



**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](mailto: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
- 9-11
- U-16
- 16 - 99

**Entry Fees:**

- Track Rascals - \$1.00
- 9-11 - \$5.00 - 1k Race Only
- U-16 - \$8.00
- 16 – 99 - \$15.00
- 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 29<sup>th</sup> 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

**Final Schedule of Events:**

| RACE | TIME        | AGE GROUP                                         | DISTANCE                                             |
|------|-------------|---------------------------------------------------|------------------------------------------------------|
| 1    | 09:00:00 AM | Community Race                                    | 5.0km                                                |
| 2    | 09:45:00 AM | Track Rascals & 9-11                              | 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<br>Women, Masters 70+ Women | U20 & Masters 8K, Senior 10K<br>(Masters 70 plus 6K) |
| 7    | 01:00:00PM  | U20, Senior & Masters Men,<br>Masters 70+ Men     | U20 & Masters 8K, Senior 10K<br>(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 1<sup>st</sup> thru 6<sup>th</sup> place finishers (boys and girls).
- **U-16:** Prizes to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> place finishers (boys and girls).

- **16 – 99:** Prizes to 1st, 2<sup>nd</sup>, 3rd and 4<sup>th</sup> 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](http://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:

**WORLD.**  
HEALTH & FITNESS

**LADIES WORLD.**  
HEALTH & FITNESS



**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)

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1: 4,514

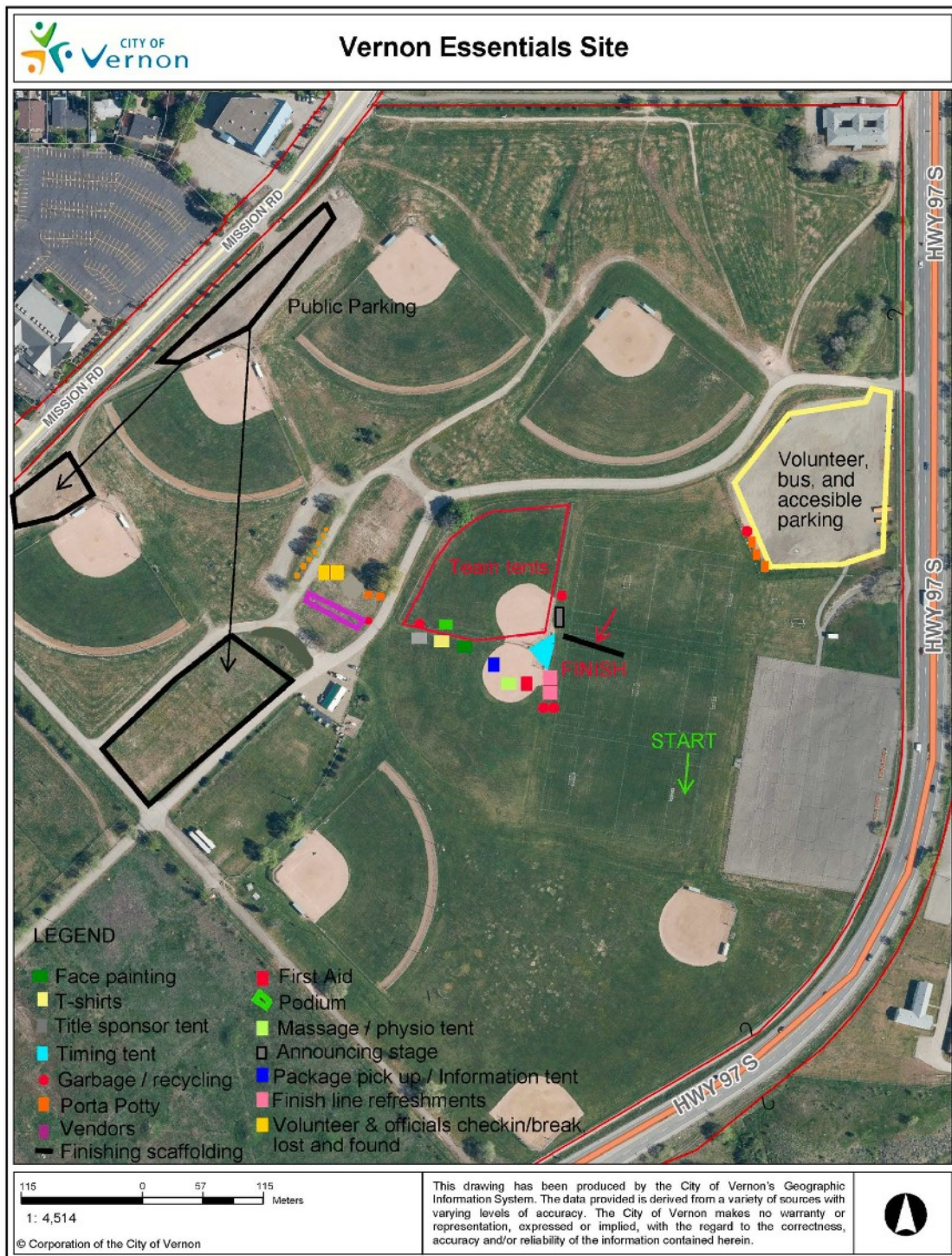
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This drawing has been produced by the City of Vernon's Geographic Information System. The data provided is derived from a variety of sources with varying levels of accuracy. The City of Vernon makes no warranty or representation, expressed or implied, with the regard to the correctness, accuracy and/or reliability of the information contained herein.

