

BC ATHLETICS

2026 BC 10000M + 10000RW TEAM

SELECTION CRITERIA + STANDARDS

1. BC TEAM PROGRAM

The BC Athletics BC Team Program provides selected athletes with the opportunity to represent the province in national and interprovincial competitions, supporting their development within a structured high-performance pathway. Through a clear selection process based on performance standards, rankings, and championship results, the program brings together athletes, coaches, and integrated support staff to create a unified team environment focused on excellence, preparation, and pride in representing British Columbia. In addition to competitive opportunities, the BC Team Program delivers key supports such as travel coordination, team services, and performance expectations, while reinforcing standards of conduct, accountability, and commitment to both individual and team success

2. 2026 CANADIAN TRACK & FIELD CHAMPIONSHIPS

The 2026 Canadian 10,000m Championships will be held on June 3, 2026, in Guelph, Ontario, as part of the Royal City Inferno meet, bringing together Canada's top distance athletes to compete for national titles over 25 laps of the track. As a key event within the Athletics Canada Championship Series, the race provides a high-performance competition opportunity early in the outdoor season and serves as an important benchmark for athletes targeting national team selection, international standards, and major championships later in the year.

3. PURPOSE OF THIS DOCUMENT

The purpose of this document is to clearly outline the selection criteria and performance standards for the 2026 BC 10000M + 10000RW Team, ensuring a fair, transparent, and consistent process for identifying athletes who will represent British Columbia at national competitions. It defines the eligibility requirements, qualification pathways, and performance benchmarks used to evaluate athletes, while also establishing expectations for team composition and selection timelines. This document is intended to support athletes and coaches in understanding the standards required for selection, align decision-making with BC Athletics' high-performance objectives, and ensure that selected athletes are well-positioned to compete successfully at the national level.

4. FUNDING

BC Athletics will provide support (pending confirmation of funding for 2026-27) to those athletes selected to the 2026 BC 10000m + 10000RW Team. Support for this team includes:

4.1 BC Athletics will provide selected athletes with stipend of up to \$500 CDN for travel and accommodation. (Selected athletes are expected to make their own travel and accommodation arrangements and submit receipts via the BC Team Program Reimbursement form.) Selected athletes will also receive:

- BC Team Kit
- Event Registration Reimbursement (selected athletes are expected to register themselves for the 2026 Canadian 10000m Track Championships).

5. ELIGIBILITY

5.1 ELIGIBLE ATHLETES

To be eligible for the 2026 BC 10000M + 10000RW Team, athletes must meet the following criteria:

- a. Hold a 2026 Annual Athlete Membership and be a member in good standing at the time of achieving the published performance standard.
- b. Must hold a Canadian Citizenship or Permanent Residency.
- c. Must have permanent residence in British Columbia for at least 6 months prior to selection.
- d. Have a permanent residence in British Columbia or plans to resume permanent residency in British Columbia but is temporarily residing outside of British Columbia due to personal or professional work requirements.
- e. If previously affiliated with any other P/TSO within the previous 12 months, the athlete must establish residency in British Columbia for a minimum of 6 months and must be a registered Annual Athlete member of BC Athletics for 6 months prior to selection.
- f. For 10000m event, be 20Y+ (YOB 2006) as of December 31, 2026
- g. For 10000mRW event, be 18Y+ (YOB 2008) as of December 31, 2026
- h. Submit a BC Team Athlete Declaration by **May 24, 2026**

- i. Achieve the published performance standard (Appendix B) in the event they wish to be considered for within the published qualifying period (Appendix A).
- j. Must comply with Competitive Readiness Requirements outline in this document (see Section 7).

6. SELECTION CRITERIA

6.1 PERFORMANCE STANDARDS

The performance standards for the 2026 BC 10000m + 10000RW Team are listed in Appendix B of this document.

6.2 SELECTION TRIALS

There are no selection trials for this team.

6.3 ELIGIBLE PERFORMANCES

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

6.4 IN-ELIGIBLE PERFORMANCES

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

- Wind-Aided performances
- Hand-timed performances for events 800m and shorter*
- 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.

6.5 SELECTION PROCESS

Athletes who meet the eligibility requirements (see Section 5.1) will be selected using the following process:

- a. Athletes will be ranked on their percentage of team standard (see Appendix B) within the published qualification period (see Appendix A).
- b. Athletes will be selected until the team quota (15 athletes) has been met.

6.6 TEAM ROSTERS

- a. Provisional Roster

A provisional roster will be released no later than **MAY 26, 2026**, on the BC Athletics website. An email to all declared athletes will be sent with a link to the provisional roster. Once posted athletes will have 24 hours to submit an appeal (see Section 6.7) from the time stamp on the posted provisional roster.

