

BC ATHLETICS

2026 CROSS COUNTRY CHAMPIONSHIPS

OCTOBER 17, 2026 | Nanoose Bay

SCHEDULE OF EVENTS

Race	Time	Age Group	Distance
1	9:30 AM	Community Race	5.0 km
2	10:15 AM	Track Rascals + Ages 9-11 M&F	1.0 km
	10:30 AM	Community Race Awards	
3	11:30 AM	U10 M&F	1.5 km
4	11:45 AM	U11 M&F	2.0 km
5	12:05 PM	U12 M&F	2.0 km
6	12:25 PM	U20 F	8.0 km
		Senior F	10.0 km
		Masters 35-69 F	8.0 km
		Masters 70+ F	6.0 km
7	1:30 PM	U20 M	8.0 km
		Senior M	10.0 km
		Masters 35-69 M	8.0 km
		Masters 70+ M	6.0 km
8	2:25 PM	U13 M&F	3.0 km
9	3:00 PM	U14 M&F	3.0 km
10	3:25 PM	U16 F	4.0 km
11	3:50 PM	U16 M	4.0 km
12	4:10 PM	U18 F	6.0 km
13	4:40 PM	U18 M	6.0 km

FOR THE LOVE OF ATHLETICS