



BC ATHLETICS

2026 CROSS COUNTRY CHAMPIONSHIPS

OCTOBER 17, 2026 | Nanoose Bay

FOR THE LOVE OF ATHLETICS

"We acknowledge that we are on the traditional, ancestral, and unceded land of the people who have resided here since Snaw-Naw-As First Nation"

ABOUT THE EVENT

The 2026 BC Athletics Cross Country Provincial Championship is the provincial Cross Country championship for the U10 (2017), U11 (2016), U12 (2015), U13 (2014), U14 (2013), U16 (2012/2011), U18 (2010/2009), U20 (2008/2007), Senior (2007-1992), Master (1991+).

This event will also serve as the selection meet for the U16 (15YO), U18, U20, and Senior Cross Country Teams selected to compete at the Canadian National Cross Country Championships.

BC Athletics would like to thank Nanaimo & District Track and Field Club for hosting this event. Additionally, BC Athletics would like to thank our BC Athletics Officials and Event Volunteers who make this event happen.

SPIRIT OF THE EVENT

The BC Athletics Cross Country Championships is an annual provincial championship event for athletes aged U10 through Masters (35+). This event will serve as the selection trials for the BC Cross Country Team competing at the Canadian Cross Country Championships, November 28-29 in Quebec City, Quebec. The BC Athletics Cross Country Championships event promotes athlete development, friendly competition, sportsmanship, and camaraderie.

This event is made possible by significant volunteer contribution of event organizers, officials and event volunteers. We encourage all participants and spectators to take a moment to thank these volunteers.

As a reminder to all participants and spectators, we participate in sport because it is fun and can provide a healthy challenge to overcome hard things. Let's all do our part to uphold the spirit of the event!



EVENT INFORMATION

A BC ATHLETICS PROVINCIAL CHAMPIONSHIP EVENT

HOST	Nanaimo & District Track and Field Club
DATE	October 17, 2026
VENUE	Arbutus Meadows Farms, Nanoose Bay
EVENT DIRECTOR	Louis Beaudoin (louis.beaudoin.dds@gmail.com)
EVENT MANAGER	Wanda Urbanowicz
BC ATHLETICS ROAD & TRAIL MANAGER	Kevin O'Connor (kevin.oconnor@bcathletics.org)
MEMBERSHIP INQUIRES	Cristi Lundman (cristi.lundman@bcathletics.org)
REGISTRATION LINK	https://www.trackie.com/register/2026-bc-athletics-cross-country-championships/1038644/

EVENT ELIGIBILITY

To compete in the BC Athletics Cross Country Championships, athletes must:

- ✓ Be a BC Athletics member who holds a 2026 **ANNUAL OR FALL** Athlete Membership or equivalent from another Provincial Branch or World Athletics Federation. Athletes from another Provincial Branch or World Athletics Federation should email the Road & Trail Program Manager (Kevin O'Connor) at kevin.oconnor@bcathletics.org
- Non Member Event Licenses or Community Road and Trail membership are not available or eligible for this Championship event. There are no entry standards

ENTRY STANDARDS

There are no entry standards for this event.



EVENT REGISTRATION + FEES

REGISTRATION LINK

EARLY REGISTRATION DEADLINE SUNDAY SEPT 20, 2026, 11:59PM PT INCLUDES A FREE BC ATHLETICS "FOR THE LOVE OF ATHLETICS" TEE	REGULAR REGISTRATION DEADLINE: SUNDAY OCT 4, 2026, 11:59PM PT	LATE REGISTRATION DEADLINE: SUNDAY OCTOBER 11, 2026, 11:59PM PT
Junior Development Age Groups: \$20 + \$5.00 Official Development Fee + Trackie Processing Fees U16 – Masters Age Groups: \$40 + \$5.00 Official Development Fee + GST + Trackie Processing Fees	Junior Development Age Groups: \$20 + \$5.00 Official Development Fee + Trackie Processing Fees U16 – Masters Age Groups: \$40 + \$5.00 Official Development Fee + GST + Trackie Processing Fees	Junior Development Age Groups: \$30 + \$5.00 Official Development Fee + Trackie Processing Fees U16 – Masters Age Groups: \$50 + \$5.00 Official Development Fee + GST + Trackie Processing Fees

+ \$10.00 fee for NON BC ATHLETICS MEMBERS registrants.

