

BC ATHLETICS

2026 CROSS COUNTRY CHAMPIONSHIPS

OCTOBER 17, 2026 | Nanoose Bay

FOR THE LOVE OF ATHLETICS

"We acknowledge that we are on the traditional, ancestral, and unceded land of the people who have resided here since Snaw-Naw-As First Nation"

ABOUT THE EVENT

The 2026 BC Athletics Cross Country Provincial Championships serve as the provincial championship event for athletes in the U10 (2017), U11 (2016), U12 (2015), U13 (2014), U14 (2013), U16 (2011-2012), U18 (2009-2010), U20 (2007-2008), Senior (2006 through age 34), and Masters (35 years and older) divisions.

This event will also serve as the selection meet for the U16 (15YO), U18, U20, and Senior Cross Country Teams selected to compete at the Canadian Cross Country Championships.

BC Athletics extends its sincere thanks to the Nanaimo & District Track and Field Club for hosting this event. We also gratefully acknowledge the BC Athletics Officials and event volunteers whose time, effort, and dedication make this event possible.

SPIRIT OF THE EVENT

The BC Athletics Cross Country Championships is an annual provincial championship event for athletes from U10 through Masters 35+. The event also serves as the selection trials for the BC Cross Country Team competing at the Canadian Cross Country Championships, November 28 to 29 in Quebec City, Quebec. In addition to showcasing outstanding cross country racing, the Championships promote athlete development, friendly competition, sportsmanship, and camaraderie.

This event is made possible through the significant contributions of volunteer organizers, officials, and event volunteers. We encourage all participants and spectators to take a moment to thank these individuals for their time, effort, and dedication.

As a reminder to all participants and spectators, sport should be fun, meaningful, and a healthy challenge that helps us work through hard things. Let's all do our part to uphold the spirit of the event and create a positive experience for everyone involved.

EVENT INFORMATION

A BC ATHLETICS PROVINCIAL CHAMPIONSHIP EVENT

HOST	Nanaimo & District Track and Field Club
DATE	October 17, 2026
VENUE	Arbutus Meadows Farm, Nanoose Bay
EVENT DIRECTOR	Louis Beaudoin, louis.beaudoin.dds@gmail.com
EVENT MANAGER	Wanda Urbanowicz
BC ATHLETICS ROAD & TRAIL MANAGER	Kevin O'Connor, kevin.oconnor@bcathletics.org
MEMBERSHIP INQUIRES	Cristi Lundman, cristi.lundman@bcathletics.org
REGISTRATION LINK	https://www.trackie.com/event/2026-bc-athletics-cross-country-championships/1038644/

EVENT ELIGIBILITY

To compete in the BC Athletics Cross Country Championships, athletes must:

- ✓ Hold a 2026 BC Athletics **Annual or Fall Athlete Membership**, or an equivalent athlete membership from another Provincial Branch or World Athletics Federation. Athletes who are members of another Provincial Branch or World Athletics Federation must contact BC Athletics Road & Trail Program Manager Kevin O'Connor at kevin.oconnor@bcathletics.org before registering.

Note: Non Member Event Licenses or Community Road and Trail membership are not available or eligible for this Championship event.

ENTRY STANDARDS

There are no entry standards for this event.

EVENT REGISTRATION + FEES

REGISTRATION LINK

EARLY REGISTRATION DEADLINE	REGULAR REGISTRATION DEADLINE	LATE REGISTRATION DEADLINE
SUNDAY SEPT 20, 2026, 11:59 PM PT	SUNDAY OCT 4, 2026, 11:59 PM PT	SUNDAY OCTOBER 11, 2026, 11:59 PM PT
Junior Development Age Groups: \$20 + \$5.00 Official Development Fee + Trackie Processing Fees *INCLUDES A FREE BC ATHLETICS "FOR THE LOVE OF ATHLETICS" TEE	Junior Development Age Groups: \$20 + \$5.00 Official Development Fee + Trackie Processing Fees	Junior Development Age Groups: \$30 + \$5.00 Official Development Fee + Trackie Processing Fees
U16 – Masters Age Groups: \$40 + \$5.00 Official Development Fee + GST + Trackie Processing Fees	U16 – Masters Age Groups: \$40 + \$5.00 Official Development Fee + GST + Trackie Processing Fees	U16– Masters Age Groups: \$50 + \$5.00 Official Development Fee + GST + Trackie Processing Fees
+ \$10.00 for non-BC Athletics members		

IMPORTANT!

