



BC Athletics  
Cross Country  
Championships  
Presented by:

**WORLD.**  
HEALTH & FITNESS

**LADIES WORLD.**  
HEALTH & FITNESS

# 2024 BC Cross Country Provincial Championships



Presented by: World Health and Fitness and  
Ladies World Health and Fitness



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 26, 2024**

**Meet Director:**

- Adrienne Mills: email – [vaaatrack@gmail.com](mailto:vaaatrack@gmail.com)

**Location:**

- Department of National Defense Grounds, Falaise Drive, Vernon, BC,

**Ferry Travel Assistance:**

- BC Ferries and viaSport may assist with ferry travel costs for athletes participating in the BC Championship through the Sport Experience program. For more information visit Sport BC website: <http://www.viasport.ca/grant/bc-ferries-sport-experience-program>.
- Applications for travel assistance must be received at least 12 business days before the Championship. Due to overwhelming demand, viaSport may not be able to accept all applications.

**Course Maps:**

- See Map Below

**Registration:**

- Online registration: <https://www.trackie.com/event/2024-bc-athletics-cross-country-championships/1014741/>
- closes midnight October 24, 2024
- Early registration ends October 20, 2024

**Competition Categories:**

- U10 (2015), U11 (2014), U12 (2013), U13 (2012), U14 (2011), U16 (2010/2009), U18 (2008/2007), U20 (2006/2005), Senior (1990-2005, 19-34), Master (1989-1954, 35-70).
- BC Athletics membership and the BC Cross Country Championships age category is based on your age at the end of the year (December 31)
- Masters age in competition, is based on your age ON the day of competition.
- U18 may run up in the U20 event to qualify for the BC Team – must indicate race # when entering.
- U20 may run up in the Senior event to qualify for the BC Team – must indicate race # when entering.
- U16 may not run up for the BC Team.

**Eligibility:**

- To be eligible for individual awards, participants must hold a competitive membership in BC Athletics (U10, U11, U12, U13, U14, U16, U18, U20, Senior, Master, Road & Trail, or Post-Secondary Team Roster), or be a School Club or School Day of Event member. Individual membership details can be found [here](#).
- For team scoring, individuals must be registered as competitive members of a BCA club. Club membership details can be found [here](#). School club membership details can be found [here](#). No team declarations are necessary.
- Post-Secondary Team Roster Memberships (Limited-Competitive) are also eligible for the Championship Awards, Club Team Scoring and Awards; but are not eligible for BC Team selection, rankings or athlete funding.
- Athletes wishing to represent a second claim club for team scoring purposes must have registered their second claim membership with the BC Athletics office prior to the Championship, using [this form](#), and must register for the Championship under the club they wish to represent. Athletes will ONLY score for the team they register for the race under.

#### Entry Fees:

- U-16, U-18, U-20, Senior, Master - \$17.00, late entry after October 20, 2024 - \$25.00
- Junior Development U-10, U-11, U-12, U-13, U-14 - \$12.00, late entry after October 20, 2024 - \$20.00
- Additional \$5 if you require “Day of Event” BC Athletics Membership or “Day of Event” School Club Membership
- Officials Development Fee - \$5.00 per registrant

#### Package Pick-up:

- **Friday** October 25, 2024, 1Pm – 8pm at ‘The Starting Block’, 3100 29<sup>th</sup> Ave Vernon B.C.
- **Day of Race:**
  - Department of National Defense Grounds, must sign in no later than 1 hour prior to specific scheduled race start (8 am to 3pm)

#### Tentative Schedule of Events:

RACE #	TIME	AGE GROUP	DISTANCE
1	09:00:00 AM(Track Rascals 9:05)	Community Race	2km/4km
	10:00:00 AM	<b>Community Race Awards</b>	
2	11:00:00 AM	U10 Boys and Girls	1.5km
3	11:15:00 AM	U11 Boys and Girls	2.0km
4	11:35:00 AM	U12 Boys and Girls	2.0km
5	11:55:00 AM	U20, Senior & Masters Women	8.0km 6.0km
6	12:55:00 PM	U20, Senior & Masters Men	8.0km 6.0km
7	01:55:00 PM	U13 Boys and Girls	3.0km
8	02:15:00 PM	U14 Boys and Girls	3.0km
9	02:35:00 PM	U16 Girls	3.0km
10	02:55:00 PM	U16 Boys	3.0km
11	03:15:00 PM	U18 Girls	4.0km
12	03:45:00 PM	U18 Boys	5.0km
13	04:15:00 PM	<b>END OF RACING</b>	