NO LATE REGISTRATIONS WILL BE ACCEPTED AFTER THE LATE REGISTRATION DEADLINE. NO EXCEPTIONS

REFUNDS, UPON REQUEST, WILL BE PROVIDED FOR SCRATCHED UP UNTIL THE LATE REGISTRATION DEADLINE.

PACKAGE PICKUP

Friday October 16, 2026 - 1pm to 7pm - **FRONTRUNNERS** - #101-1825 Bowen Road, Nanaimo, V9S 1H1

Saturday October 17, 2026 - Day of Race - **ARBUTUS MEADOWS** - 1515 Island Hwy E, Nanoose Bay, BC VP9 9A3 - Athletes must sign in no later than 1 hour prior to your scheduled race start.



TECHNICAL INFORMATION

COMPETITION CATEGORIES

- U10 (2017), U11(2016), U12 (2015), U13 (2014), U14 (2013), U16 (2012/2011), U18 (2010/2009), U20 (2008/2007), Senior (2007-1992), Master (1991-1954). Masters 70+ (1955-)
- BC Athletics membership and the BC Cross Country Championships age category is based on your age at the end of the year (December 31, 2026)
- Master athlete age in competition is based on your age **ON** the day of competition.
- Masters athletes may run in the Senior category.
- U18 athletes may run up in the U20 event to qualify for the BC Cross Country Team.
- U20 may run up in the Senior event to qualify for the BC Cross Country Team.
- U16 (15YO) are only eligible for the U16 BC Cross Country Team.
- Junior Development athletes are not eligible to run up an age category.

EVENT TIMING

Timing and results will be provided by Startline Timing.

IMPORTANT NOTE ABOUT TIMING:

Please do not stop your watch at the first timing mat finish line, crossing your arm over your bib and chip timer. The camera cannot see your bib number, and this interferes with the timing chip and verifying placement. Stop your watch after the second backup timing mat. If you stop your watch at the first timing mat, your official time will be 2 seconds slower, as the official time will be taken at the second backup timer mat.

SCRATCHES

If you scratch from the race, you **MUST** hand in your bib to the timing table before your race time. Do not leave unused bibs in your backpack or pockets, then walk around the course or close to the finish line. This creates delays in getting verified results out on time.

SPIKE LENGTH

The maximum spike length allowed is **15mm**.

Terrain is grass, dirt, light compact gravel crush, short rubber course connections and hay bales on course. See course video of 2 km loop [here](#)



COMPETITION NUMBERS “BIBS”

- Competition bibs must be worn on the chest.
- U20 athletes will wear a U20 bib on their back.
- Master's athletes will wear a Masters bib on their back.
- Lost or destroyed numbers will be replaced with a **\$10.00** replacement fee.
- Replacement numbers can be obtained from the Competition Secretary/Startline Timing at the finish line tent.

COMPETITION ATTIRE

- All Club athletes are encouraged to wear their Club issued uniform.
- Unattached athletes should wear appropriate athletic gear for their event(s).

START LINE

- You must be at the event start line 10 minutes before the start of your race.

PROTESTS

Protests concerning the result or conduct of an event shall be made within **30 minutes** of the official posting of the results of that event (**WA TR 8.2**). Result announcements and posting must be time stamped, and that time is considered the beginning of the **30-minute** period. The Protest is made orally to the relevant Referee.

Only an athlete and their representative/coach may make a protest. The athlete must have been affected by the decision or result of the event. The protestor may contact the relevant Referee through the Meet Director or Technical Information Centre if the Referee is not immediately available. No deposit is required for a PROTEST.

The Referee should record their decision and the reasons for that decision on the Protest and Appeal Form. This completed form is posted with the time and date of posting indicated. Once posted, any athlete affected has **30 minutes** to lodge a protest concerning this decision.

