



# 2024 BC CROSS COUNTRY TEAM SELECTION CRITERIA

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## 1. OVERVIEW

This document will serve as the selection document for the 2024 BC Athletics Cross Country Team (U18, U20, Senior + Masters). All selections will be made in accordance with these criteria. Athletes and coaches are asked to please familiarize themselves with this document. If you have any questions, please contact the Non-Stadia Program Manager Kevin O'Connor at [kevin.oconnor@bcathletics.org](mailto:kevin.oconnor@bcathletics.org)

## 2. IMPORTANT DATES

Dates	Description	Location/Notes
October 25, 2024	<b>DUE:</b> BC Cross Country Championships Exemption	Click <a href="#">Here</a> for Form
October 26, 2024	2024 BC Athletics Cross Country Championships	Vernon, BC
October 26, 2024	<b>DUE:</b> Athlete Declarations	Click <a href="#">Here</a> for Form
October 26, 2024	2024 CanWest Cross Country Championships	Camrose, AB
October 28, 2024	Preliminary Selection Meeting & Announcement	BC Athletics
November 2, 2024	2024 BC School Sports Cross Country Championships	Vancouver, BC
November 9, 2024	2024 USports Cross Country Championships	Kelowna, BC
November 11, 2024	Final Selection Meeting	BC Athletics
November 13, 2024	Final Roster Announced (website/social media)	BC Athletics
November 17, 2024	<b>DUE:</b> Entry Deadline for Canadian Championships	BC Athletics
November 28, 2024	U18/Masters Team Depart Vancouver	YVR - YXU
November 29, 2024	U20/Senior Team Depart Vancouver	YVR - YXU
November 30, 2024	2024 Canadian Cross Country Championships (U18/Masters Races)	London, ON

December 1, 2024	2024 Canadian Cross Country Championships (U20/Senior Races)	London, ON
December 1, 2024	U18/Masters Team Return to Vancouver	YXU – YVR
December 2, 2024	U20/Senior Team Return to Vancouver	YXU - YVR

### 3. TEAM OBJECTIVES

The objectives of the BC Team program, funded by BC Athletics and volunteer team staff, are to field a competitive team of eligible athletes who have demonstrated their ability to be competitive at the National Championship level where;

- Top 8 Individual and Top 3 Team performances are possible at the National Championships.
- We provide a competitive team development opportunity for athletes and coaches.
- We cultivate a positive team experience for athletes and team staff.

### 4. FUNDING

BC Athletics will provide support (pending confirmation of funding for 2024/2025) to those athletes selected to the 2024 BC Cross Country Team. For more information, please see the published criteria and standards within this document in addition to the BC Athletics General Criteria for Funding and Team Selection.

### 5. TEAM INFORMATION

Please read below for all important BC Team information. If you have any questions, please contact the Non-Stadia Program Manager at [kevin.oconnor@bcathletics.org](mailto:kevin.oconnor@bcathletics.org).

- **TEAM EVENT(S)**
  - 2024 [Canadian Cross Country Championships](#), London, ON-Saturday November 30 & Sunday December 1, 2024
- **TEAM SIZE**
  - Up to 44 Athletes + Staff
- **TEAM STAFF**
  - Head Coach, 3 Team Coaches, Team Manager, IST
- **TEAM FEES**
  - Athletes selected to the team are responsible for paying the BC Team Fee of \$262.50 prior to event. (Sport Canada carded Athletes are exempt from BC Team Fees).
- **TEAM ENTRIES**
  - BC Athletics will register all team members for the Championships
- **TEAM TRAVEL**
  - Due to the complexity of organizing team travel to this even, U18, U20 and Masters athletes MUST use BC Athletics arranged travel from Vancouver
  - U18 and Masters departing Vancouver YVR on Thursday November 28, at 0700AM on Porter Airlines flight no PD0302 arriving at Toronto Lester Pearson Int YYZ at