Late registrations will not be accepted after the late registration deadline. *No exceptions.*
 Refunds will be provided upon request for scratches submitted before the late registration deadline.

PACKAGE PICKUP

Friday October 16, 2026 1:00 – 7:00 pm

FRONTRUNNERS #101-1825 Bowen Road, Nanaimo, V9S 1H1

Saturday October 17, 2026 – Day of Race

ARBUTUS MEADOWS FARM 1515 Island Hwy E, Nanoose Bay, BC VP9 9A3

Athletes must sign in no later than one hour prior to your scheduled race start.

TECHNICAL INFORMATION

COMPETITION CATEGORIES

- U10 (2017), U11 (2016), U12 (2015), U13 (2014), U14 (2013), U16 (2011–2012), U18 (2009–2010), U20 (2007–2008), Senior (2006 through age 34), Masters (Age 35–69), Masters 70+

COMPETITION CATEGORIES RULES

- BC Athletics membership and BC Cross Country Championships age categories are based on an athlete's **age as of December 31, 2026**
- **Masters** athlete competition age is based on their **age on the day of competition**
- Masters athletes may compete in the Senior category.
- U18 athletes may compete in the U20 race to qualify for the BC Cross Country Team.
- U20 athletes may compete in the Senior race to qualify for the BC Cross Country Team.
- U16 athletes born in 2011 are only eligible for the U16 BC Cross Country Team
- Junior Development athletes are not eligible to compete in an older age category.

EVENT TIMING

Timing and results will be provided by Startline Timing.

IMPORTANT NOTE ABOUT TIMING:

Please do not stop your watch when crossing the first timing mat at the finish line or cover your bib and timing chip with your arm. Doing so can obstruct the finish-line camera's view of your bib number and interfere with timing chip verification.

Please continue through the finish chute and stop your watch only after crossing the second timing mat. Athletes who stop at the first timing mat may find their official result is approximately 2 seconds slower, as official times will be recorded from the second backup timing mat.

SCRATCHES

If you withdraw (scratch) from the race, you must return your bib to the timing table before your scheduled race start time.

Do not leave an unused bib in your backpack, pocket, or with a spectator and then walk around the course or near the finish area. Timing systems may detect the chip and record unintended reads, which can delay the verification and publication of official results. Returning unused bibs promptly helps ensure accurate and timely race results for all participants.

SPIKE LENGTH

The maximum spike length allowed is **15mm**.

Terrain is grass, dirt, light compact gravel crush, short rubber course connections and hay bales on course. See course video of 2 km loop [here](#)

COMPETITION NUMBERS “BIBS”

- Competition bibs must be worn on the chest and must remain visible during the race.
- U20 athletes must wear their U20 identifier bib on their back
- Masters athletes must wear their Masters identifier bib on their back.
- Lost, damaged, or destroyed bibs will be replaced for a \$10.00 replacement fee.
- Replacement bibs can be obtained from the Competition Secretary or Startline Timing at the finish line tent.

COMPETITION ATTIRE

- All club athletes are encouraged to wear their club-issued uniform while competing.
- Unattached athletes should wear appropriate athletic attire for their event(s).
- Athletes should dress for the weather and course conditions and wear suitable footwear for cross country competition

START LINE

You must be at the event start line 10 minutes before the start of your race.

PROTESTS

Protests concerning the result or conduct of an event must be made within 30 minutes of the official posting of the results for that event (WA TR 8.2). All result postings will be time-stamped, and the posted time will be considered the start of the 30-minute protest period. Protests must be made verbally to the appropriate Referee.

