

**Minutes of BC Athletics Cross Country Division Meeting**  
**Held Saturday, July 15, 2006**  
**At**  
**Rotary Stadium, Abbotsford, BC.**

**In Attendance:**

Frank Reynolds (Chair), Sue Northey (Secretary General), Jerry Tighe (BC Athletics), Brent Fougner, Chris Dalhuisen, Mike O'Connor, Gerry Swan, Rob Connors, Phil Nelson

The meeting convened at 4:45 p.m.

**BC Cross-country Championships**

Hosted by Prairie Inn Harriers Racers on Saturday October 21, 2006. At present the original proposed venue near Elk Lake was withdrawn due to possible dangerous and unsuitable terrain. A new venue is being sought out. (Possibly Saanich or Beacon Hill). Last year's brochure can be used to amend and quickly produce one for this year. The BC Championships will start according to BC Championships rules ~ i.e. first race at 11:00AM.

**Team Selection Criteria**

Gerry Swan questioned the rule in the X-C selection criteria for selecting BCA X-C teams to the Canadian X-C Championships that Junior Women (19 and under) will not be considered for Senior Women team selection. Discussion brought up why this rule didn't apply to Junior Men? It was agreed that this rule no longer seems to fit present selection criteria and was revoked.

Therefore it was acknowledged that a 19 year old athlete that competing in the Junior event at the Can X-C Champs then turns 20 after the Can Champs (Dec.) would not be eligible to compete as a Junior at the World X-C. Hence age 19 athletes who will turn 20 after the Can X-C Champs should be allowed to run in the Senior event at the Can X-C Champs in an attempt to qualify to represent Canada in the Senior event at World X-C (March).

**Cross-Country Series**

Although it would be nice to set up dual meet competitions such as the Nov 19, 2006 'Border Clash' [www.borderclash.com](http://www.borderclash.com) or other similar competitions either in BC or combined Washington/Oregon etc. it was felt that the calendar of races is pretty full at the moment. There have been attempts to approach Nike to include BC in the annual High School "Border Clash" but with no success. Possible competitions with US High Schools might be available through contact with Al Reimer in the Bellingham area or Bob Carson in Lynden. Jerry advised that Alberta (Peter Ogilvie) would like to discuss possible dual meet X-C with BC. Another possibility might be BC vs. Alberta vs. Wash. Any suggestions re; date, rotating venue, budget would be welcome.

**School Cross-country**

Not much in the way of discussion this year other than Brent has moved his Vikes meet to September 30 to encourage high school participation.

**World Cross Country Update**

Jerry Tighe brought us up to date on the 2007 World Cross Country Championships in Mombassa, Kenya. At race time racers could be faced with mid 30's heat and very high humidity. This will be the first year without the 4k short course races and all races will likely occur on the Saturday. At the moment Athletics Canada has not given any indication regarding athlete funding, if any.

### **Preparation for Canadian Cross Country Championships**

Jerry gave an update and indicated that many committee members would be returning with Jake Madderom as chair and that the venues would be the same, i.e. Jericho and the Empire Landmark Hotel. The meet will be held on December 2 at Jericho. Committee looking to improve and welcome suggestions. 2007 Championships will be held in Guelph.

### **Cross Country Awards Selection:**

At the meeting all thought the revised criteria arising from the meeting in January was an improvement in coming up with the most deserving athletes for the various age-group awards. Subsequently the chair discussed the criteria with Graeme Fell who had a good suggestion on how to score local and regional meets. He felt that giving 6 points to anyone who finished top 3 in a local or regional meet was not fair to someone who won the race and therefore suggested the winner get 6 points and others scaled back accordingly. The chair will come up with a suggested point schedule for this category and canvas the committee by email.

### **Fall Electronic Cross Country News Letter**

The idea would be to send out an email newsletter to subscribers (sign up on BCA Website) to keep everyone up to date on BC Athlete (JD, Juv, Jun, Open, Masters) XC Performances. The aim would be to increase awareness and interest in cross country running. Frank Reynolds may be interested in assisting with this but news gatherers would be required. Gerry Swan wants to know if there would be an honorarium.

### **Involvement of Cross Country Committee in the development of BCA 6 year strategic plan:**

The committee should be a voice heard in gathering information for the 6 year SP. Goals have been written and now the SP committee would like input from the Cross Country Division in the area of writing objectives, actions and timelines. Anyone interested in helping with this should contact Frank Reynolds or Jerry Tighe.

### **BC Athletics Budget**

Jerry Tighe pointed out that if more regional cross country Series competitions occurred in BC then there could be increased participation in outlying zones. Some zones are already taking advantage of this but other more remote zones should be targeted.

The X-C Division needs to provide input in areas of the BCA budget affecting X-C, specifically the competition aspects, BC X-C team programs, coach education and athlete development.

- Coaching education ~ create a workshop, seminar? Anything planned around the National Cross Country Championships will have 2 topics related to distance running.
- Athlete Development, cross country camps. Keith Butler or Andrew Lenton may be contacts to do a cross country camp. The NorWesters X-C camp in late August no longer takes place.

### **Future Dates – BC X-C Championships**

After having experimented with an earlier annual date for the BC X-C Championships it was agreed that in 2007 and onward that the last Saturday in October be chosen as the Championship date.

The main reason for going to the 3<sup>rd</sup> Saturday in October was to see if more High School athletes would take part in the BCA Championships 2 weeks prior to the BC High School Championships. This has not occurred.

By going to the last Saturday in October for 2007 the BCA Championships are now closer to the Canadian Championships.

There being no other business the meeting was adjourned at 5:30 p.m.

Many thanks to Sue for taking down the minutes of this meeting. Next scheduled meeting will be at the 2007 BC Athletics AGM unless circumstances warrant one earlier.