APPEALS TO THE JURY

The original protestor, or anyone else affected by the Referee's decision, has the right to make an APPEAL TO THE JURY regarding the Referee's decision, within **30 minutes** of the official announcement of that decision.

An APPEAL TO THE JURY shall be in writing and should cite the relevant Rule number. A **\$50.00 deposit** shall accompany an APPEAL TO THE JURY. The deposit will be refunded if the Appeal is successful. The deposit will not be refunded if the Appeal is denied.

JURY OF APPEALS: A jury of appeal consisting of three competent and qualified persons will be available for decisions arising from protests. All decisions are final.



SCHEDULE OF EVENTS

RACE	TIME	AGE GROUP	DISTANCE
1	09:00:00 AM	Community Race	5.0km
2	09:45:00 AM	Track Rascals /9-11 yr old (Male & Female)	1.0km
	10:00:00 AM	Community Race Awards	
3	11:00:00AM	U10 Male and Female	1.5km
4	11:15:00AM	U11 Male and Female	2.0km
5	11:35:00AM	U12 Male and Female	2.0km
6	11:55:00AM	U20 Female Senior Female Master's 35-69 Female Masters 70+ Female	8.0km 10.0km 8.0km 6.0km
7	01:00:00PM	U20 Male Senior Male Master's 35-69 Male Masters 70+ Male	8.0km 10.0km 8.0km 6.0km
8	2:05:00PM	U13 Male and Female	3.0km
9	2:30:00PM	U14 Male and Female	3.0km
10	2:55:00PM	U16 Female	4.0km
11	3:20:00PM	U16 Male	4.0km
12	3:40:00PM	U18 Female	6.0km
13	4:10:00PM	U18 Male	6.0km

FACILITY INFORMATION

Arbutus Meadows is a working farm located in Nanoose Bay. On the property, you will see livestock, barns and the owners residence. We ask that you respect the space and only enter areas permitted by the event. Please stay out of all animal areas. Anyone seen trespassing in these areas will be asked to leave the premises immediately.

Please review the facility map for location of washrooms, parking, food trucks, and package pick up.

TENTS

Team and individual tents are welcome. There will be a designated area to set up tents. Please ensure that all tents are weighted or staked into the ground



AWARDS

A medal ceremony will take place for each final event once the results are posted (30 minutes following the conclusion of the event). Athletes should check in at the Awards table for their award ceremony. Medal ceremonies will take place in the Team Tent area.

JUNIOR DEVELOPMENT CHAMPIONSHIPS (AGE 9-13)

- BC Athletics medals to individual 1st, 2nd and 3rd place finishers in each age category (male and female).
- Ribbons for 4th to 8th place finishers in each age category / gender.

U16 CHAMPIONSHIP

- BC Athletics medals to individual 1st, 2nd and 3rd place finishers, male and female.

U18 CHAMPIONSHIP

- BC Athletics medals to individual 1st, 2nd and 3rd place U18 finishers, male and female.

U20 CHAMPIONSHIP

- BC Athletics medals to individual 1st, 2nd and 3rd place U20 finishers, male and female.

SENIOR CHAMPIONSHIP

- BC Athletics medals to individual 1st, 2nd and 3rd place Senior finishers, male and female.

MASTERS Championship

- BC Athletics medals to individual 1st, 2nd and 3rd place Masters finishers, male and female. Ribbons to top 3 finishers in 5-year age, male and female.

JUNIOR DEVELOPMENT CLUB CHAMPIONSHIPS

- Team scores based on the top 6 finishers in each year (male and female).
- 6 points for 1st, 5 for 2nd, etc.
- Highest score wins.
- In the event of a tie, the Championship will be jointly awarded.

U16 CLUB CHAMPIONSHIP

- Team scores based on top 3 finishers for each club in the race. 1 point for 1st, 2 for 2nd, etc.
- Lowest score wins.
- In the event of a tie, the lower placed third finisher wins.
- Clubs may score multiple teams – first 3 finishers score the first team, next 3 finishers score the second team, etc.
- Awarded, male and female categories.

