

BC ATHLETICS

2026 CROSS COUNTRY CHAMPIONSHIPS

Important Event Information for Athletes and Coaches

OCTOBER 17, 2026 | Nanoose Bay

Dear Athletes and Coaches,

Welcome to the 2026 BC Athletics Cross Country Championships, hosted by BC Athletics and Nanaimo Track & Field Club at Arbutus Meadows Farm in Nanoose Bay!

We're looking forward to a great day of racing. In addition to reviewing the [Event Information document](#), please read the following important information before heading to the course.

Important venue reminder

**“ARBUTUS MEADOWS IS A WORKING FARM.
NO DOGS ARE PERMITTED ON SITE.”**

Please respect the property by staying out of all animal areas and away from the owner's residence.

Event Location

Arbutus Meadows Farm

1515 Island Highway, Nanoose Bay, BC

First Aid: ABCB First Aid will be onsite, located near the finish line.**Closest Urgent Care Centre:** Oceanside Health Centre, 489 Alberni Hwy, Parksville**Closest Hospital:** Nanaimo Regional Hospital, 1200 Dufferin Crescent, Nanaimo

Package Pick-Up

Package pick-up will take place at Arbutus Meadows only. **Package pick-up is no longer available at FrontRunners.**

- **Friday:** 4:00 to 6:00 p.m.
- **Saturday:** 8:00 a.m. onward, located in the Awards Barn.

Course Preview

Athletes and coaches are welcome to preview the course on Friday from 4:00 to 6:00 p.m.

Race Day Schedule

There are no changes to the race day schedule. Please arrive at the start line at least **15 minutes before your scheduled start time.**

[View the Race Day Schedule](#)

Course Updates

Please watch the course update video and review the updated course map attached to this communication.

[Watch the Course Update Video](#)

Important change to the U20, Senior and Masters race distances: the blue loop has been removed from these races. Please follow the updated lap configurations below.

Race Category	Distance	Course Configuration
Masters 70+	6 km	3 laps of the yellow loop
U20 / Masters	8 km	4 laps of the yellow loop
Senior	10 km	5 laps of the yellow loop

Note: Please ensure you review the updated course map before racing.

Parking

Parking at Arbutus Meadows is limited. Please follow the directions of traffic marshals when you arrive so they can help you find an available spot.

Do not park in designated **NO PARKING** areas. These areas must remain clear to ensure emergency vehicle access.

Washrooms

There will be porta potties near the start line, and flush toilets at the Lavender Coffee Shop, the big arena and the Awards Barn.

Results

Race results will be available through [Start Line Timing](#).

Protests and Appeals

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

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.

Awards

Please review the awards criteria in the [Event Information document](#).

Awards will take place in the **Awards Barn, 30 minutes after results are posted** and following the completion of the appeal period.

There will be no formal award ceremonies. Athletes will be able to collect their awards and take photos.

BC Athletics Merchandise

BC Athletics merchandise will be available for purchase in the Awards Barn throughout the event.

Athletes who registered by **11:59 p.m. PT on September 20** are eligible to receive a complimentary For the Love of Athletics T-shirt. Please collect your shirt from the merchandise table.

Additional T-shirts will also be available for purchase.

Note: Tap Interac or credit card payment preferred.

Volunteers

We can always use more course marshals to help make this event a success!

If you're interested in volunteering, please visit Event Director Louis at the Finish Line tent for more information.

Food Truck & Lavender Shop

- **Food truck:** Located near the Awards Barn.
- **Arbutus Meadows Lavender Shop:** Open from 10:00 a.m. to 8:00 p.m.

It's a great opportunity to pick up some lavender products and get a head start on your Christmas shopping!

We wish all athletes the best of luck and hope everyone enjoys a fantastic day of cross country racing!

See you at the course!

FOR THE LOVE OF ATHLETICS

BC Athletics & Nanaimo Track & Field Club