#### Awards:

- Will be presented at the podium as they become available from the timing and results officials

### Individual Awards

- **Junior Development (ages 9 - 13) Championships:** BC Athletics medals to individual 1st, 2nd and 3rd place finishers in each year (boys and girls). Ribbons for 4th to 8th place finishers in each age category / gender.
- **U16 (14 & 15) Championship:** BC Athletics medals to individual 1st, 2nd and 3rd place finishers in each age category / gender.
- **U18 Championship:** BC Athletics medals to individual 1st, 2nd and 3rd place U18 finishers in each gender race.
- **U20 Championship:** BC Athletics medals to individual 1st, 2nd and 3rd place U20 finishers in each gender race.
- **Senior Championship:** BC Athletics medals to individual 1st, 2nd and 3rd place Senior Category finishers in each gender race. Cash prize to top 3 finishers in each gender: 1<sup>st</sup> - \$275, 2<sup>nd</sup> - \$150, 3<sup>rd</sup> - \$75
- **Masters Championship:** BC Athletics medals to individual 1st, 2nd and 3rd place 35 and over finishers in each gender race. Ribbons to top 3 finishers in 5 year age / gender groups. Cash prize to top 3 finishers overall in each gender: 1<sup>st</sup> - \$275, 2<sup>nd</sup> - \$150, 3<sup>rd</sup> - \$75

### Team Awards

- **JD Team Championship:** Team scores based on the top 6 finishers in each year (boys and girls). 1 point for 1st, 2 for 2nd, etc. Low score wins. In the event of a tie, the Championship will be jointly awarded.
- **U16 Team Championship:** Team scores based on top 3 finishers for each club in the race. 1 point for 1st, 2 for 2nd, etc. Low score wins. In the event of a tie, the lower placed third finisher wins. Clubs may score multiple teams - first 3 finishers score the first team, next 3 finishers score the second team, etc. Awarded in each gender event.
- **U18 Team Championship:** Team scores based on top 3 finishers for each club in the race. 1 point for 1st, 2 for 2nd, etc. Low score wins. In the event of a tie, the lower placed third finisher wins. Clubs may score multiple teams - first 3 finishers score the first team, next 3 finishers score the second team, etc. Awarded in each gender event.
- **Senior and Masters Club Team Championship:** Team scores based on top 4 finishers for each club or post-secondary club in the race, regardless of age group. 1 point for 1st, 2 for 2nd, etc. Low score wins. In the event of a tie, the lower placed fourth finisher wins. Clubs may score multiple teams - first 4 finishers score the first team, next 4 finishers score the second team, etc. Participants must hold a competitive or Post-Secondary Team roster membership to score for their team. Awarded in each gender event.

### Results:

- Available on line at:
  - BC Athletics <https://www.bcathletics.org/>
  - VAAA <https://www.vernontrackandfield.org/>

### Competitors Numbers:

- Must be worn on the front and be visible at the finish line

### Competitive attire:

- All athletes are encouraged to wear their club uniform.