U18 CLUB CHAMPIONSHIP

- Team scores based on top 3 finishers for each club in the race. 1 point for 1st, 2 for 2nd, etc.



- Lowest score wins.
- In the event of a tie, the lower placed third finisher wins. Clubs may score multiple teams – first 3 finishers score the first team, next 3 finishers score the second team, etc.
- Awarded, male and female categories.

SENIOR AND MASTERS CLUB CHAMPIONSHIP

- Team scores based on top 4 finishers for each club or postsecondary club in the race, regardless of age group. 1 point for 1st, 2 for 2nd, etc.
- Lowest score wins.
- In the event of a tie, the lower placed fourth finisher wins.
- Clubs may score multiple teams – first 4 finishers score the first team, next 4 finishers score the second team, etc.
- Awarded, male and female categories.

CLUB AWARD ELIGIBILITY

- Please note that an athlete's 1st claim club affiliation will be eligible for Club Championship scoring.
- An athlete's 2nd claim club affiliation will not be eligible.



MEDICAL AND FIRST AID

- Emergency first aid care will be onsite. The medical tent will be located near the finish area.
- The nearest hospital is: Nanaimo Regional Hospital, 1200 Dufferin Crescent, Nanaimo, BC V9S 2B7

VOLUNTEERS

- Stay tuned for more information on volunteer opportunities.

BC ATHLETICS MERCHANDISE

- All participants who registered by the EARLY REGISTRATION DEADLINE, September 20 will receive a FREE BC Athletics "For the Love of Athletics" Long Sleeve Tee.
- Additional merchandise will be available for purchase.

FERRY TRAVEL ASSISTANCE

BC Ferries and ViaSport may assist with ferry travel costs for athletes participating in the BC Championship through the Sport Experience program. For more information visit Sport BC website: <http://www.viasport.ca/grant/bc-ferries-sport-experience-program>.

Applications for travel assistance must be received at least 12 business days before the Championship. Due to overwhelming demand, ViaSport may not be able to accept all applications.

2026 BC CROSS COUNTRY TEAM SELECTION TRIALS

This meet will act as the Selection Trials for the 2026 BC Cross Country Team.

For more information including selection criteria, please visit the [**BC Team Program webpage here.**](#)

For any questions concerning the BC Team program please contact the Road and Trail Program Manager, kevin.oconnor@bcathletics.org.



ACCOMODATIONS

Please note that this will be a busy weekend in Nanaimo and Parksville and hotels space may be limited. Participants are encouraged to book as soon as possible.

BAYSIDE RESORT PARKSVILLE

240 Dogwood St, Parksville, BC V9P 1E1-Phone: (250) 248-8333

Reservation Link - [Here](#)

RATE \$162/night-Group Room Block is guaranteed until September 18, 2026

Reservation Link - [Here](#)

TIGH-NA-MARA RESORT PARKSVILLE

1155 Resort Dr, Parksville, BC V9P 2E3 Phone: +1 800-663-7373

Reservation Link - [Here](#)

Spa Bungalow Studio - \$249/night, plus tax Spa Bungalow 1-Bedroom Suite - \$279/night, plus tax Oceanview Studio - \$299/night, plus tax Oceanview Suite - \$329/night, plus tax 1-Bedroom Cottage - \$329/night, plus tax 2-Bedroom Cottage - \$359/night, plus tax Rates will be valid from October 13th to 19th. Call our Reservations Team at 1-800-663-7373 and quote BC Athletics XC Championships. Book online with GROUP CODE: 11H19S

HOTEL FENG PARKSVILLE

424 Island Hwy W, Parksville, BC V9P 1K8 Phone: (250) 248-2232

Group Block is guaranteed until Sept 28th.

Individual Reservation Link - [Here](#) Offers a special rate of \$ 140 plus applicable taxes for rooms with 2 Queen beds, full breakfast and indoor pool.

Team Bookings please contact Annette directly on her [email](#) or call her on 250-913-0769