



## 2022 BC U18, U20, SENIOR & MASTERS CROSS COUNTRY TEAM

BC Team Selection Criteria

### I. OVERVIEW

- The 2022 BC U18, U20, Senior & Masters Team will be selected for competition representing BC at the:

**2022 Canadian Cross Country Championships**  
**Ottawa, Ontario – Saturday, November 26, 2022**

<https://athletics.ca/events/2022-canadian-cross-country-championships/>

- The 2022 Canadian Cross Country Championships will likely serve in the selection for the following U20 and Senior, National teams:

**2022 NACAC Cross Country Championships**  
**La Ceiba, Honduras –December 10, 2022**

**2023 World Athletics Cross Country Championships**  
**Bathurst, Australia – February 18, 2022**

See the Athletics Canada National Team Programs at: <http://athletics.ca/national-team>.

**BC Athletics will provide support to selected BC Team athletes going to the National Championships.** See the General Criteria for Funding & Team Selection at <https://www.bcathletics.org/BCTeams/> and the Selection Guidelines below.

- **MAXIMUM TEAM SIZE = 44 Athletes + Staff**
- BC Team Fees for National Meets hosted outside BC are \$262.50
- Athletes competing in the USports CanWest Championship, or other University competition as part of your school team or applying for an exemption as noted below must file a declaration by 11:00am Saturday October 22, 2022.  
Form is located at –  
[https://www.cognitofrms.com/BCAthletics1/\\_2022BCCrossCountryChampionshipsExemptionForm](https://www.cognitofrms.com/BCAthletics1/_2022BCCrossCountryChampionshipsExemptionForm)
- **NOTE:** Athletes not selected to the BC Team may still enter the Canadian Cross Country Championships as non-BC Team members as part of their club or as individuals.

## II. GENERAL INFORMATION

Dates	Description	Location/Notes
October 23, 2021 11:00am	Deadline filing for an exemption if not competing in the BC Cross Country Championships	<a href="#">Click here for form</a>
October 22, 2022	BC Cross Country Championships	Crescent Park, Surrey, BC
October 24, 2022	BC Team selection; U18, U20, Seniors, Masters Partial teams for U18, U20 and Senior.	
October 29, 2022	Usports CanWest XC Championship	Clearbrook Park, Abbotsford, BC
November 5, 2022	BC High Schools Cross Country Championships	Royal Roads, Victoria, BC
November 7, 2022	BC Team Cross Country Team Final Selection; U18, U20, Senior spots.	
November 18, 2022 (1:00pm PST)	Entry Deadline for Canadian Championships	BC Athletics will enter all BC Team Members
November 26, 2022	2022 Canadian Cross Country Championships	Mooney's Bay, Ottawa, ON

## III. SELECTION GUIDELINES

Athletes wishing to be considered for selection to the BC U18, U20, Senior and Masters Cross Country Team must:

1. Meet the BC Athletics General Criteria for Funding Support and Selection.  
<https://www.bcatletics.org/BCTeams/>
2. Compete in the events they wish to be considered for at the 2022 BC Cross Country Championships, unless due to the following reasons are unable to compete, in which case a declaration must be filed before 11:00am Saturday October 22, 2022. [Click here for declaration form](#)  
All notifications of non-participation must be accompanied by current, fall of 2021 Cross Country performances.
  - a. **Competing at the 2022 USports CanWest Championship or other University Team Competition** and unable to compete at BC XC Championships.
  - b. **Competing on a Canadian Team or BC Team** and unable to compete at BC XC Championships.
  - c. **Injury or Illness** - ONLY a letter from a medical doctor will be accepted and should accompany your exemption declaration.
  - d. **Domestic Affliction** - defined as a personal or family tragedy, incident or emergency that does not allow you to attend the Championships.
  - e. **Education, Exam or Graduation Commitment** – A letter from a school representative must be provided.
3. Have been a Registered Competitive Athlete Member of BC Athletics before the start of the 2021 BC Cross Country Championships.  
<https://www.bcatletics.org/Membership/>
4. Meet the Selection Criteria below.

## IV. SELECTION CRITERIA

Selection for the BC Teams will be based upon results from the BC Cross Country Championships, with consideration given to athletes under #2 above, should such be warranted, or as noted in criteria.

