



Nanaimo Track + Field Club presents ...

ARBUTUS XC RUMBLE

+ HIGH SCHOOL INVITATIONAL

Saturday, October 4, 2025

Arbutus Meadows, Nanoose Bay BC

Sanctioned by BC Athletics and BC School Sports

Distances are in accordance with BC Athletics guidelines. All ages are welcome!

RACE SCHEDULE

Time	Event #	Category	Birth Year	Distance
10:00	1	Open (U20 + Senior), Masters , M+F		8.0km
10:45	2	Track Rascals, M+F	2017-2019 (6-8 yrs)	1.0km
11:00	3	U10, M+F	2016 (9 yrs)	1.5km
11:15	4	U12, M+F	2014, 2015	2.0km
11:30	5	U14, M+F	2012, 2013	3.0km
12:00	LUNCH + COURSE PREVIEW			
1:00	6	HIGH SCHOOL JUNIOR GIRLS	Grades 8 - 10	4.0km
1:30	7	HIGH SCHOOL JUNIOR BOYS	Grades 8 - 10	4.0km
2:00	8	HIGH SCHOOL SENIOR GIRLS	Grades 11, 12	5.0km
2:30	9	HIGH SCHOOL SENIOR BOYS	Grades 11, 12	5.0km

HIGH SCHOOL ATHLETES AND TEAMS:

- The Arbutus XC Rumble course will be the same as the race course set for the BC School Sports High School Cross Country Championships on November 1. The Rumble provides a great opportunity for athletes to preview the course.
- Prior to race day, athletic directors need to ensure that their athletes are registered in STARS. High school competitors will wear their school team singlets.

DEADLINE TO ENTER:

Regular Deadline: Friday, September 27, 2025, midnight

Late Deadline: Wednesday, October 1, midnight;

NO "DAY OF" ENTRIES

ENTRY FEES

- An additional \$5 will be charged for entries made after the regular deadline.
- There will be no entries accepted after the late deadline.
- \$5 additional fee for individuals not currently registered with BC Athletics.

Track Rascals; U14 + under: \$10 (additional \$5 for non-BCA members)

High School Jr + Sr, U20 + older: \$15 (additional \$5 for non-BCA members)

High School Team Fee: if a team has more than 10 entries then a team cap of \$200 applies.

COURSE

- Grass and forest trails over undulating terrain.
- Short spikes can be used but running shoes are also adequate.
- Course will be open from 9:00am onward but athletes and coaches need to be aware that once the event starts at 10:30am, the athletes racing will have priority on the course. Please take care not to interfere with the ability of athletes to race their course.

VENUE

- Arbutus Meadows is located at 1515 Island Hwy E, NanOOSE Bay BC
- www.arbutusmeadows.com
- Washrooms and a concession are available.
- Parking: ample parking available (see map)
- Other: Concession, Lavender Shop

AWARDS

Medals for top 3 in each age grouping (MU10, FU12, MU14 ...)

TO ENTER:

Please enter here - <https://www.trackie.com/event/ntfc-2025-arbutus-meadows-cross-country-rumble/1031358/>

