



BC TEAM SELECTION CRITERIA

2025 BC CROSS COUNTRY RUNNING TEAM

BC TEAM PROGRAM

The BC Athletics BC Team Program is the provincial High-Performance program for Athletics (Track & Field, Road, Mountain, and Trail Running and Cross Country) in BC. Program support includes funding for competition at national age category championships and national multi-sport games, other funding opportunities based on available funds and access to services through our partnership with Canadian Sport Institute Pacific. The objectives of this program include:

- To select a team of male and female athletes who have demonstrated the ability to be competitive at a National Championships event placing in the top 20.
- To select a team of male and female athletes in the outlined age groups who demonstrate the ability to place in the top 5 in the team standings.
- To provide athletes with a positive team experience that prepares them for future collegiate and/or national team opportunities.
- To provide an opportunity to represent BC Athletics and British Columbia at national level competition.

CANADIAN CROSS COUNTRY RUNNING CHAMPIONSHIPS

The Canadian Cross Country Championships is an annual event that welcomes the nation's top cross-country runners. The 2025 Canadian Championships will be hosted by the London Western Track & Field Club at the Fanshawe Golf Course in London, Ontario. The Championships will be held November 29-30, 2025.

OVERVIEW

This document will serve as the selection document for the **2025 BC CROSS COUNTRY RUNNING TEAM**. All selections will be made in accordance with the criteria outlined in this document. Athletes, coaches and other interested parties are asked to please familiarize themselves with this document. If you have any questions, please contact Non-Stadia Program Manager, Kevin O'Connor at kevin.oconnor@bcathletics.org.

2025 IMPORTANT DATES

TEAM DATES

DATES	ITEM	NOTE
October 17, 2025	2025 Athlete Declarations and Exemption Requests DUE	DECLARATION FORM EXEMPTION REQUEST
October 18, 2025	Selection Trials: BC Athletics Cross Country Championships	CLICK HERE
October 22, 2025	Preliminary Roster Posted	BCA WEBSITE
November 10, 2025	Final Roster Posted	BCA WEBSITE
November 29 - 30, 2025	Canadian Cross Country Championships, London ON	EVENT INFO

FUNDING

BC Athletics will provide support to those athletes selected to the 2025 BC Cross Country Team.

Support for this team will include:

- Travel to and from London, Ontario, ON
 - Athletes who reside outside of the Metro Vancouver area, but with BC will be provided with transportation to meet the team at VYR
- Accommodation for the duration of the Championship at the team hotel
- BC Team Competition Kit
- Competition entry
- Support from Team BC Staff

NEW FOR 2025 – CAPP ATHLETE TRAVEL GRANT (U20 – Senior Age Groups)

Athletes who have been identified on the [2025 Athletics Canada CAPP List](#) will be provided a travel grant of up to **\$750.00 CDN** (receipts required) towards travel and accommodations to the Canadian Cross Country Championships. Selected athletes may choose between team funding outlined in this document or opt to receive the travel grant outlined in this section. CAPP athletes must choose one option.

Athletes who wish to be eligible for this grant must complete the [2025 BC Team CAPP Athlete Travel Grant form](#). Please note that athletes receiving the **\$750.00** (receipts required) travel grant are responsible for organizing their own **travel, accommodation and event registration**.

ELIGIBILITY

ELIGIBLE ATHLETES

To be eligible for the 2025 BC Cross Country Running Team, athletes must meet the following criteria:

1. Hold a current BC Athletics Annual Competitive membership and be a member in good standing at the time of the selection competition.
2. Must hold Canadian Citizenship or Permanent Residency.
3. Must have permanent residence in BC for at least 6 months prior to selection.
4. Has a permanent residence in BC or plans to resume permanent residency in BC but is temporarily residing outside of BC because of personal or professional work requirements.
5. If previously affiliated with any other Athletics Association within the previous 12 months, the athlete must establish residency in BC for a minimum of 6 months and must be a registered competitive member of BC Athletics for 6 months prior to selection.
6. Be at least 15 (YOB 2010) as of December 31, 2025
7. Submit a [BC Team Athlete Declaration by](#) Friday October 17, 2025, by 11:59PM PST for the BC Cross Country Team
8. Submit an Exemption Form by Friday October 17, 2025 by 11:59pm PST, if unable to compete at the selection competition.
9. Must comply with Competitive Readiness Requirements outlined in Section 8.

SELECTION CRITERIA

SELECTION PROCESS

The following selection process will be used to determine the team. ***Please note that this is different than previous years, so please familiarize yourself with this document.***

BC Athletics is pleased to introduce a U16 (15 YO) Cross Country Team for 2025. Please note that BC Athletics will no longer be funding a Masters team to attend this National Championship event, as we are exploring improved ways to support Masters athletes across all disciplines of Athletics.