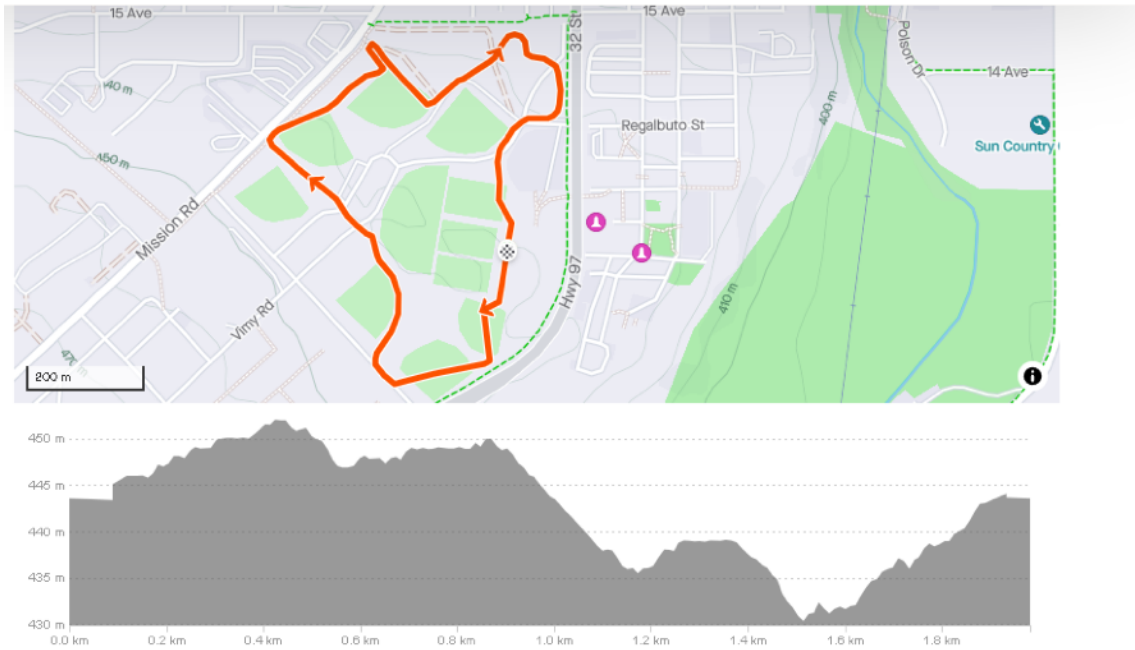




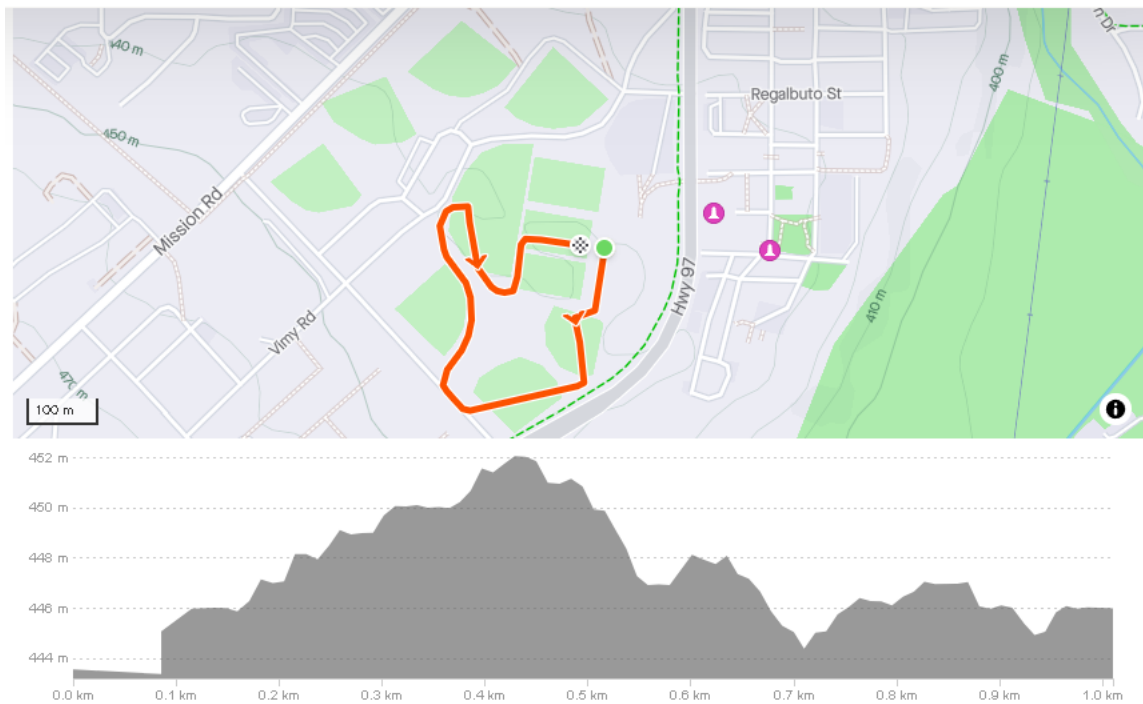
# FACILITIES AND PARKING MAP



## Elevation Map 2km Loop



## Elevation Map 1km Loop





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**TOLKO**

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**KALTIRE**

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VERNON



A stylized tooth icon with a blue outline and a white fill, featuring a small star above it.  
**DOWNTOWN DENTAL**  
AND ORTHODONTICS

OFFICIAL RESULTS  
A logo featuring a stylized orange and black mountain peak with a white line running through it.  
**Startline**  
Timing  
STARTLINETIMING.COM

A logo featuring a stylized green and blue 'A' shape.  
**Starting Block**  
RUNNING & WALKING GEAR



**VERNON'S**  
A logo featuring three blue wavy lines representing water.  
**WATER STORE**

A logo featuring a stylized orange 'K' shape.  
**kintec**  
FOOTWEAR + ORTHOTICS

A logo featuring a stylized green and blue 'C' shape.  
**ClarkRobinson**  
Chartered Professional Accountants

**Tim Hortons**

A logo featuring a stylized orange and yellow sun or fire shape.  
**FUNTASTIC**

