

BC ATHLETICS

2026 BC CROSS COUNTRY RUNNING TEAM

SELECTION CRITERIA

1. 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 capable of placing in the top 20 individually at a National Championships event
- To select athletes, across the outlined age groups, capable of helping the team 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.

2. CANADIAN CROSS COUNTRY RUNNING CHAMPIONSHIPS

The Canadian Cross Country Championships is an annual event that welcomes the nation's top cross-country runners. The 2026 Canadian Championships will be hosted by the Club d'Athlétisme de l'Université Laval at the Plains of Abraham. The Championships will be held November 28–29, 2026.

3. PURPOSE OF THIS DOCUMENT

This document will serve as the selection document for the **2026 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 Road & Trail Program Manager Kevin O'Connor at kevin.oconnor@bcathletics.org.

4. FUNDING

BC Athletics will provide support to those athletes selected to the 2026 BC Cross Country Team. Support for this team will include:

4.1 SUPPORT FOR ALL SELECTED ATHLETES:

- Travel to and from Quebec City, QC
- Athletes who reside outside of the Metro Vancouver area, but within BC, will be provided with transportation to meet the team at YVR
- Accommodation at the team hotel for the duration of the Championships
- BC Team Competition Kit
- Competition entry
- Support from Team BC Staff

4.2 FOR ALL ATHLETICS CANADA CAPP ATHLETES (U20 – SENIOR AGE GROUPS)

- Athletes are eligible to be named to the BC U20 and Senior Teams and receive the above referenced support (Non-CAPP Athletes). Please note that athletes selecting this option must abide by Team Travel and Accommodation Policies which include travelling and staying with the BC Team and wearing BC Team Kit.

4.3 FOR ALL OTHER BC ATHLETICS ATHLETES & CAPP ATHLETES

- For all BC Athletics, Athletics Canada CAPP athletes, BC Athletics will provide travel support of up to \$750.00 CDN towards travel, accommodation and championship entry for the 2026 Canadian Cross Country Championships. Please note that athletes must make their own travel arrangements and submit receipts to BC Athletics for reimbursement using the BC Team Reimbursement Form.

5. ELIGIBILITY

5.1 ELIGIBLE ATHLETES

To be eligible for the 2026 BC Cross Country Running Team, athletes must meet the following criteria:

- a. Hold a current BC Athletics Annual Competitive membership and be a member in good standing at the time of the selection competition.
- b. Hold Canadian Citizenship or Permanent Residency.

- c. Have permanent residence in British Columbia for at least 6 months prior to selection.
- d. Have a permanent residence in British Columbia, or plan to resume permanent residency in British Columbia, but be temporarily residing outside of British Columbia because of personal or professional work requirements.
- e. If previously affiliated with any other Athletics Association within the previous 12 months, establish residency in British Columbia for a minimum of 6 months and be a registered competitive member of BC Athletics for 6 months prior to selection.
- f. Be at least 15 (YOB 2011) as of December 31, 2026.
- g. Submit a [BC Team Athlete Declaration](#) by **Friday, October 16, 2026, by 11:59PM PST**.
- h. Submit an Exemption Form by **Friday, October 16, 2026, by 11:59PM PST**, if unable to compete at the selection competition.
- i. Comply with Competitive Readiness Requirements outlined in Section 7.

6. SELECTION CRITERIA

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.**

6.1 SELECTION PROCESS

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

- a. The **FIRST 4 MALE and FIRST 4 FEMALE** finishers at the 2026 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).
- b. **1 DISCRETIONARY MALE AND 1 DISCRETIONARY FEMALE SPOT:** Priority will be given to athletes who compete at the 2026 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 11, 2026**.
- c. If any selected athlete declines their spot, it may be offered to the next eligible finisher (e.g. 6th place, 7th, etc.).
- d. Final selection is at the discretion of BC Athletics staff.

U18 TEAM – Up to 5 Male and up to 5 Female Athletes:

- a. The **FIRST 4 MALE and FIRST 4 FEMALE** finishers at the 2026 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).
- b. **1 DISCRETIONARY MALE AND 1 DISCRETIONARY FEMALE SPOT:** Priority will be given to athletes who compete at the 2026 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 11, 2026**.
- c. If any selected athlete declines their spot, it may be offered to the next eligible finisher (e.g. 6th place, 7th, etc.).
- d. Final selection is at the discretion of BC Athletics staff.