U16 (15 YO ONLY) TEAM – Up to 5 Male Athletes & 5 Female Athletes:

1. The **FIRST 4 MALE and FIRST 4 FEMALE** finishers at the BC Athletics Cross Country Championships will be eligible for automatic selection if their performance is indicative of meeting the individual and team objectives of the team (Top 20 Individual / Top 5 Team).
2. **1 DISCRETIONARY MALE AND 1 DISCRETIONARY FEMALE SPOT:** Priority will be given to athletes who competes at the BC Athletics Cross Country Championships and demonstrate a competitive performance at the BC Athletics Cross Country Championships and/or BC High School Cross Country Championships **OR** submits an approved exemption. These athletes will be announced **November 10, 2025**.
3. If any selected athlete declines their spot, it may be offered to the next eligible finisher (e.g., 6th place, 7th, etc.)
4. Final selection is at the discretion of BC Athletics staff.

U18 TEAM – Up to 5 Male & 5 Female Athletes:

1. The **FIRST 4 MALE and FIRST 4 FEMALE** finishers at the BC Athletics Cross Country Championships will be eligible for automatic selection if their performance is indicative of meeting the individual and team objectives of the team (Top 20 Individual / Top 5 Team).
2. **1 DISCRETIONARY MALE AND 1 DISCRETIONARY FEMALE SPOT:** Priority will be given to athletes who competes at the BC Athletics Cross Country Championships and demonstrate a competitive performance at the BC Athletics Cross Country Championships and/or BC High School Cross Country Championships **OR** submits an approved exemption. These athletes will be announced **November 10, 2025**.
3. If any selected athlete declines their spot, it may be offered to the next eligible finisher (e.g., 6th place, 7th, etc.)
4. Final selection is at the discretion of BC Athletics staff.

U20 TEAM– Up to 5 Male & 5 Female Athletes:

1. The **FIRST 4 MALE and FIRST 4 FEMALE** finishers at the BC Athletics Cross Country Championships will be eligible for automatic selection if their performance is indicative of meeting the individual and team objectives of the team (Top 20 Individual / Top 5 Team).
2. **1 DISCRETIONARY MALE AND 1 DISCRETIONARY FEMALE SPOT:** Priority will be given to athletes who competes at the BC Athletics Cross Country Championships and demonstrate a competitive performance at the BC Athletics Cross Country Championships and/or BC High School Cross Country Championships or collegiate championships **OR** submits an approved exemption. These athletes will be announced **November 10, 2025**.
3. If any selected athlete declines their spot, it may be offered to the next eligible finisher (e.g., 6th place, 7th, etc.) .
4. Final selection is at the discretion of BC Athletics staff.

SENIOR TEAM – Up to 5 Male & 5 Female Athletes:

1. The **FIRST 4 MALE and FIRST 4 FEMALE** finishers at the BC Athletics Cross Country Championships will be eligible for automatic selection if their performance is indicative of meeting the individual and team objectives of the team (Top 20 Individual / Top 5 Team).
2. **1 DISCRETIONARY MALE AND 1 DISCRETIONARY FEMALE SPOT:** Priority will be given to athletes who competes at the BC Athletics Cross Country Championships and demonstrate a competitive performance at the BC Athletics Cross Country Championships and/or collegiate championships **OR** submits an approved exemption. These athletes will be announced **November 10, 2025**.
3. If any selected athlete declines their spot, it may be offered to the next eligible finisher (e.g., 6th place, 7th, etc.) .
4. Final selection is at the discretion of BC Athletics staff.

SELECTION TRIALS EXEMPTION

Athletes unable to compete at the BC Athletics Cross Country Championships for the reasons listed below will have their performances considered relative to the selection criteria. Notification to BC Athletics is required by Friday October 17, 2025, 11:59pm PST via the [BC TEAM SELECTION TRIALS EXEMPTION FORM](#). Athletes who submit an exemption request will only be eligible to be considered under the **1 DISCRETIONARY SPOT**.

If multiple athletes submit an exemption request in an age category, previous cross-country performances will be considered, followed by road running and/or track & field performances.

- **Exemption 1:** Injury or Illness. Notification from primary care practitioner must be provided prior to the start of the selection trials.

- **Exemption 2:** Conflict with a competition in the sport of athletics deemed to be of greater importance. Examples of these include Canadian Team Competitions, National Championships or other major events in the sport of Athletics.
- **Exemption 3:** Domestic Affliction. Defined as a personal or family tragedy, incident or emergency that does not allow an athlete to attend the Team BC Selection Trials or accept selection to a BC Team.
- **Exemption 4:** Education, Exam or Graduation Commitment. A letter from a “school representative” must be provided to BC Athletics. A “school representative” is defined only as an Academic Advisor/Counselor or Professor/Teacher only.