### 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

### Host Hotels:

- [www.prestigehotelsandresorts.com](http://www.prestigehotelsandresorts.com)
- Booking Code: **CrossCountryProvincials2024**

**Prestige Hotel Vernon**, 3km from Competition site (approximately 7min.)

- ◆ Rate: Standard Rooms starting at \$143.95/night
- ◆ Complimentary: Parking & WIFI and access to the fitness center
- ◆ F&B discount: 15% for in-house guests toward the Restaurant
- ◆ Release date: 30 days out (at 30 days, September 25th, we will release all un-used rooms back into general inventory)
- ◆ Booking method: Individual call-in – A credit card will be required to secure the booking
- ◆ Cancellation: Individuals must cancel 72 hours before arrival

**Prestige Vernon Lodge and Conference Centre**, 2.4km from competition site (approximately 6min.)

- ◆ Rate: Standard Rooms starting at \$143.95/night
- ◆ Complimentary: Parking & WIFI and access to the fitness center
- ◆ F&B discount: 10% for in-house guests toward the Restaurant
- ◆ Release date: 30 days out (at 30 days, September 25th, we will release all un-used rooms back into general inventory)
- ◆ Booking method: Individual call-in – A credit card will be required to secure the booking
- ◆ Cancellation: Individuals must cancel 72 hours before arrival

**Host Restaurant:**

- Cactus Club Cafe, 5600 Anderson Way, Vernon

**Tents:**

- Team and individual tents are welcome. There will be a designated area to set up tents, see map.
- Tents can **NOT** be staked into the ground. They must be tied to a weight of some kind ie: sandbag, brick, etc.

**Canadian Cross Country Championships**

- The results from BC Cross Country Championships are used to select the BC team to compete at the National Cross Country Championships hosted at London, Ontario on Saturday, November 30, 2024. The 2024 BC Team Selection Criteria is available at the [BC Team Criteria page](#).
- Details of the event will be posted on the [Athletics Canada](#) website.
- The National Championships will serve as the trials for Canadian Teams at International Events.