U20 TEAM – Up to 5 Male and up to 5 Female Athletes:

- a. The **FIRST 4 MALE and FIRST 4 FEMALE** finishers at the 2026 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).
- b. **1 DISCRETIONARY MALE AND 1 DISCRETIONARY FEMALE SPOT:** Priority will be given to athletes who compete at the 2026 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 11, 2026**.
- c. If any selected athlete declines their spot, it may be offered to the next eligible finisher (e.g. 6th place, 7th, etc.).
- d. Final selection is at the discretion of BC Athletics staff.

SENIOR TEAM – Up to 5 Male and up to 5 Female Athletes:

- a. The **FIRST 4 MALE and FIRST 4 FEMALE** finishers at the 2026 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).

- b. **1 DISCRETIONARY MALE AND 1 DISCRETIONARY FEMALE SPOT:** Priority will be given to athletes who compete at the 2026 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 11, 2026**.
- c. If any selected athlete declines their spot, it may be offered to the next eligible finisher (e.g. 6th place, 7th, etc.).
- d. Final selection is at the discretion of BC Athletics staff.

6.2 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 16, 2026, 11:59PM PST via the **BC Team Selection Trials Exemption Form**. Athletes who submit an exemption request will only be eligible to be considered for 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.

6.3 TEAM ROSTERS

- a. Provisional Roster

A provisional roster will be released no later than Wednesday, October 21, 2026, on the BC Athletics website. An email to all declared athletes will be sent with the provisional

roster. Once posted, athletes will have 24 hours to submit an appeal from the time stamp on the posted provisional 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.

b. Final Team Roster

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

6.4 APPEALS

a. Eligibility to Appeal

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

b. Appeal Process

After BC Athletics has posted the preliminary roster, athletes who meet the appeal eligibility requirement (above) 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.

c. Online Appeal Form

APPEAL FORM LINK TO BE ADDED CLOSER TO EVENT TIME

7. 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:

7.1 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 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.

7.2 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.

7.3 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, or video proof of fitness submitted on a case-by-case basis. In some cases, medical documentation may be used as an evaluation tool if competition is not possible.

7.4 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.

8. 2026 BC CROSS COUNTRY RUNNING TEAM INFORMATION

8.1 TEAM SIZE & RESTRICTIONS

- a. U16 Team (15 YO athletes only) – Up to 5 male and up to 5 female athletes.
- b. U18 Team – Up to 5 male and up to 5 female athletes.
- c. U20 Team – Up to 5 male and up to 5 female athletes.
- d. Senior Team – Up to 5 male and up to 5 female athletes.

Selected athletes will be supported by:

- 1 Head Coach
- 3 Age Group Coaches

- 1 IST (Physio, RMT or Chiro)
- 1 Team Manager

8.2 TEAM FEES

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

8.3 TEAM TRAVEL

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

Selected athletes will travel on the team-arranged flight from Vancouver, BC (YVR) to Quebec City.

- BC Athletics will make travel arrangements for all athletes that reside outside of the Metro Vancouver Area. If travelling to and from 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.

8.4 TEAM ACCOMMODATIONS

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.

8.5 TEAM COMMUNICATIONS

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

8.6 TEAM MEETINGS

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

9. AMENDMENTS

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.

10. CHANGE HISTORY

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

11. QUESTIONS

Athletes and coaches are invited to contact Road & Trail Program Manager Kevin O'Connor at kevin.oconnor@bcathletics.org with any questions regarding this criterion.

APPENDIX A | IMPORTANT DATES

DATE(S)	DESCRIPTION	NOTE(S)
OCT 16, 2026	2026 Athlete Declarations and Exemption Requests DUE	<u>DECLARATION FORM</u> <u>EXEMPTION REQUEST</u>
OCT 17, 2026	Selection Trials: BC Athletics Cross Country Championships	<u>EVENT INFO</u>
OCT 21, 2026	Preliminary Roster Posted	<u>BCA WEBSITE</u>
NOV 9, 2026	Final Roster Posted	<u>BCA WEBSITE</u>
NOV 28-29, 2026	Canadian Cross Country Championships, Quebec City	<u>EVENT INFO</u>

APPENDIX B | CHANGE HISTORY

DATE(S)	CHANGE
2026-09-17	Criteria Posted
2026-09-18	Appendix A Dates adjusted to align with rest of document, one day earlier for Declarations & Exemptions, Selection Trials, Preliminary Roster