14.40PM. Ground transportation departing YYZ at 16.00PM arriving at the team Hotel Townplace Suites by Marriot London, 800 Exeter Road, London Ontario N6E 1L5 (1-519-200-0587)

- U20 and Senior team departing Vancouver YVR Friday November 29 at 0800AM on Air Canada flight no AC0104 arriving at Toronto Lester Pearson Int YYZ at 15.26PM. 19.30PM Depart to London Ontario YXU arriving at 20.20 and ground transportation to Hotel Townplace Suites.
- All the team depart London Ontario on Sunday December 1 at 18.00PM by ground transportation to Toronto Lester Pearson Int YYZ departing on Porter Airlines flight PD0313 returning to Vancouver YVR at 00.51AM Monday December 2.
- Any athlete Not from the lower mainland/Metro Vancouver will be provided accommodation prior to departure from Vancouver and on the return to Vancouver.
- Senior team athletes are eligible to arrange their own travel and will be reimbursed up to \$800 CAD and are responsible for all transfers to and from the airport. Receipts must be submitted not later than 2 weeks after the event.
- **TEAM ACCOMMODATIONS**
  - BC Athletics has booked accommodation for those who would like to utilize the group hotel rate. BC Athletics will make payment for the accommodation and invoice all athletes who utilize accommodation. Roommates will be arranged to decrease the cost incurred for each athlete. Athletes using the BC Athletics booked accommodations MUST stay the entire 3 night duration.
  - Hotel room rates are \$189.00 plus tax consisting of a King Bedroom studio suite with pull out bed, full kitchenettes, hot breakfast and Wi-Fi. Each athlete will be invoiced after the event.
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- **TEAM COMMUNICATION**
  - BC Athletics will use a WhatsApp group message chat and host a team meeting one week prior to departure.

## 6. ELIGIBILITY

Athletes wishing to be considered for selection to the 2024 BC Cross County Team must:

- a. Meet the BC Athletics General Criteria for Funding Support and Selection.
- b. Be at least 16 years of age as of December 31, 2024.
- c. Submit an Athlete Declaration by October 26, 2024 (11:59pm PST)
- d. Hold a 2024 BC Athletics Competitive membership prior to the start of the 2024 BC Athletics Cross Country Championships. No exceptions.
- e. Must comply with Competitive Readiness Requirements as outlined in Section 7.

- f. Meet the published selection criteria outlined in Section 6.

## 7. SELECTION CRITERIA

**Please note BC Athletics is currently reviewing the BC Cross Country selection criteria to be implemented starting 2025.**

- a. **BC U18 Team Criteria (Male + Female) Must be 16 or 17 years of age on December 31, 2024**
- **Automatic:** Top 4 declared finishers at the 2024 BC Cross Country U18 Championships
  - **Discretionary:** Next 2 declared athletes based on performances (cross country events only) during the 2024 Qualification Period from January 1 to November 9, 2024.
- b. **BC U20 Team Criteria (Male + Female)**
- **Automatic:** First declared finisher at the 2024 BC Cross Country U20 Championships
  - **Discretionary:** Next 5 declared athletes based on performances (cross country events only) during the 2024 Qualification Period from January 1 to November 9, 2024, including the 2024 World Cross Country Championships.
- c. **BC Senior Team Criteria (Male + Female)**
- **Automatic:** Top 3 declared finishers at the 2024 BC Cross Country Senior Championships.
  - **Discretionary:** Next 3 declared athletes based on performances (cross country events only) during the 2024 Qualification Period from January 1 to November 9, 2024, including the 2024 World Cross Country Championships.
- d. **BC Masters Team Criteria (Male + Female) Age 35 Years on the day of event, October 26, 2024**
- **Automatic:** Top 2 declared finishers at the 2024 BC Cross Country Masters Championships (not age graded)
  - **Discretionary:** Next 2 declared finishers based on the age of the runner on race day based on the 2020 USATF MLDR age graded tables below
  - <http://howardgrubb.co.uk/athletics/mldrroad20.html>

## 8. COMPETITIVE READINESS

Selected athletes are expected to be competition ready at the time of selection and leading up to, and at, the provincial team events. As part of demonstrating competitive readiness, athletes will be required to complete the steps below.