NOTE 1: U16 Boys and Girls are **not eligible** for selection to the BC U18 teams and cannot contest the BC U18 Cross Country Championship. U16 Boys and Girls may enter the Canadian U18 Cross Country Championships as individuals.

NOTE 2: U18 Men and U18 Women who will be 17 or 18 in 2023 will be considered for selection to the BC U20 Men's & Women's teams if they run the BC U20 Championship.

NOTE 3: U20 Men & U20 Women who will be 20 in 2023 will be considered for selection to the BC Senior Men's & Women's teams if they run the BC Senior Championship.

### 1. U18 Women –

- Top 4 automatic selection from the U18 Women's BC Cross Country Championships
- Plus, up to 2 selected by the selection committee if performance warrants following the BC High School Cross Country Championships.
- Exceptional performance at the BC High School Championships is noted as placing 1<sup>st</sup> or 2<sup>nd</sup>.
- Priority will be given to athletes that have performed well at the BC Cross Country Championships.
- Non-automatic selections must have run either the U18 or U20 BC Cross Country Championships or had received an exemption under #2 in the selection guidelines above.

### 2. U18 Men –

- Top 4 automatic selection from the U18 Men's BC Cross Country Championships.
- Plus, up to 2 selected by the selection committee if performance warrants following the BC High School Cross Country Championships.
- Exceptional performance at the BC High School Championships is noted as placing 1<sup>st</sup> or 2<sup>nd</sup>.
- Priority will be given to athletes that have performed well at the BC Cross Country Championships.
- Non-automatic selections must have run either the U18 or U20 BC Cross Country Championships or had received an exemption under #2 in the selection guidelines above.

### 3. U20 Women –

- Top 4 automatic selection from the U20 Women's BC Cross Country Championships.
- Plus, up to 2 selected by the selection committee if performance warrants.
- Performances in both the BC Cross Country Championships, the USports CanWest Championships and other University Competitions up to October 30th, will be considered. Athletes that did not compete at the BC Championships **MUST** have [declared](#) with BC Athletics through #2 above in the selection criteria, will be considered, with weight given to the BC Cross Country Championship competitors.

### 4. U20 Men –

- Top 4 automatic selection from the U20 Men's BC Cross Country Championships.
- Plus, up to 2 selected by the selection committee if performance warrants.
- Performances in both the BC Cross Country Championships, the USports CanWest Championships and other University Competitions up to October 30th, will be considered. Athletes that did not compete at the BC Championships **MUST** have [declared](#) with BC Athletics through #2 above in the selection criteria, will be considered, with weight given to the BC Cross Country Championship competitors.

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5. **Senior Women –**
  - Top 4 automatic selection from the Senior Women's BC Cross Country Championships.
  - Plus, up to 2 selected by the selection committee if performance warrants.
  - Performances in both the BC Cross Country Championships, the USports CanWest Championships and other University Competitions up to October 30th, will be considered. Athletes that did not compete at the BC Championships **MUST** have [declared](#) with BC Athletics through #2 above in the selection criteria, will be considered, with weight given to the BC Cross Country Championship competitors.
  
6. **Senior Men –**
  - Top 4 automatic selection from the Senior Women's BC Cross Country Championships.
  - Plus, up to 2 selected by the selection committee if performance warrants.
  - Performances in both the BC Cross Country Championships, the USports CanWest Championships and other University Competitions up to October 30th, will be considered. Athletes that did not compete at the BC Championships **MUST** have [declared](#) with BC Athletics through #2 above in the selection criteria, will be considered, with weight given to the BC Cross Country Championship competitors.
  
7. **Masters Women –**
  - Top (1) automatic selection from the Masters Women's BC Cross Country Championships.
  - Plus, up to three top performers based on "age graded tables" from the Masters Women's BC Championships will be considered for the Masters team should performance warrant.
  
8. **Masters Men –**
  - Top (1) automatic selection from the Masters Men's BC Cross Country Championships.
  - Plus, up to three top performers based on "age graded tables" from the Masters Men's BC Championships will be considered for the Masters team should performance warrant.

#### **2022 BC Cross Country Team Staff**

- **Head Coach**
- **Staff/Team Coach (up to 4 will be selected)**
- **Team Manager**

Applications will open for BC Cross Country Team Staff in by September 1st, an application deadline of September 6th and announced by September 15<sup>th</sup>.

[Team Staff Application can be found here.](#)