Only an athlete or their representative/coach may submit a protest, and the athlete must have been directly affected by the decision or result being protested. If the Referee is not immediately available, the protestor may contact the appropriate Referee through the Meet Director or the Technical Information Centre (TIC). No deposit is required to submit a protest.

The Referee will record their decision and the reasons for that decision on the Protest and Appeal Form. The completed form will be posted with the date and time of posting clearly indicated. Once the Referee's decision has been posted, any athlete affected by that decision will have 30 minutes from the posted time to submit an appeal to the Jury of Appeal.

APPEALS TO THE JURY

The original protestor, or any other person affected by the Referee's decision, has the right to submit an Appeal to the Jury regarding that decision within 30 minutes of the official announcement or posting of the Referee's decision.

An Appeal to the Jury must be submitted in writing and should reference the applicable World Athletics rule(s). A \$50.00 deposit must accompany the appeal. The deposit will be refunded if the appeal is upheld. If the appeal is denied, the deposit will be forfeited.

JURY OF APPEAL: A Jury of Appeal consisting of three qualified and competent individuals will be appointed to hear appeals arising from Referee decisions. The decision of the Jury of Appeal is final.

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

FACILITY INFORMATION

Arbutus Meadows Farm is a working farm located in Nanoose Bay. The property is home to livestock, agricultural facilities, and the owners' residence. We ask all participants and spectators to respect the property and remain only in areas designated for the event.

For the safety and well-being of the animals, please do not enter any livestock or restricted areas. Individuals observed trespassing in these areas will be asked to leave the premises immediately.

Please review the facility map for the locations of washrooms, parking, food trucks, package pick-up, and other event amenities.

TENTS

Team and individual tents are welcome. A designated tent area will be available for setup. For safety reasons, all tents must be securely weighted or staked to the ground at all times.

Please ensure that tents are erected only in the designated area and do not obstruct competition routes, spectator viewing areas, or event operations.

INDIVIDUAL AWARDS

Award ceremonies will take place following the completion of each race once the results have been officially posted and the 30-minute protest period has expired.

Athletes receiving awards should report to the Awards Table prior to their ceremony. All award ceremonies will be held in the Team Tent area.

JUNIOR DEVELOPMENT CHAMPIONSHIPS (AGE 9-13)

- BC Athletics medals will be awarded to the 1st, 2nd, and 3rd place individual finishers in each age category (M+F).
- Ribbons will be awarded to the 4th through 8th place finishers in each age category (M+F).

U16 CHAMPIONSHIP

- BC Athletics medals will be awarded to the 1st, 2nd, and 3rd place individual finishers (M+F).

U18 CHAMPIONSHIP

- BC Athletics medals will be awarded to the 1st, 2nd, and 3rd place U18 finishers (M+F)

U20 CHAMPIONSHIP

- BC Athletics medals will be awarded to the 1st, 2nd, and 3rd place U20 finishers (M+F)

SENIOR CHAMPIONSHIP

- BC Athletics medals will be awarded to the 1st, 2nd, and 3rd place Senior finishers (M+F)

MASTERS CHAMPIONSHIP

- BC Athletics medals will be awarded to the 1st, 2nd, and 3rd place Masters finishers (M+F).
- Ribbons will be awarded to the top three finishers in each five-year age division (M+F).

CLUB AWARDS

CLUB AWARD ELIGIBILITY

Please note that an athlete's 1st claim club affiliation will be eligible for Club Championship scoring. An athlete's 2nd claim club affiliation will not be eligible.

JUNIOR DEVELOPMENT CLUB CHAMPIONSHIPS

- Team scores are based on the top six finishers from each club in each age category.
- Scoring is 6 points for 1st place, 5 points for 2nd place, 4 points for 3rd place, and so on.
- The team with the highest total score is the champion.
- In the event of a tie, the championship will be jointly awarded.