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**TOLKO**

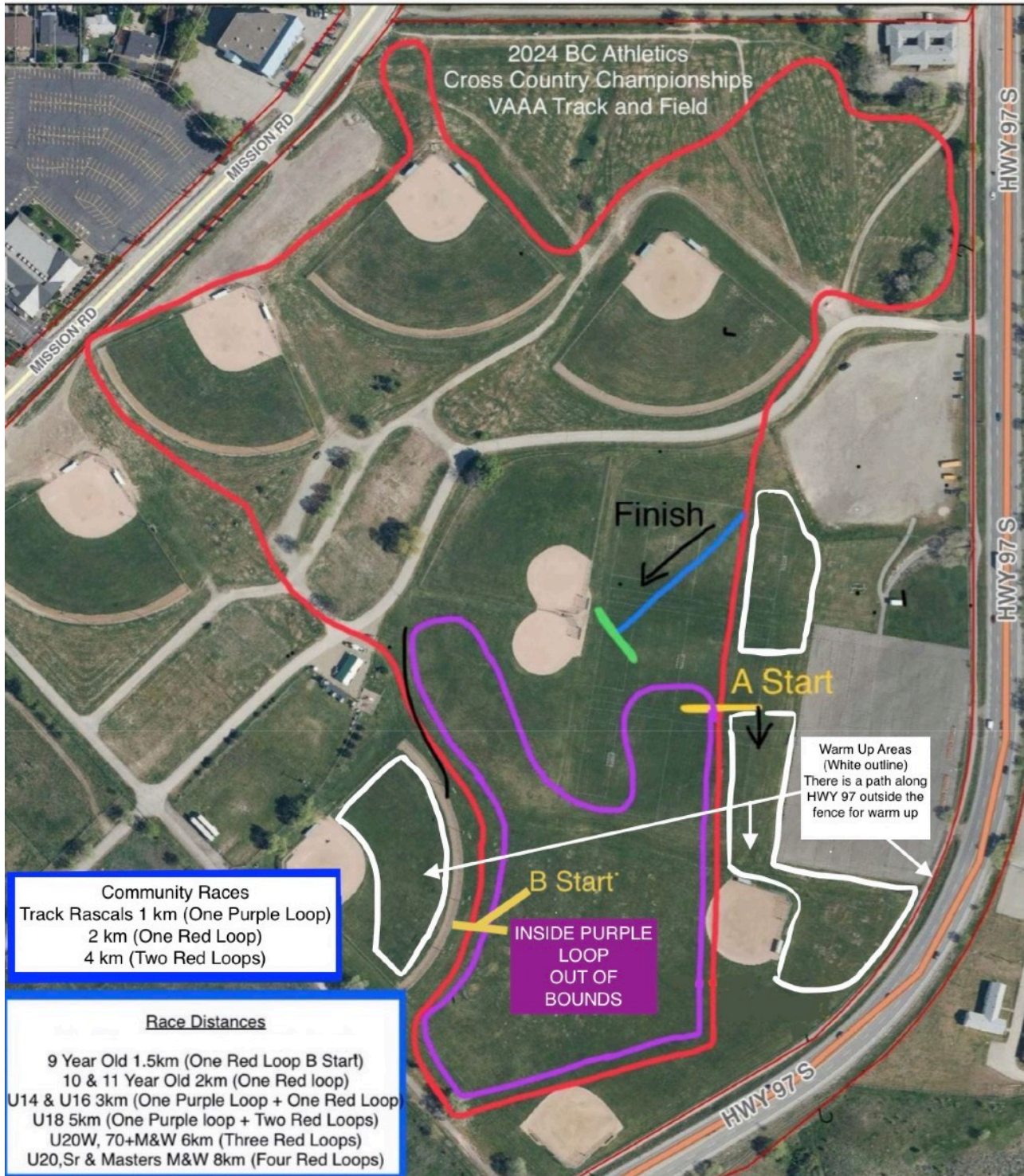
**Nufloors**  **OUTLET**

# COURSE MAP



BC Athletics  
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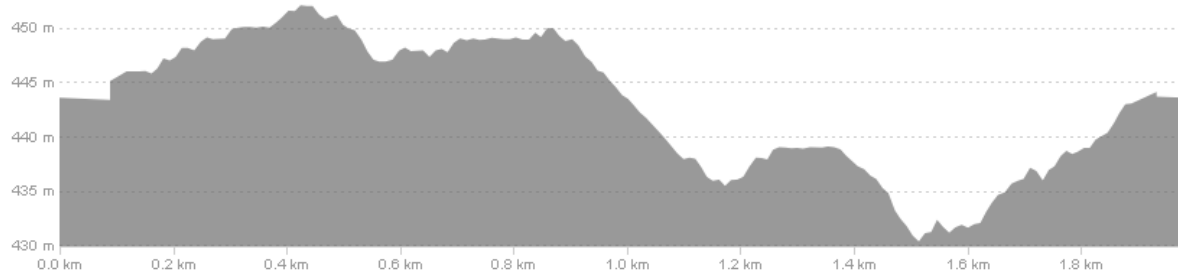
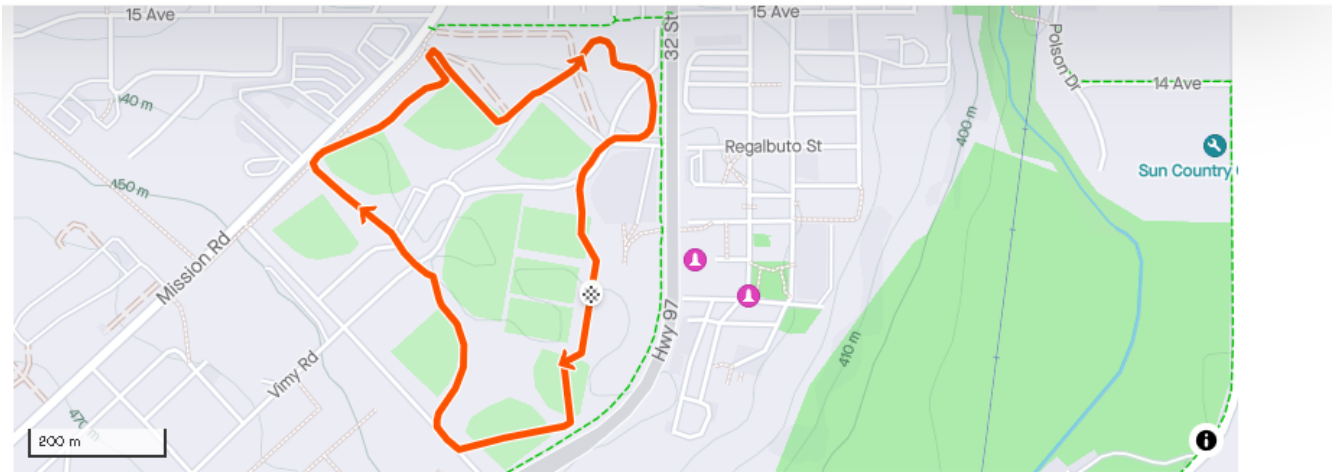
**Community Races**  
Track Rascals 1 km (One Purple Loop)  
2 km (One Red Loop)  
4 km (Two Red Loops)

