

SECTION 10.1 CROSS COUNTRY RACES

⓪ The following distances are recommended for the Junior Development Cross Country Championships but these may vary depending on the location and the course available.

- 9 years 1500 metres male and female
- 10 years 2000 metres male and female
- 11 years 2000 metres male and female
- 12 years 3000 metres male and female
- 13 years 3000 metres male and female
- 14 years 4000 metres male and female

⓪ The Cross Country Championship Meet may not start before 11:00 AM for Junior Development age classes.

⓪ Entry fees for the BCJD Cross Country Championships are determined by the JD Committee.