



2023 BCSS Cross Country Running Championships Bulletin #2

Date: November 4th, 2023.

Host: Sullivan Heights Secondary School

Venue: Crescent Park, 2585 132 St., Surrey

BCSS Race Director: Mike Apps, mapps@bcschoolsports.ca 604-477-1485

STARS Registration

- All student athletes must be registered on your school's STARS roster.
- Coaches need to be added to your STARS rosters by October 18th. Only coaches on the STARS roster will be permitted to pick up race packages.
 - o *All coaches, managers, and assistants listed on school team rosters must complete the Concussion Awareness Training Tool (CATT) for Coaches. CATT certification is valid for two years - cattonline.com*

Important Dates

- Championship Registration Deadline: October 26th, 2023

Additional Details

Entry Fee: The cost to race at the championships is \$17. The former BCHS cross country commission will be making a \$2 contribution to each racers fee. The schools of the attending athletes will be invoiced a \$15 (per athlete) after the race.

Uniforms: All teams/athletes must wear matching official school uniforms or singlet during the race and at awards.

- Corporate logos are restricted to a maximum of two logos, and each logo should not exceed the dimensions of a credit card.
- Any teams or athlete not meeting the uniform regulations will not be permitted in the race.

Race Structure: The 2023 cross country running championships will be comprised of nine separate categories (see below), each of the races will be run separately. Racers are required to run on the marked trails of their corresponding category. [The official race interactive map can be found here.](#) All championship racers will use chip timing. The chips will be embedded in the athlete's race numbers.

- Senior 'A' Boys (5 km)
- Senior 'AA' Boys (5 km)
- Senior 'AA' Boys (5 km)
- Senior 'A' Girls (5 km)
- Senior 'AA' (5 km)
- Senior 'AAA' (5 km)
- Para (2 km)
- Junior Boys (4 km)
- Junior Girls (4 km)



[Start Line Video](#), [Short Course Video](#), [Long Course Video](#), [Finish Line Video](#)

Team Scoring: Student-athletes running with a qualified team will score points for their competing school based on the classifications below. A detailed breakdown of team scoring will be included in the event information package.

- Juniors: Top four competing runners are scored with a maximum of 7 runners on a team.
- Senior 'A': Top three competing runners are scored with a maximum of 5 runners on a team.
- Senior 'AA': Top four competing runners are scored with a maximum of 7 runners on a team.
- Senior 'AAA': Top four competing runners are scored with a maximum of 7 runners on a team.

Apparel: Championship clothing can be pre-ordered online through Rush Apparel. [Pre-order link](#) available until October 30th. Limited clothing will be available on-site for purchase during the event.

Championship Website: All live race results and championship information (including course maps) will be updated on official provincial championship website. The BCSS championship website [can be found here](#).

Live Streaming: The 2023 BCSS cross country championships will be livestreamed race day the on [BCSS.TV](#).

Event Schedule [subject to change]

Friday November 3

Course Preview	1:30 – 3:00 PM
Package Pick Up at Sullivan Heights Secondary	6:00 – 7:00 PM
Coaches Meeting at Sullivan Heights Secondary	7:00 – 7:45 PM

Saturday November 4

Late Package Pick-Up	7:30 AM
1A Senior Boys	9:00 AM
2A Senior Boys	9:40 AM
3A Senior Boys	10:20 AM
1A Senior Girls	11:00 AM
2A Senior Girls	11:40 AM
3A Senior Girls	12:20 PM
Para Boys & Girls	1:00 PM
Junior Boys	1:25 PM
Junior Girls	2:00 PM
Awards Ceremony	2:45 PM

* Races can commence up to 20-minutes prior to the posted schedule. Athletes are expected to be on-site and ready to race when called to the start line. *

Accommodation Information:

Sheraton Vancouver Guildford Hotel

15269 104 Avenue, Surrey, BC Canada V3R 1N5 (21 km from race-site)

Book by e-mail at reservation@sheratonguildford.com

- **Standard Room** 2 queen beds or 1 king bed, **\$189.00 + tax**, one complimentary parking on-site per booked room

Best Western Peace Arch Inn

2293 King George Boulevard, Surrey, BC, V4A 5A4 (5.5 km from race-site)

Book rooms by phone at 604-541-8100

- Booking Code: **Cross Country Running Provincial Championship**
- **Standard Room** 2 queen Beds, **\$149.99 per night + tax**, continental breakfast included

Four Points by Sheraton Surrey

10410 158th Street, Surrey, BC, V4N 5C2 (22.4 km from race-site) book by e-mail at [E](mailto:salesdirector@fourpointssurrey.com)

salesdirector@fourpointssurrey.com

- **Standard Room**, 2 queen beds, **\$159.00 per night + tax**