**Race Distances**  
9 Year Old 1.5km (One Red Loop B Start)  
10 & 11 Year Old 2km (One Red loop)  
U14 & U16 3km (One Purple Loop + One Red Loop)  
U18 5km (One Purple loop + Two Red Loops)  
U20W, 70+M&W 6km (Three Red Loops)  
U20,Sr & Masters M&W 8km (Four Red Loops)

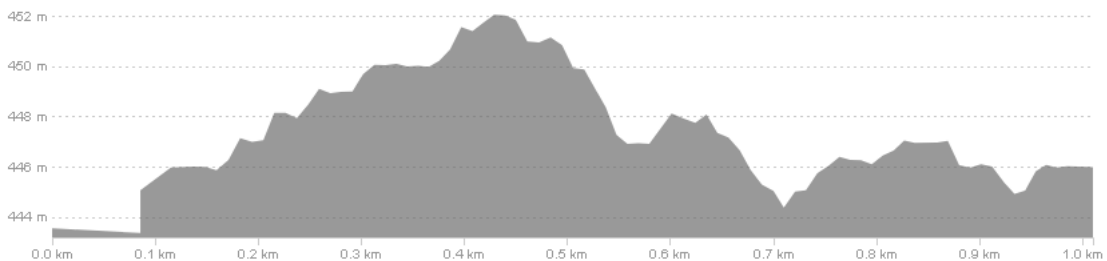
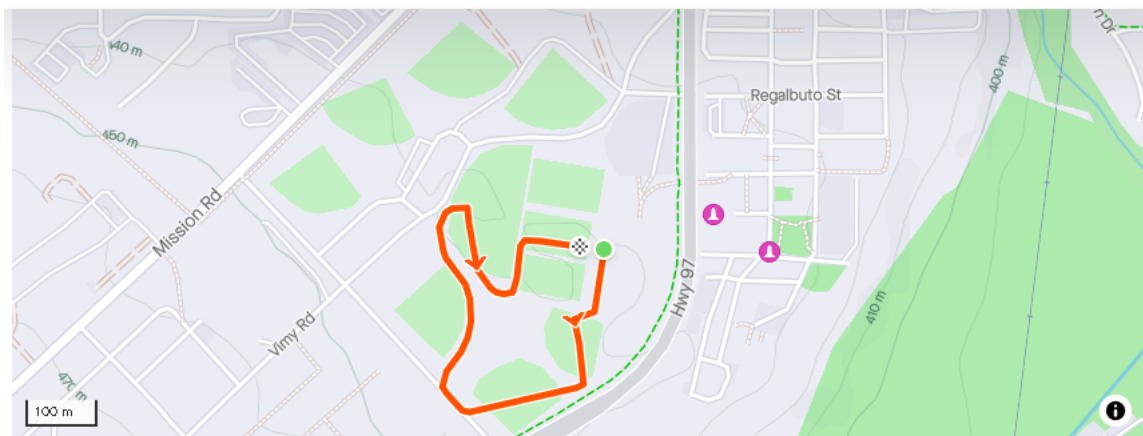
**INSIDE PURPLE LOOP  
OUT OF BOUNDS**

**Warm Up Areas  
(White outline)**  
There is a path along  
HWY 97 outside the  
fence for warm up

## Elevation Map 2km Loop



## Elevation Map 1km Loop



# FACILITIES AND PARKING MAP



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