



## BC TEAM SELECTION CRITERIA

# 2025 BC 10,000M + 10,000M RW TEAM

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### 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 (finalist).
- 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 10,000M + 10,000RW CHAMPIONSHIPS

The Canadian 10,000m and 10,000m Race Walk Championships are premier national events that showcase Canada's top distance runners and race walkers. In 2024, these championships were part of the Pacific Distance Carnival held on May 11 at Percy Perry Stadium in Coquitlam, British Columbia. The event featured both Olympic and Paralympic competitions, providing athletes with an ideal environment to achieve personal bests ahead of the 2024 Olympic and Paralympic Games. In 2025 and 2026, the championships are scheduled to move to Guelph, Ontario, as announced by Athletics Canada. These championships not only determine national titles but also serve as critical qualifiers for international competitions, highlighting the depth and talent within Canada's athletic community.

### 3. OVERVIEW

This document will serve as the selection document for the **2025 BC 10,000M + 10,000RW 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 Track and Field Program Manager, Garrett Collier at [garrett.collier@bcathletics.org](mailto:garrett.collier@bcathletics.org).

#### 4. 2025 IMPORTANT DATES

##### a. QUALIFICATION PERIOD(S)

EVENTS	DATES	NOTE
10,000M + 10,000RW	JANUARY 01 – JUNE 02, 2025	<a href="#">Performances on AC Rankings</a>

##### b. TEAM DATES

DATE	ITEM	NOTE
JUNE 02, 2025	DUE: 2025 Athlete Declarations	<a href="#">CLICK HERE</a>
JUNE 03, 2025	Preliminary roster posted	<a href="#">BCA WEBSITE</a>
JUNE 06-07, 2025	Final roster posted	<a href="#">BCA WEBSITE</a>
JUNE 18, 2025	Canadian 10,000m/RW Championships	<a href="#">EVENT INFO</a>

#### 5. FUNDING

BC Athletics will provide support (pending confirmation of funding for 2025/2026) to those athletes selected to the 2025 BC 10,000m + 10,000RW Team. Support for this team includes:

5.1 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 Kit
- Event Registration Fee

#### 6. ELIGIBILITY

##### 6.1 ELIGIBLE ATHLETES

To be eligible for the 2025 BC 10,000m + 10,000RW 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

- c. Must have permanent residence in BC for at least 6 months prior to selection.
- d. Has a permanent residence in BC or plans to resume permanent residency 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 the 20Y+ (YOB 2005) as of December 31, 2025
- g. Submit a [BC Team Athlete Declaration](#) by:
  - June 02, 2025, by 11:59PM PST for 10000M + 10000RW
- 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.

#### a. METHODOLOGY

When producing team standards, BC Athletics works with the philosophy of “probably finalist, possible medallist.” The 2025 BC Senior Team Standards are based on the average of 6th ranked performance from 2022, 2023 and 2024 or the average National 8th ranked performance from 2022, 2023, and 2024. When the 6th ranked performance in 2024 was a lesser performance than the 3 year-average, the average 8th ranked performance was used (with some exceptions in field events).

The 10000RW standards are based on the average of the BCA Top 5 All Time. 20K RW and 35 K RW are based on equivalent WA points.

\*All standards must be equal to or above the current season’s national championship entry standards. Since these standards are not always updated before the release of this selection criteria, BC Athletics reserves the right to amend any standards that are below the championship entry standard.

### 7.2 SELECTION TRIALS

There are no selection trials for this team in 2025.

### 7.3 ELIGIBLE PERFORMANCES

All performances must appear on the 2025 Athletics Canada Outdoor Rankings. It is the responsibility of the athlete to ensure eligible performances appear in the rankings to be considered for selection. Please submit results to [results@athletics.ca](mailto:results@athletics.ca). For performances that take place on the last day of the qualification period please email the Track and Field Program Manager at [garrett.collier@bcathletics.org](mailto:garrett.collier@bcathletics.org).

### 7.4 IN-ELIGIBLE PERFORMANCES

For purposes of team selection, the following performances will not be eligible for selection and/or funding:

- a. Wind-Aided performances
- b. Hand-timed performances for events 800m and shorter. \*
- c. Indoor performances.

\*Note: Hand-Timed performances in individual and relay events, 800m and shorter will not be accepted for the purposes of team selection. For other events, hand timed results will be accepted for selection when accompanied by documentation signed by the chief track referee.

### 7.5 SELECTION PROCESS

Athletes who meet the eligibility requirements (see Section 6.1) will be selected using the following process:

- a. Athletes will be ranked based on their percentage of team standard (see APPENDIX A) within the published qualification period (See Section 4).
- b. Athletes will be selected until the team quota (2 female athletes / 2 male athletes for 10,000m and 2 female / 2 male athletes for 10,000RW) has been met.

### 7.6 PRELIMINARY ROSTER

A preliminary roster will be released no later than Wednesday, June 3, 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.

## 7.7 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 (Program Manager for Track & Field, 2025 BCA Coaching 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](#)

## 7.8 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 10,000m and up to 2 female and 2 male athletes for the 10,000RW.

### 9.2 TEAM EVENT

2025 CANADIAN 10000M + 10000RW CHAMPIONSHIPS  
GUELPH, ON – JUNE 18, 2025

### 9.3 TEAM SIZE

TeamBC has been allotted a team size of:

- Maximum of 2 female and 2 male athletes for 10,000m
- Maximum of 2 female and 2 male athletes for 10,000RW
- No Staff

### 9.4 TEAM FEES

There are no Team Fees 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 Track & Field 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 Program Manager for Track & Field Garrett Collier at [garrett.collier@bcathletics.org](mailto:garrett.collier@bcathletics.org).

## APPENDIX A

### 2025 BC 10,000M + 10,000RW TEAM STANDARDS

WOMEN	EVENT	MEN
STANDARD		STANDARD
33:25.39	10000	28:59.50
<b>33:25</b>	<b>10K Road</b>	<b>28:59</b>
49:30	10000 RW	44:31 / 1:32:00
1:42:12.20	20K RW Road	1:32:10.74
3:14:35.33	35K RW Road	2:53:33.21

### ROAD PERFORMANCES

All Road performances must be set in a World Athletics sanctioned & certified event. Results will be adjusted according to World Athletics elevation loss formulas for races exceeding elevation drops of 1m/1km.

### REMINDER

As a reminder to all athletes and coaches, achieving the team standard does not guarantee selection to the BC 10,000m + 10,000RW 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

#### LASTEST CHANGE

DATE	CHANGE/NOTE
04.04.25	Criteria posted
04.15.25	Correction to age eligibility under Section 6.1f. Athletes must be in the Senior Age category (20Y+) and not limited to U26
05.20.25	10K Road Equivalency standard added using WA Points (see: Appendix A). Additional language also added regarding certification of road performances.