

**2025 CANADA WEST CROSS COUNTRY CHAMPIONSHIP**  
**Bulletin #2 - as of September 23, 2025**

**1. ORGANIZING COMMITTEE**

**Host School: University of Victoria**  
**Website: govikesgo.com**

<b>Position</b>	<b>Name</b>	<b>Phone</b>	<b>Email</b>
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	Chase Carter	250-472-4019	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 Superhero Run  
10:30 a.m. Open 8km & 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 Lucia Park, Sales Manager [sales@bestwesterncarlton.com](mailto: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:

<https://www.trackie.com/event/2025-canwest-xc-championships/1031418/>

Entry fees can be paid via Trackie. If you require an invoice to pay by cheque, please contact Derushka Pillay – [dpillay@uvic.ca](mailto:dpillay@uvic.ca).

### **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.

PLEASE NOTE – minor modifications to the course map will be forthcoming.



## 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.

Vikes Head Athletic Therapist, Traci Vander Byl, will be in contact with schools with more information.

If you are not travelling with an athletic therapist and wish to hire one for the event, please contact Traci ASAP to enquire – [tvanderbyl@uvic.ca](mailto:tvanderbyl@uvic.ca).

## 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 [achevalier@uvic.ca](mailto:achevalier@uvic.ca).

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

## 11. SPORTS INFORMATION REQUIREMENTS

Institutions are requested to send rosters and pronunciation guides to Chase Carter, Sports Information Coordinator, at [vicvikes@uvic.ca](mailto: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.

## 12. TEAM MEAL

If you would like to order pizza for your team post-race, please email Derushka Pillay, Event Operations Coordinator at [dpillay@uvic.ca](mailto:dpillay@uvic.ca) . Pizza will be delivered to course at 3:00pm on Saturday, October 25, 2025.

Pizza orders will be invoiced to each school following the championship.

Please use this [menu](#) to order.

**Order to be placed by Friday, October 24 at 12:00pm**