- a. BC TEAM ACKNOWLEDGEMENT FORM

All selected athletes, and their primary coaches must complete, sign, and submit the BC Team Selection Acknowledgement Form prior to receiving team information (travel, accommodations etc..). As a part of this form, both athlete and primary coach must disclose to BC Athletics any reasons (injury or illness) that may affect their competitive readiness.

b. COMPETITIVE READINESS

If a selected athlete presents reasons (injury or illness) that may result in questionable competitive readiness, BC Athletics will work with the athlete and coach on a case-by-case basis to certify the athlete's competitive readiness.

c. EVALUATIONS

Athletes with questionable competitive readiness will be required to submit a "Back to Competitive Readiness Plan" and required to prove fitness. This may be through proof of fitness at a competition, of video proof of fitness to be submitted on a case-by-case basis. In some cases, medical documentation may be used as an evaluation tool if competition is not possible.

d. VIOLATION OF COMPETITIVE READINESS

If an athlete and personal coach falsely certify that a selected athlete is competitive ready resulting in poor performance or non-performance at the BC Team event, the athlete and personal coach could be:

- i. Responsible for refunding BC Athletics the total costs incurred for team travel, entries, equipment transportation and any additional costs associated with the BC Team.
- ii. Deemed members not-in-good standing with BC Athletics and limited or suspended from any further BC Team Program opportunities.

BC Athletics will consider these situations on a case-by-case basis.

## **9. OFFICIAL TEAM ANNOUNCEMENTS**

a. PRELIMINARY EMAILS

Athletes who are preliminarily selected to the BC Senior Team roster will be contacted via email to confirm their selection to the team. Athletes receiving a preliminary email are reminded that these emails are not final confirmation of team selection until after all appeals have been processed. Final confirmation will be through website and social media postings.

b. WEBSITE & SOCIAL MEDIA

Once the final team roster has been decided and preliminary emails are sent with confirmations received, BC Athletics will post the final team roster on the BC Athletics website and social

media channels. Athletes will have their name, event(s), club, and primary coach listed on the roster.

## 10. APPEALS

### a. WHO CAN APPEAL

Athletes who are directly affected by a selection decision have the right to appeal

### b. APPEAL PROCESS

After BC Athletics have posted the preliminary BC Cross Country Team roster on the BC Athletics website, athletes who meet the criteria under Section 9a (above) must submit an appeal within 24 hours of the posting of the preliminary team roster (see Section 8) through the BC Team Program Appeal for Selection [form](#).

Once an eligible appeal has been received, BC Athletics in consultation with the Appeals Committee (Program Manager for Track & Field and the Track & Field Committee) will render a decision. Once the appeals committee has made their decision, the decision will be considered final, and the appeal will be closed.

## 11. AMMENDMENTS

BC Athletics reserves the right to amend this Selection Criteria. If any amendments are made, they will be communicated as soon as possible though they will be highlighted and included in this document (see Section 1). BC Athletics will also communicate amendments through the BC Athletics website, BC Athletics High Performance Newsletter and Emails to declared athletes.

## 12. CHANGE HISTORY

The selection criteria were amended and reposted on October 3, 2024, changes include:

- Important Dates
- Team Information (see Team Travel and Accommodations)
- Selection Criteria

The selection criteria were amended and reposted on October 21, 2024, changes include:

- Travel dates and arrangements
- Accommodation rooms and rates
- Masters Age Graded Table

## 13. QUESTIONS

If you or your coach have any questions, please contact the Non-Stadia Program Manager Kevin O'Connor at [kevin.oconnor@bcathletics.org](mailto:kevin.oconnor@bcathletics.org)