



BC TEAM SELECTION CRITERIA

2025 BC 10K ROAD RUNNING TEAM

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 who have demonstrated the ability to be competitive at a National Championships event placing in the top 8.
- 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 10K ROAD CHAMPIONSHIPS

The Canadian 10K Road Race Championships is an annual event that crowns the nation's top 10K road runners. Since 2015, it has been hosted during the Tamarack Ottawa Race Weekend, a prominent running festival. The 2025 edition will be held on Saturday, May 31, 2025, at the 2025 Ottawa 10K.

3. OVERVIEW

This document will serve as the selection document for the **2025 10K ROAD 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 Non-Stadia Program Manager, Kevin O'Connor at kevin.oconnor@bcathletics.org.

4. 2025 IMPORTANT DATES

a. QUALIFICATION PERIOD(S)

| EVENTS | DATES | |
|----------|-----------------------------|---|
| 10K ROAD | JANUARY 01 – APRIL 27, 2025 | Performances on AC Rankings |

b. TEAM DATES

| DATES | ITEM | NOTE |
|-----------------------|---------------------------------------|-----------------------------------|
| JANUARY 26, 2025 | BC 10K Championships | EVENT INFO |
| APRIL 27, 2025 | DUE: 2025 Athlete Declarations | CLICK HERE |
| APRIL 29, 2025 | Preliminary Roster Posted | BCA WEBSITE |
| MAY 01, 2025 | Final Roster Posted | BCA WEBSITE |
| MAY 24, 2025 | Canadian 10K Championships | EVENT INFO |

5. FUNDING

BC Athletics will provide support (pending confirmation of funding for 2025/2026) to those athletes selected to the 2025 BC 10K Team. Support for this team includes:

- BC Athletics will provide selected athletes with stipend of up to **\$500** towards travel and accommodations. (Selected athletes are expected to make their own travel and accommodation arrangements and submit receipts via the BC Team Program Reimbursement form.)
- BC Team Competition Kit

6. ELIGIBILITY

6.1 ELIGIBLE ATHLETES

To be eligible for the 2025 BC 10K Team, athletes must meet the following criteria:

- Hold a current BC Athletics Competitive membership and be a member in good standing at the time of achieving the published performance standard.
- Must hold Canadian Citizenship or Permanent Residency.
- Must have permanent residence in BC for at least 6 months prior to selection.
- Has a permanent residence in BC or plans to resume permanent residence in BC but is temporarily residing outside of BC because of personal or professional work requirements.

- e. If previously affiliated with any other Athletics Association within the previous 12 months, the athlete must establish residency in BC for a minimum of 6 months and must be a registered competitive member of BC Athletics for 6 months prior to selection.
- f. Be at least 20 (YOB 2005) as of December 31, 2025
- g. Submit a [BC Team Athlete Declaration](#) by:
 - Sunday April 27, 2025, by 11:59PM PST for the BC 10K Road Team
- h. Achieve the published performance standard in the event they wish to be considered for (see APPENDIX A) within the published qualifying period (see Section 4).
- i. Must comply with Competitive Readiness Requirements outlined in Section 8

7. SELECTION CRITERIA

7.1 SELECTION STANDARDS

For the purposes of team selection, BC Athletics standards set out in APPENDIX A.

7.2 SELECTION PROCESS

Athletes will be selected in the following order if the standard is met within the qualification window:

- a. [Performance at the BC 10K Championships at Cobble Hill January 26, 2025](#)
- b. Additional athletes, to the team maximum based, ranked based on the World Athletics point values of the performances. World Athletics points elevation adjustments will be used for courses exceeding 1m/km elevation drop.
- c. On the selection date a team of up to 2 men & 2 women will be named. Please note that achieving the selection standard DOES NOT GUARANTEE selection to the BC Team.

7.3 PRELIMINARY ROSTER

A preliminary roster will be released no later than Wednesday, April 30th, 2025, on the BC Athletics website. An email to all declared athletes will be sent with preliminary roster. Once posted, athletes will have 24 hours to submit an appeal from the time stamp on the posted preliminary 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.

7.4 APPEALS

a. ELIGIBILITY TO APPEAL

Only athletes that have achieved the minimum published standard (see APPENDIX A) during the qualification period or have met the selection criteria may submit an appeal.

b. APPEAL PROCESS

After BC Athletics has posted to preliminary roster, athletes who meet the appeal eligibility requirement (above) athletes 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) 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. [CLICK HERE TO ACCESS APPEAL FORM](#)

7.5 FINAL TEAM ROSTER

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

8. 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:

8.1 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 a 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.

8.2 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.

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

8.4 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:

- a. Responsible for refunding BC Athletics the total costs incurred for team travel, entries, equipment transportation and any additional costs associated with the BC Team.
- b. 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.

9. BC TEAM INFORMATION

9.1 TEAM RESTRICTIONS

- a. BC Athletics will select a roster of up to 2 female and 2 male athletes for the 10K Road Team

9.2 TEAM EVENT

2025 CANADIAN 10K ROAD CHAMPIONSHIPS
OTTAWA, ON – SUNDAY MAY 24, 2025

9.3 TEAM SIZE

BC Athletics has allotted a team size of:

- Maximum of 2 female and 2 male athletes 10K
- No Staff

9.4 TEAM FEES

There is no team fee for this team.

9.5 TEAM ENTRIES

Selected athletes will be responsible for registering for the championships event.

9.6 TEAM TRAVEL

There will be no Team Travel arranged for this event.

9.7 TEAM ACCOMMODATIONS

There will be no Team Accommodations arranged for this event.

9.8 TEAM COMMUNICATION

Any necessary communications will come from the BC Athletics Non-Stadia Program Manager.

9.9 TEAM MEETINGS

No meetings will be held for this team.

10. AMMENDMENTS

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.

11. CHANGE HISTORY

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

12. QUESTIONS

If you or your coach have any questions, please contact the Non-Stadia Program Manager, Kevin O'Connor at kevin.oconnor@bcathletics.org

APPENDIX A

2025 BC 10K ROAD TEAM STANDARDS

| WOMEN | EVENT | MEN |
|----------|----------|----------|
| STANDARD | | STANDARD |
| 35:59 | 10K ROAD | 30:00 |

Standards must be set in World Athletics sanctioned & certified events. Results will be adjusted according to World Athletics elevation loss formulas for races exceeding elevation drops of 1m/km.

REMINDER

As a reminder to all athletes and coaches, achieving the team standard does not guarantee selection to the BC Team. Standards are used primarily to create a selection pool to complete final selection of athletes based on available roster spots.

APPENDIX B

CHANGE HISTORY

| DATE | CHANGE/NOTE |
|----------|-----------------|
| 04.04.25 | Criteria posted |