



2023 BC U18, U20, SENIOR & MASTERS CROSS COUNTRY TEAM

BC Team Selection Criteria

I. OVERVIEW

- The objectives of the BC Team program, supported by BC Athletics and volunteer team staff are to field a competitive team of eligible athletes who have demonstrated their ability to be competitive at the National Championship level where;
 - Top 8 Individual and Team performances are possible at the National Championships;
 - We provide a competitive team development opportunity for athletes and coaches;
 - We cultivate a positive team experience for athletes and team staff.
- The 2023 BC U18, U20, Senior & Masters Team will be selected for competition representing BC at the:

[2023 Canadian Cross Country Championships](#)
[Ottawa, Ontario – Saturday, November 25, 2023](#)

BC Athletics will provide support to selected BC Team athletes going to the National Championships. See the [General Criteria](#) for Funding & Team Selection and the Selection Guidelines below.

- **MAXIMUM TEAM SIZE = 44 Athletes + Staff**
- Athletes selected to the team are responsible for paying the BC Team Fee of \$262.50 (Sport Canada carded Athletes are exempt from BC Team Fees).
- As part of the BC Team program, BC Athletics will provide a full BC Team Kit, cover the cost of entry fees, and travel to and from Ottawa. Athletes are responsible for the cost of accommodation and all meals.
 - BC Athletics will make group travel arrangements for BC Team Athletes. Athletes who reside outside of the Lower Mainland will have travel arranged from their hometown.
 - Athletes who wish to make their own travel arrangements must submit their receipts for travel not later than 2 weeks after the event. Reimbursement will match the group travel rate obtained by BC Athletics.
 - BC Athletics will book accommodation for those who would like to utilize the group hotel rate. BC Athletics will make payment for the accommodation and invoice all athletes who utilize accommodation. Roommates will be arranged to decrease the cost incurred for each athlete.

- **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 13, 2023 11:00am	Athletes who are unable to compete at the BC Athletics Cross Country Championships must complete the EXEMPTION form, to be considered for team selection	Click here for form
October 14, 2023	BC Athletics Cross Country Championships	Crescent Park, Surrey, BC
October 18, 2023	PRELIMINARY SELECTION MEETING: U18, U20, Seniors, Masters Partial teams for U18, U20 and Senior	
October 28, 2023	2023 Canada West Cross Country Championships	Kelowna, BC
November 4, 2023	BC High Schools Cross Country Championships	Crescent Park, Surrey BC
November 6, 2023	FINAL SELECTION: Remaining U18, U20, Senior selection	
November 14, 2023 (11:59 PST)	Entry Deadline for Canadian Championships	BC Athletics will enter all BC Team Members
November 23, 2023	Team Departs Vancouver	
November 25, 2023	2023 Canadian Cross Country Championships	Mooney's Bay, Ottawa, ON
November 26, 2023	Team Departs Ottawa	

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.
2. U16 athletes are NOT eligible to be selected for the U18 BC Team.
3. Have a full BC Athletics [Competitive Membership](#) before the start of the 2023 BC Athletics Cross Country Championships. No exceptions.
4. Compete in the events they wish to be considered for at the 2023 BC Cross Country Championships.
5. Athletes unable to compete at the 2023 BC Athletics Cross Country Championships, for the reasons listed below, must complete an [exemption declaration form](#) no later than 11:00am on Friday October 13, 2023.

All notifications of non-participation must be accompanied by the most recent 2023 performances.

- a. **Competing on a Canadian Team or BC Team** and unable to compete at BC XC Championships.
 - b. **Injury or Illness** - ONLY a letter from a medical doctor will be accepted and should accompany your exemption declaration.
 - c. **Domestic Affliction** - defined as a personal or family tragedy, incident or emergency that does not allow you to attend the Championships.
 - d. **Education, Exam or Graduation Commitment** – A letter from a school representative must be provided.
6. Meet the Selection Criteria below.

IV. SELECTION CRITERIA

The BC Team will be selected at the discretion of BC Athletics staff and the BC Athletics Cross Country Committee based on the Selection Criteria below.

Factors considered include:

- Performance at the 2023 BC Athletics Cross Country Championships;
- Other performances between January 1, 2023 – October 14, 2023;
- Health and fitness levels that indicate optimal competitive readiness;
- Demonstrated ability to perform on demand in similar level of competition

Performance Criteria:

1. **U18 Men and Women:**

- Top 4 automatic selection from the U18 Men's and 'Women's BC Athletics Cross Country Championships
- Priority will be given to the athletes that have performed well at the BC Athletics Cross Country Championships

- An additional 2 discretionary spots selected by the selection committee, if performance warrants following the BC School Sport High School Cross Country Championships: (Nov 4, 2023).
- Non-automatic selections must have run either the U18 BC Athletics Cross Country Championships or are eligible for an exemption consideration (see above).

2. U20 Men and Women:

- Top 4 automatic selection from the U20 Women's BC Athletics Cross Country Championships.
- Plus, an additional 2 spots selected by the Selection Committee, based on 2023 performances. Non-automatic selections must have run either the U20 BC Athletics Cross Country Championships or have declared an exemption for consideration by the Cross-Country Committee (see above).

3. Senior Men and Women:

- Top 4 automatic selection from the Senior Men's and Women's BC Athletics Cross Country Championships.
- Plus, an additional 2 spots selected by the Selection Committee, based on 2023 performances.
- Non-automatic selections must have run either the BC Athletics Cross Country Championships or have declared an exemption for consideration by the Cross-Country Committee (see above).

4. Masters Men and Women:

- Top (1) automatic selection from the Masters Men's and Women's BC Athletics Cross Country Championships.
- Plus, up to three top performers based on "age graded tables" from the Masters Men's and Women's BC Athletics Championships will be considered for the Masters team.

2023 BC Cross Country Team Staff

Head Coach: Bruce Deacon (PIHR)

Team Coach: Chris Johnson (TBIR)

Team Coach: Ted de St. Croix (OATF)

Team Coach: Cindy O'Krane (WVAN)

Team Coach: Kathy Andrews (Abbotsford Christian School)

Team Manager: Kevin O'Connor (BC Athletics/VFAC)

Physiotherapist: Steph McCann (UNBC)