- b. Final Roster

Once all eligible appeals have been ruled, BC Athletics will post the final roster online in addition to all BC Athletics communications (e.g. social media, newsletter etc.).

Athletes on the final roster will be contacted via email to complete a BC Team Confirmation Form with a required response within 24 hours of the email to confirm their spot on the final roster.

6.7 APPEALS

- a. Eligibility to Appeal

Only athletes that have achieved the published performance standard (see Appendix B) during the published qualification window (see Appendix A) and meet the eligibility criteria (see Section 5.1) are eligible to submit an appeal. Athletes who do not meet these criteria

will have the appeal automatically denied.

b. Appeal Process

After BC Athletics has posted the provisional roster, athletes who meet the above eligibility to appeal criteria will have 24 hours to submit an appeal via the Online Appeal Form (see link below). This form must be accompanied by a **\$50.00 CDN** fee charged at the time of submitting the appeal form.

Once an eligible appeal has been received, BC Athletics in consultation with the Appeals Committee (BC Athletics Program Manager and BC Team Event 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. If an appeal is upheld, then the \$50.00 CDN fee will be refunded to the appellant.

c. Online Appeal Form

Those wishing to launch an appeal can do so by clicking [here](#).

7. COMPETITIVE READINESS

Selected athletes are expected to be competition ready at the time of selection and leading up to, and at, the national championship event. As part of demonstrating competitive readiness, athletes will be required to complete the steps below:

7.1 BC TEAM CONFIRMATION FORM

All athletes selected to the final team roster must complete and sign a BC Team Confirmation Form (sent electronically by email) prior to receiving any further team information. As part of this form, athletes will be required to disclose at BC Athletics any reasons (injury or illness) that may affect their competitive readiness. Primary coaches will also be required to confirm competitive readiness.

7.2 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 primary coach on a case-by-

case basis to certify the athlete's competitive readiness.

7.3 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 from a medical professional may be used as an evaluation tool if competition is not possible.

7.4 VIOLATION OF COMPETITIVE READINESS

If an athlete and personal coach falsely certifies 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, transportation of equipment 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.

8. 2026 BC 10000M + 10000RW TEAM INFORMATION

Please see below for information specific to this team:

8.1 TEAM SIZE

- a. BC Athletics will select a maximum of two (2) female and two (2) male athletes for 10000m.
- b. BC Athletics will select a maximum of two (2) female and two (2) male athletes for 10000RW.
- c. No Staff

8.2 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 female athletes for the 10,000RW.

8.3 TEAM FEES

There are no team fees for this team.

8.4 TEAM ENTRIES

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

8.5 TEAM TRAVEL

There will be no team travel arranged for this event.

8.6 TEAM ACCOMMODATIONS

There will be no Team Accommodations arranged for this event.

8.7 TEAM COMMUNICATIONS

BC Athletics will communicate with selected athletes via email (or phone if required) on the lead up to team departure.

8.8 TEAM MEETINGS

No team meetings will be held for this event.

9. 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 C). BC Athletics will also communicate amendments through the BC Athletics website and emails to declared athletes.

10. CHANGE HISTORY

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

11. QUESTIONS

If you or your coach have any questions, please contact the Track & Field Program Manager, Garrett Collier at garrett.collier@bcathletics.org.

APPENDIX A | IMPORTANT DATES

DATE(S)	DESCRIPTION	NOTE(S)
JULY 3, 2025	Qualification Window Open	
MAY 24, 2026	Qualification Window Closes	
MAY 25, 2026	2026 Athlete Declarations Due (11:59pm PT)	CLICK HERE
MAY 26, 2026	Provisional Roster Posted	Email/Website
MAY 27, 2026	Final Roster Posted	Email/Website
JUNE 3, 2026	2026 Canadian 10,000m Track Championships	Guelph, ON
JULY 3-5, 2026	2026 BC Athletics Outdoor Track & Field Championships	Coquitlam, BC

APPENDIX B | PERFORMANCE STANDARDS

WOMEN	EVENT	MEN
34:12.87	10000M	28:58.50
34:12	10K ROAD	28:58
49:30.00	10000RW	44:31.00
1:42:12.00	20000RW	1:32:00.00
49:30.00	10K RW ROAD	44:31
1:42:12	20K RW ROAD	1:32:00

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 C | CHANGE HISTORY

LATEST UPDATE

DATE(S)	Change
APRIL 02, 2026	Criteria Posted