



**CANADA WEST XC
CHAMPIONSHIP BULLETIN #1**
ROYAL ROADS UNIVERSITY – Victoria, B.C.
October 25, 2025

2025 CANADA WEST CROSS COUNTRY CHAMPIONSHIP
Bulletin #1 - as of July 4, 2025

1. ORGANIZING COMMITTEE

Host School: University of Victoria
Website: govikesgo.com

Position	Name	Phone	Email
Race Director	Brent Fougner	250-216-3146	brent.fougner@gmail.com
Vikes Head Coach	Hilary Stellingwerff	250-686-7114	hstellin@uvic.ca
Event Coordinator	Derushka Pillay	250-444-0053	dpillay@uvic.ca
Sports Information	Alexis Chevalier	250-216-1594	vicvikes@uvic.ca
Medical	Traci Vander Byl	250-588-1902	tvanderbyl@uvic.ca

2. SCHEDULE OF EVENTS

Friday, October 24, 2025

1:00-4:00pm	Course Open for Teams
7:00-7:30pm	Technical Meeting
7:30-8:30pm	Coaches Meeting

Saturday, October 25, 2025

10:00 a.m.	Kids 1km Super Hero Run
10:30 a.m.	Open 4 x 2km Mixed Relay
12:00 p.m.	Canada West Championship Women's Race
1:00 p.m.	Canada West Championship Men's Race
~2:00 p.m.	Awards (to follow final race)

3. MEETINGS

Technical Meeting

Date: Friday, October 24, 2025
Site: Holiday Inn Express & Suites - Colwood
Time: 7:00pm

Coaches Meeting

Date: Friday, October 24, 2025
Site: Holiday Inn Express & Suites - Colwood
Time: 7:30pm (Immediately following the technical meeting)

Light refreshments will be served.

4. CHAMPIONSHIP HOTELS

Best Western Plus Carlton Plaza Hotel

- Book through Luciah Park, Sales Manager sales@bestwesterncarlton.com 250-413-2193
- Location: 642 Johnson St, Victoria, BC V8W 1M6
- Vikes varsity rate: \$135/night with 2 double beds, \$165/night studio suite with 2 double beds
- Includes free parking & wifi / *no breakfast*
- Deadline to book: n/a, ongoing

Four Points by Sheraton Victoria

- Use booking link: [Book your group rate for Canada West Cross-Country Championships](#)
- Location: 829 McCallum Rd, Victoria, BC V9B 6W6
- \$179/night for 2 double beds
- Includes free parking, wifi & hot breakfast
- Deadline to book or cancel: Sept. 24, 2025

Holiday Inn Express & Suites – Colwood by IHG

- Use booking link: [Cross Country Event and Holiday Inn express](#)
- Location: 318 Wale Rd, Colwood, BC V9B 2W3 (closest to venue)
- \$189/night for 2 double beds, \$209/night for studio suite with 2 double beds
- Includes free parking & breakfast
- Deadline to book or cancel: Sept. 24, 2025

5. TRANSPORTATION

Teams are responsible for their own transportation. Please note that the competition site is in Colwood, B.C., which is an approximate 45-minute drive from Victoria International Airport (YYJ) and 55 minutes from the Swartz Bay BC Ferries terminal.

Rental Cars

The following companies are available at Victoria International Airport: Avis, Budget, Hertz, National. Enterprise is located offsite and can be accessed via shuttle during their opening hours.

Other Transportation

Wilson's Transportation

Tel.: 1-800-567-3288 or 250-475-3235

FAX: 250-475-2911

Email: sales@wilsonstransportation.com

Vehicles: 14 passenger vans, mini-buses, school buses and coach buses available. Please contact Wilson's directly for current rates.

6. TEAM ENTRY

Teams will be required to enter their teams via Trackie registration. A link to register will be provided in Bulletin #2.

Canada West Regulations – 4.2, Entries

Team Entries can include a maximum of sixteen (16) athletes per team, per gender. Those teams entering greater than fourteen (14) athletes per team, per gender, will be required to submit their final declarations at the technical meeting, whose time & place will be determined by the host, and be communicated via the Championship Bulletin.

At the discretion of the host, entry fees can be charged in order to off-set the cost of hosting the Championship. A maximum amount of \$25 per athlete, up to a maximum of \$200 per team, per gender, may be charged by the host.