PRELIMINARY ROSTER

A preliminary roster will be released no later than **Wednesday October 22, 2025**, on the BC Athletics website. An email to all declared athletes will be sent with preliminary roster. Once posted, athletes will have 24 hours to submit an appeal from the time stamp on the posted preliminary roster.

Due to the nature of team selection and registration deadlines set forth by Athletics Canada, BC Athletics will send emails to all preliminary roster athletes to begin the process of collecting important information. Please note that these emails DO NOT indicate final selection to the team.

APPEALS

ELIGIBILITY TO APPEAL

Only athletes who have submitted an athlete declaration, and an exemption request (if applicable) are eligible to appeal.

APPEAL PROCESS

After BC Athletics has posted to preliminary roster, athletes who meet the appeal eligibility requirement (above) athletes will have 24 hours to submit an appeal via the BC Team Program Appeal for Selection Form. Once an eligible appeal has been received, BC Athletics in consultation with the Appeals Committee (BCA Staff & Team Staff) will render a decision. Once the Appeals Committee has made their ruling, the decision will be considered final, and the appeal will be closed.

[CLICK HERE TO ACCESS APPEAL FORM](#)

FINAL TEAM ROSTER

Once all eligible appeals have been ruled, BC Athletics will post their final roster online and via social media channels.

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:

COMPLETE 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.

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.

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.

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:

- Responsible for refunding BC Athletics the total costs incurred for team travel, entries, equipment transportation and any additional costs associated with the BC Team.
- 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.

BC TEAM INFORMATION

TEAM RESTRICTIONS

U16 Team (15 YO athletes only) – Up to 5 male and 5 female athletes

U18 Team – Up to 5 male and 5 female athletes

U20 Team – Up to 5 male and 5 female athletes

Senior Team – Up to 5 male and 5 female athletes

BC Athletics will NOT be fielding a Masters age group team for this event

The Team Staff for this team will be:

- 1 Head Coach
- 3 Age Group Coaches
- 1 IST (Physio, RMT or Chiro)
- 1 Team Manager

TEAM FEES *NEW FOR 2025

The team fee for this team will be **750.00 + GST**. Athletes will be invoiced by BC Athletics prior to departure.

CAPP athletes opting for the 2025 BC Team Travel Grant for Canadian National Championships do not pay the BC Team Fee.

TEAM TRAVEL*NEW FOR 2025

Team travel for this team is **MANDATORY**.

- Selected athletes will travel on the team arranged flight from Vancouver, BC (YVR) to Toronto (YYZ).
- Athletes will travel by charter bus from Toronto to London, ON.
- BC Athletics will make travel arrangements for all athletes that reside outside of the Metro Vancouver Area. If travelling to and from the Vancouver from a location outside of British Columbia, athletes must indicate this on the Athlete Acknowledgement form.
- Travelling with the team is **mandatory** and athletes must commit to staying for the duration of the event. If an athlete has an academic commitment that requires them to leave early, they must indicate this on their acknowledgement form.

TEAM ACCOMMODATIONS *NEW FOR 2025

Use of BC Athletics team accommodation is **MANDATORY**.

- BC Athletics will cover the cost of Accommodations.
- Athletes will be assigned a roommate in a double occupancy room.
- BC Athletics will make a group reservation at a designated meet hotel for all selected athletes and BC Team staff.

TEAM COMMUNICATION

BC Team Staff and Team BC athletes will be added to a WhatsApp group to make sure information updates are communicated to the team as soon as possible. WhatsApp group will be for athletes only.

TEAM MEETINGS

Attendance at all team meetings is **MANDATORY**. After selection of team has occurred, BC Athletics in consultation with coaching staff will set all team meetings for Team BC events.

AMMENDMENTS

BC Athletics reserves the right to amend this Selection Criteria at any time. If any amendments are made, they will be communicated as soon as possible though they will be highlighted and included in this document in the Change History (see APPENDIX B). BC Athletics will also communicate amendments through the BC Athletics website and emails to declared athletes.

CHANGE HISTORY

BC Athletics will maintain a change history (see APPENDIX B) for any changes made to this selection criteria.

QUESTIONS

Athletes and coaches are invited to contact Non-Stadia Program Manager, Kevin O'Connor at kevin.oconnor@bcathletics.org with any questions regarding this criteria.

APPENDIX A

CHANGE HISTORY

DATE	CHANGE/NOTE
06.20.2025	Criteria Posted