CLUB CHAMPIONSHIP RULES FOR U16, U18, SENIOR, & MASTERS

- Team scoring is based on finishing position, with 1 point awarded for 1st place, 2 points for 2nd place, 3 points for 3rd place, and so on.
- The team with the lowest total score is the champion.
- In the event of a tie, the team whose final scoring athlete places higher will prevail.
- Clubs may score multiple teams. The required number of scoring athletes will count toward the first team, the next group of scoring athletes toward the second team, and so on.
- Club championships are awarded separately for male and female categories.

*Note exceptions under specific categories

U16 CLUB CHAMPIONSHIP

- Team scores are based on the top three finishers from each club.

U18 CLUB CHAMPIONSHIP

- Team scores are based on the top three finishers from each club.

SENIOR & MASTERS CLUB CHAMPIONSHIP

- Team scores are based on the top four finishers from each club, regardless of age category.
- Ties are broken by the placing of the fourth scoring athlete.

MEDICAL AND FIRST AID

Emergency first aid services will be available on site throughout the event. The Medical Tent will be located near the finish area.

In the event of a medical emergency, please contact the nearest event official or volunteer immediately.

Nearest Hospital:

Nanaimo Regional General Hospital
1200 Dufferin Crescent
Nanaimo, BC V9S 2B7

VOLUNTEERS

Stay tuned for more information on volunteer opportunities.

BC ATHLETICS MERCHANDISE

All participants who register by the Early Registration Deadline (September 20, 2026) will receive a complimentary BC Athletics "For the Love of Athletics" long-sleeve t-shirt.

Additional event merchandise will be available for purchase on site while quantities last.

FERRY TRAVEL ASSISTANCE

Athletes travelling to the BC Championships may be eligible for ferry travel assistance through the BC Ferries Sport Experience Program, administered by viaSport. For more information and to apply, visit: <https://www.viasport.ca/grants-and-programs/bc-ferries-sport-experience-program/>

Applications for travel assistance must be submitted at least 12 business days prior to the Championships. Funding is subject to program availability, and due to high demand, not all applications may be approved.

2026 BC CROSS COUNTRY TEAM SELECTION TRIALS

This championship will serve as the Selection Trials for the 2026 BC Cross Country Team.

For information on team selection, eligibility requirements, and selection criteria, please visit the BC Team Program webpage.

Questions regarding the BC Team Program should be directed to the BC Athletics Road and Trail Program Manager, Kevin O'Connor, at kevin.oconnor@bcathletics.org.

ACCOMMODATIONS

Please note that this is expected to be a busy weekend in the Nanaimo and Parksville area, and accommodation availability may be limited. Participants are encouraged to make their reservations as early as possible.

BAYSIDE RESORT PARKSVILLE

240 Dogwood Street, Parksville, BC V9P 1E1

Phone: (250) 248-8333

Rate: \$162 per night

The group room block is guaranteed until **September 18, 2026**.

[Reservation Link](#)

TIGH-NA-MARA RESORT PARKSVILLE

1155 Resort Drive, Parksville, BC V9P 2E3

Phone: 1-800-663-7373

Rates (plus applicable taxes):

- Spa Bungalow Studio: \$249/night
- Spa Bungalow 1-Bedroom Suite: \$279/night
- Oceanview Studio: \$299/night
- Oceanview Suite: \$329/night
- 1-Bedroom Cottage: \$329/night
- 2-Bedroom Cottage: \$359/night

Rates are available from **October 13-19, 2026**.

To reserve, call **1-800-663-7373** and quote **BC Athletics XC Championships**, or book online using **Group Code: 11H19S**.

[Reservation Link](#)

HOTEL FENG PARKSVILLE

424 Island Highway West, Parksville, BC V9P 1K8

Phone: (250) 248-2232

The group room block is guaranteed until **September 28, 2026**.

Special Rate: \$140 per night plus applicable taxes for a room with two queen beds, including complimentary breakfast and access to the indoor pool.

Individual Reservations: [Here](#)

Team Bookings: Please contact Annette directly by [email](#) or by phone at **250-913-0769**.

[Reservation Link](#)