

## BC Athletics Cross Country Committee Report 2019

Prepared by Technical Director Road & Cross Country

January 17, 2020



### Cross Country Series

The Interior Running Associations Cross Country Series, numbers were healthy this year, with participation up over most of the events. Series participation was up 100 runners over 2018. The schedule for 2020 has been set and posted in the BCA Calendar of events.

The Lower Mainland Series numbers were down slightly from last year. The biggest challenge for the series is not working together to promote each other, and leadership within the group to bring them together. The series is looking for someone to score the Junior portion of the series.

### BC XC Championships

The Prairie Inn Harriers Club hosted the BC Cross Country Championships this year (and next) at Beaver Lake in Saanich on Vancouver Island. The Club did an excellent job hosting the event and set out a challenging, technical course. Feedback received from the athletes and coaches were positive. There are some small tweaks the Technical Director will work on with the Host to improve the event 2020.

The revenue for the event was low with the loss of CanWest athletes (see participation below), the club lost money hosting the Championship. The host committee has asked for a \$3 increase in registration fees across all age groups / timelines. See the pricing for the events in the Lower Mainland Series below.

See event summary on BCA Blog at - <https://www.bcathletics.org/News/congratulations-bc-athletics-cross-country-champions/2936/>

### XC Series Entry Fees

Chart of the entry fees across the Lower Mainland Cross Country Series events.

	19-BCXC	18-BCXC	Pinetree	South Fraser	Spirit Run	Festival of XC	Norwesters Frank Reynolds	Fraser Valley XC Ramble	Gunner Shaw XC
<b>Rascals</b>						\$5	\$8		
<b>7-9</b>				\$8/\$12	\$13				
<b>10-15</b>	\$9/\$17	\$7/\$14		\$10/\$15	\$13	\$8/\$15	\$10/\$15		\$18
<b>Open</b>	\$14/\$22	\$12/\$19	\$10	\$10/\$15	\$17	\$8/\$15	\$12/\$17	\$10	\$25
<b>Masters</b>									\$20
			DOE +\$3	DOE +\$3	DOE +\$3	DOE +\$3	DOE +\$3	DOE +\$3	\$3 discount members

Proposed fee for BC High Schools is \$25 / athlete.

## BC Championship Finisher Numbers

Participation numbers at BCXC were lower this year, mainly attributed to the CanWest – USports Championship in Calgary on the same weekend. If the number of past University participants were added back in, the participation would have been close to the average participation the event has had when the event is held on the Island.

Category	Distance	19-Saanich		18-Abbotsford			17-Abbotsford		16-Nanaimo		15-Nanaimo		
		Reg'd	Fin	JR/SR /Mstr	Reg'd	Fin	JR/SR /Mstr	Fin	JR/SR /Mstr	Fin	JR/SR /Mstr	Fin	JR/SR /Mstr
Boys & Girls 9 yr	1.5km	28	26		37	37		38		43		18	
Boys & Girls 10 yr	2km	38	27		43	41		51		38		25	
Boys & Girls 11 yr	2km	30	29		50	47		48		36		22	
Jr / Sr / Mstr Women	6km / 8km	27	22	5/7 /10	66	64	7/48 /9	75	17/48 /10	70	23/30 /17	57	18/32 /7
Jr / Sr / Mstr Men	8km	54	50	8/18 /24	115	106	23/53 /30	101	27/42 /32	98	26/42 /30	88	25/39 /24
Boys & Girls 12-13 yr	3km	61	60		85	79		74		59		41	
U16 Girls	3km	34	30		40	35		35		29		31	
U16 Boys	3km	37	33		40	36		42		32		25	
U18 Girls	4km	42	37		40	39		35		30		19	
U18 Boys	5km	42	37		49	47		50		54		44	
		393	351		565	531		549		489		370	

## Fall Championship Calendar

For the next three years, the BC XC and CanWest do not fall on the same date. That however does not mean that we will see a return of all the USport athletes to the Championship. Coaches have noted that their 'A' teams would likely not participate, but some 'B' teams would to determine final spots in the two University Championships.

The Technical Director is also in discussion with local USport Coaches to explore opportunities to co-host the BC XC with a CanWest Championship in the coming years.

	2018	2019	2020	2021	2022
<b>BC XC</b>	Oct 27	Oct 26	Oct 24	Oct 23	Oct 22
<b>CanWest</b>		Oct 26 - Calgary	Oct 31	Oct 30	Oct 29
<b>High Schools</b>	Nov 3-Nanaimo	Nov 2 - Abbots	Nov 7 - Kelowna	Nov 6 – GVRD	Nov 5 - Island
<b>USports</b>	Nov 10–Kingston	Nov 9 – Kingston	Nov 14 - Atlantic	Nov 13	Nov 12
<b>AC XC</b>	Nov 24-Kingston	Nov 30 - Abbots	Nov 28 - Abbots	Nov 27	Nov 26

## BC Team Selection

There were no issues this year with the revised criteria for BC Team selection. The criteria was clear who would be selected and what it took to be selected. 90% of athletes that were offered team positions, accepted them. The ones that did not accept, did not compete at ACXC. Main reason for decline of the team position was the athlete was ending their season short of ACXC

Challenge in some categories, U20 mainly, to have best pool of athletes to select from. The athletes that were competing at CanWest and not at BCXC, needed to declare interest in the BC Team. The low number of declarations, limited the pool of eligible athletes.

The BC Team athletes were happy with the BC Team program and feel it is important step in athlete development.

## National Championships

The event was hosted by a hybrid committee, with representation from a number of Clubs in the Langley area. The event was very technically solid, running on time, accurately and safely.

Feedback has been mixed, mainly due to the familiarity that athletes and coaches have with the course / venue. With High Schools running here three weeks prior and provincials on the same course for 2017 / 2018.

BC Athletics has asked to be part of the debrief between AC and the Host Committee.

See ACXC recap of BC Athlete performances on the BCA Blog at - <https://www.bcatletics.org/News/bc-round-up-athletics-canada-cross-country-championships/2943/>

## Pan Am Cross Country Cup

Pan Am Championships will be held Saturday, February 29 at the Westin Bear Mountain Golf Resort & Spa. The Hosting Committee has let BCA know that they currently have 8 nations registered with a couple of more possibly registering.

Other events that have been added to the day are a CanAm Masters Challenge, challenge between Canadian and American runners, where any member of their federation can score in the competition. Master athletes that are not a member are welcome to run, but will not score. There is a 5k All-Comers event open to the public and a separate Youth race for athletes' in grades K to 8.

More information and registration available at - <https://panamxccup2020.com/>