

ISEA Cross Country Championships 2026

The ISEA Championships are fast approaching and we are excited to see you Tuesday, October 20th, 2026 at **Jericho Beach Park**. The course is mostly flat with a short uphill, and is a mixture of grass, gravel and bark mulch pathways – please refer to maps for course routes (attached below).

All students should bring their own lunches, and a full water bottle. **We will provide coffee, treats, and lunch for coaches/volunteers only.**

Upon arriving at Jericho Beach Park, you will see that there is no covered area on the course, so it is ***strongly recommended*** that your team bring a portable tent (or two). A volunteer will direct you where to set up tent(s). City officials have asked that tents be weighed down with sandbags not pegs. Limited public washrooms are available and can be found in the NE corner of the park, and some additional porta-potties will be on site, it is recommended that an adult accompany students to/from these facilities. Athletes are advised to bring a complete change of clothing for after the race, and should be properly prepared with appropriate layers of clothing as it is an outdoor event held rain or shine.

The coaches meeting will take place at 9:40am at the start line. Scoring procedures will be reviewed at that time. **Electronic Timing will be used courtesy of [Ocean Athletics](#)**, and all athletes need to be pre-registered by the entry deadline on Friday October 16th, 2026 (minimal late entries and changes will be accepted until 11:59 pm on Sunday, October 19th, 2026). All athletes will be **required to wear their assigned race bib and school uniform**, and have it visible to officials when crossing the finish line. Individual awards will be handed out at the finish line, and team results will take place at the end of the meet.

We will have a 'running schedule' to increase flow between the events, however, a break in the schedule will occur so schools can shuttle completed Grades 3/4's and bring Grade 5-7's.

We politely request that coaches and chaperones maintain close control over their teams, so we avoid any possible problems with interference of runners on the racecourse.

We look forward to seeing you all out running, and may the course be with you!



Nathan Dehghan

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wpga.ca | *Shaping lives of inquiry, action and joy*



ISEA Cross Country Championship Details

Date: Tuesday, October 20th, 2026

Location: Jericho Beach Park (see attached map for details)

Time: 9:00am – 12:30pm

Grades: 3-7

Schools:	Brockton	Southridge
	Collingwood	St. George's
	Crofton House	St. John's
	Fraser Academy	York House
	Glenlyon Norfolk	Stratford Hall
	Meadowridge	Urban Academy
	Mulgrave	Vancouver Talmud Torah
	Southpointe Academy	West Point Grey Academy
	KGMS	

Start Line and Meeting Area: The start line, finish line, and tent area will be on the grass at the west end of Jericho Beach Park Grass fields (see map below). We will be using a **boxed start line**, to ensure distancing between schools, as well as to ensure a safe start off the line. *Schools are asked to bring their own tent with them, extra tents will not be provided.*

Course: Please see attached map. The course is run on grass fields and gravel/chip trails.

Schedule of Events: Girls and boys will run separately with girls running first. Running schedule.

9:00am – Volunteer Meeting | All Schools to Arrive 9:00-9:30am at the latest

9:40am – Coaches Meeting

10:00am – Grade 3 Girls / Boys

10:30am – Grade 4 Girls / Boys

Break for Bus Shuttles 10:45-11:15am

11:30am – Grade 5 Girls / Boys

12:00pm – Grade 6 Girls / Boys

12:30pm – Grade 7 Girls / Boys

12:50pm – Team Awards

**Distances:**

Grade 3: 1.2km (1x Red Loop)

Grade 4: 1.5km (1x Red Loop + Jericho East Field*)

* Athletes will be running the same route as grade 3's but will have an extended turnaround point.

Grade 5 and 6: 2.4km (1x Blue Loop)

Grade 7: 3.0km (1x Red Loop + 1x Blue Loop)

Transportation:

Bus drop-off can happen in either of the Jericho Beach Parking lots. All Bus parking is located along 4th Ave. roadway at Jericho Park East.

Awards:

There will be medals for top 3 and ribbons for finishers who place from 4th to 16th, in the finish line chute of the event.

Team Aggregate Awards, Top 3 teams/division/gender, as well as overall girls and boys team titles will be awarded at the end of the meet.

Registration, Volunteers & Fees:

All teams must register in advance of the meet. All entries must be submitted on trackie.reg (<https://www.trackie.com/event/2026-isea-cross-country-championships/1039371/>) under the event, '2026 ISEA Cross Country Championships' by Friday, October 16th, 2026 by 11:59pm. Late entries/scratches will be accepted until Sunday, October 18th, 2026 at 11:59pm.

Each school is responsible for paying a fee to cover the costs of park rental and awards, (to be included in the Term 1 ISEA Athletic Fees).

In addition, we require one staff volunteer per school to help at the event. Please send an email to ndehghan@wpga.ca with the name of the designated individual from your school.

Additional questions:

Please email Nathan Dehghan ndehghan@wpga.ca or Mark Wong mwong@wpga.ca call 604-222-8750 x 4200.

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Course Map 2026

