds) 1.5 km (1 Red Loop Start B)
U11/U12 Boys and Girls (10/11 yr olds) 2 km (1 Red Loop)
U13/U14/U16 B&G (12/13/14/15 yr olds) 3km (1 Purple loop + 1 Red Loop)
U18 Boys and Girls 5 km (1 Purple Loop + 2 Red Loops)
Masters Men and Women 70+ 6 km (3 Red Loops)
U20, Masters Men and Women 8 km (4 Red Loops)
Senior Men and Women 10 km (5 Red Loops)

115 0 57 115 Meters

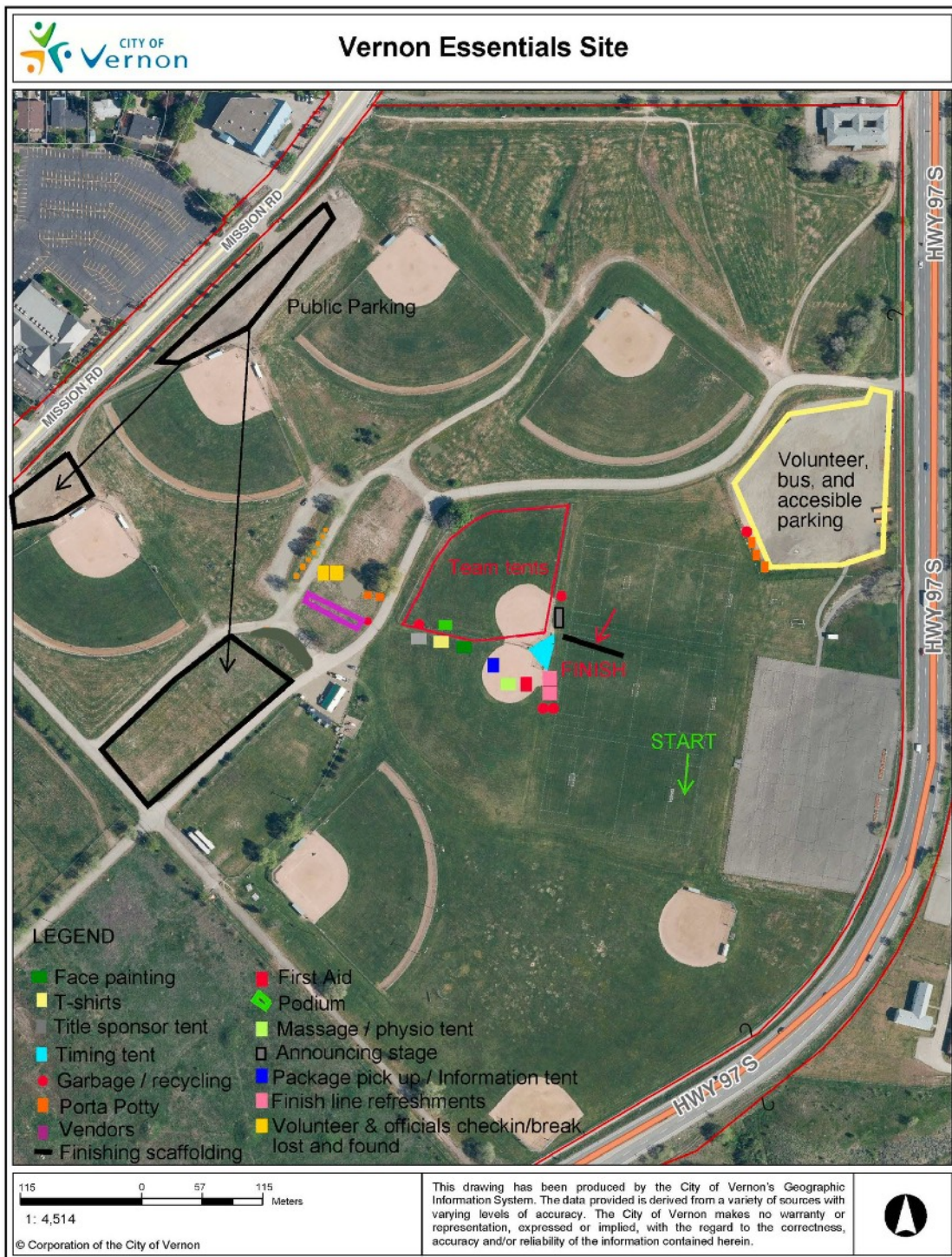
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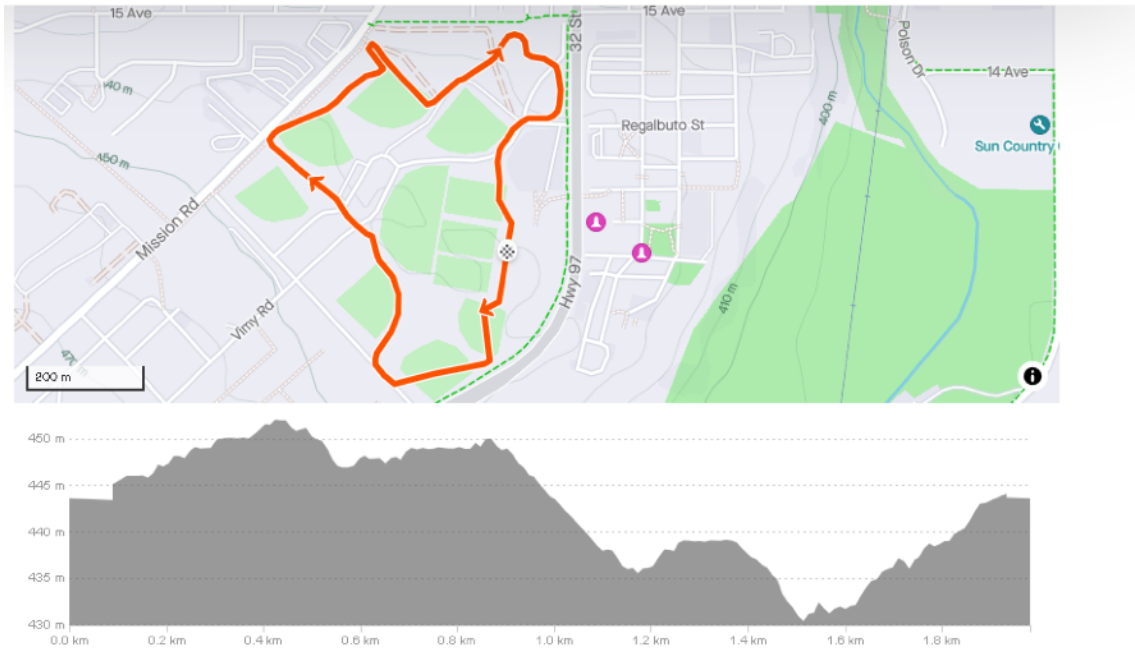
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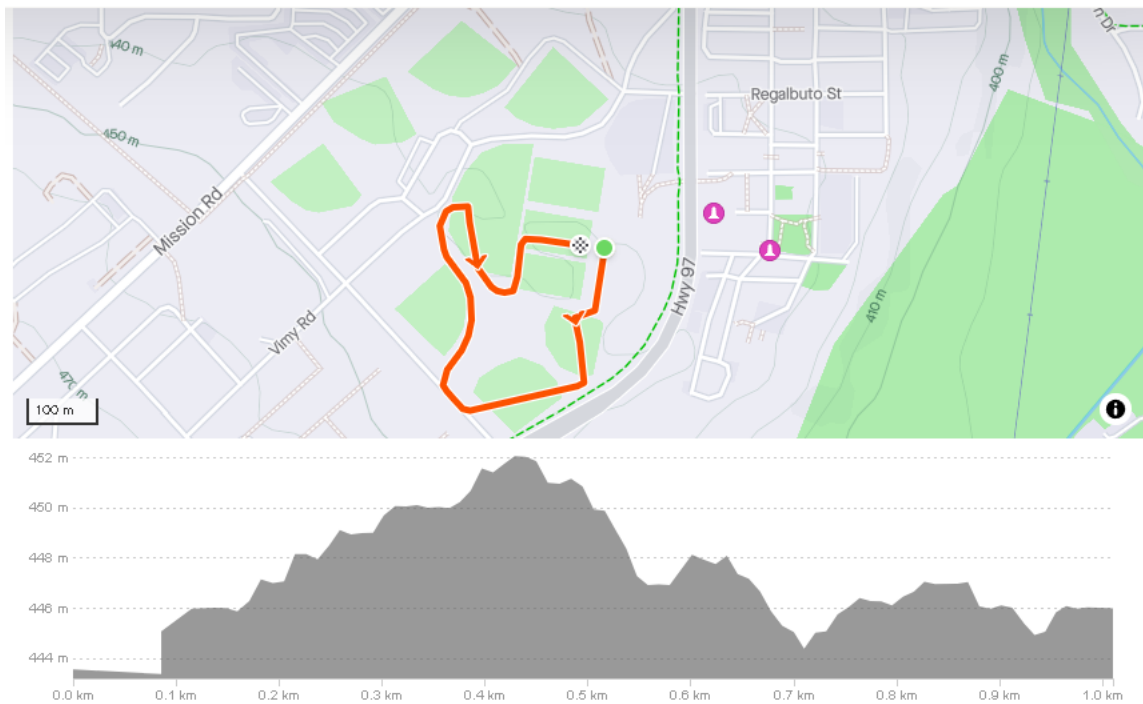
FACILITIES AND PARKING MAP



Elevation Map 2km Loop



Elevation Map 1km Loop



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