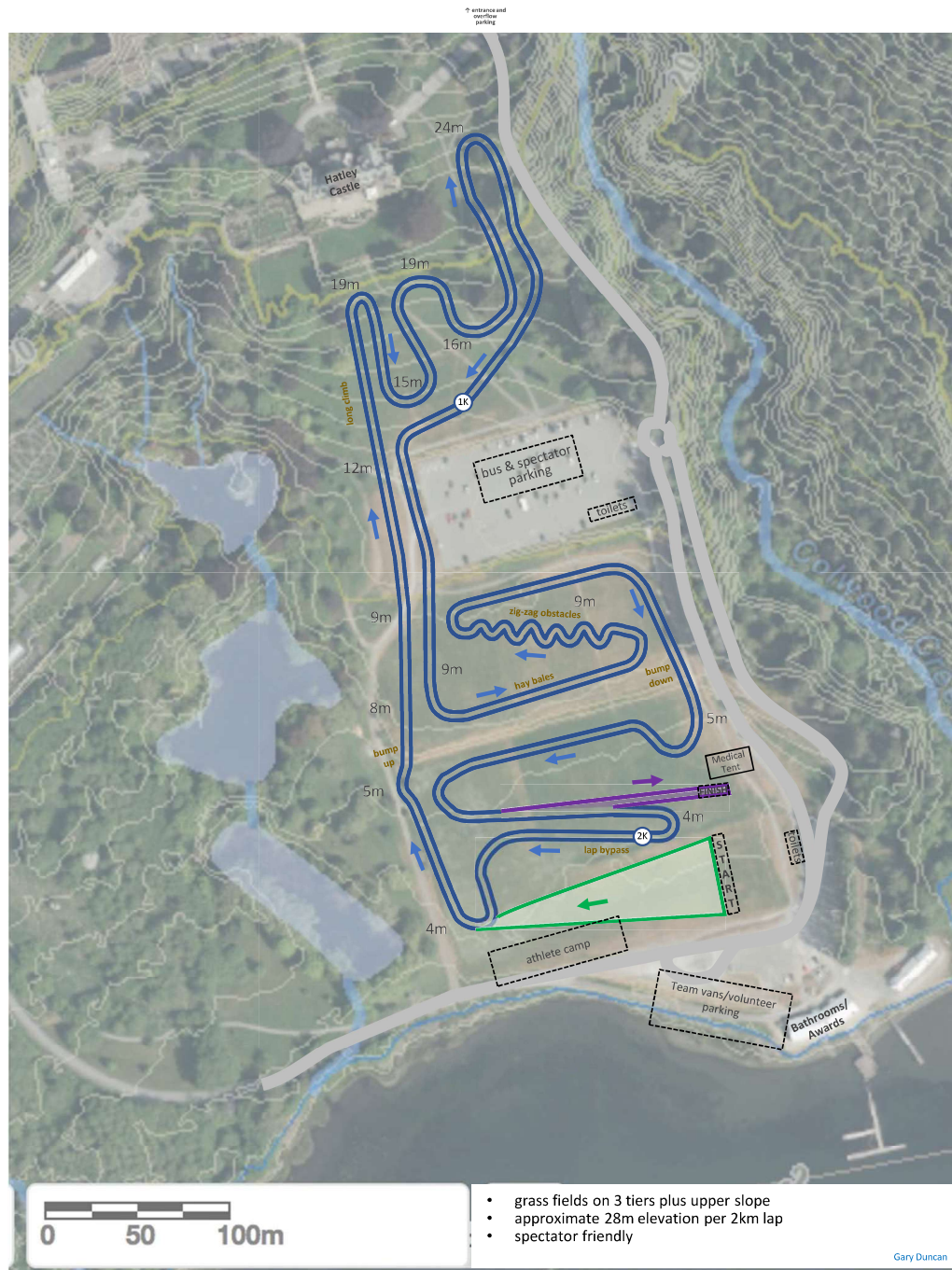
7. TECHNICAL INFORMATION

1. **Regulations:** The meet will be regulated according to the Canada West Cross Country Race Regulations.
2. **Technical Meeting:** A technical meeting will take place at 7:00 pm at the Holiday Inn Express – Colwood on Friday, October 24, 2025. The meeting is for both men's and women's team.

8. COURSE

Address: 2005 Sooke Rd, Victoria, BC V9B 5Y2

The course contains a 2 km loop on grass over three tiers plus upper slope. There is approximately 28m of elevation per loop. The course will be marked and flagged.



9. MEDICAL

During the championship a representative from the host institution will be on site in accordance with the Canada West - Policy #14 Medical Services Support.

More information to follow in the next bulletin.

10. AWARDS

Awards will be handed out immediately following the conclusion of the men's race on October 25, 2025.

Canada West First and Second Team All-Stars, Canada West Athlete of the Year (Male Competition and Female Competition), Canada West Rookie of the Year (Male Competition and Female Competition), and the Canada West All-Rookie Team will be determined by results as outlined in the Canada West Cross Country Regulations.

Coaches of the Year for the Canada West Women's Cross Country Team and the Canada West Men's Cross Country Team will be selected by secret ballot submitted to the designated Vikes representative upon immediate completion of the meet.

Student Athlete Community Award nominations should be submitted to the host via [online form](#) by the end of day on **Tuesday, October 21, 2025**. Selection of the winners will be chosen by a coaches vote at the pre-event coaches meeting. If you have problems accessing the link, please contact Alexis Chevalier at vicvikes@uvic.ca.

[Student-Athlete Community Service Award Nomination Form](#)

11. SPORT INFORMATION REQUIREMENTS

Institutions are requested to send rosters and pronunciation guides to Alexis Chevalier, Sports Information Coordinator, at vicvikes@uvic.ca by **Tuesday, October 21, 2025**.

SIDs of major award winners should be prepared to share athlete headshots and other information with the Canada West office for release following the championship.