



BC ATHLETICS

2026 5000M TRACK CHAMPIONSHIPS

JUNE 27, 2026 | Burnaby, BC

ABOUT THE EVENT

The inaugural BC Athletics 5000m Track Championships will be held as part of the Vancouver Thunderbirds 5000m Festival at Burnaby Central Track, providing distance athletes with a focused championship racing opportunity in a strong, festival-style environment. This event supports competitive 5000m racing in British Columbia while giving athletes the chance to pursue personal bests, provincial recognition, and championship success.

This event will be the Provincial Championship 5000m event for U20, Senior and Masters age categories.

This event would not be possible without the dedication of our BC Athletics Officials and event volunteers. Thank you!

SPIRIT OF THE EVENT

The spirit of the event is to celebrate distance running by bringing athletes, coaches, clubs, and supporters together in a focused and energetic 5000m racing environment. As part of the Vancouver Thunderbirds 5000m Festival, the championship is designed to create a positive, competitive atmosphere where athletes can challenge themselves, support one another, and be part of a growing tradition for distance running in British Columbia.

BURNABY CENTRAL TRACK

Burnaby Central Track is a well-situated outdoor athletics facility in Burnaby, offering a quality venue for track and field training, club programming, school competitions, and sanctioned events. With its accessible location and strong community sport environment, the facility provides athletes, coaches, and event organizers with a practical and welcoming setting for competitive opportunities such as the BC Athletics 5000m Track Championships.



ELIGIBILITY

To participate in the BC Athletics Outdoor Track & Field Championships, athletes must:

- Have a valid 2026 BC Athletics Annual Athlete Membership or the equivalent from another Provincial Branch (e.g. Athletics Alberta) or World Athletics Federation (e.g. Athletics Australia).
- Be at least 16+ years of age (YOB 2010) as of December 31, 2026

Athletes from another Provincial Branch or WA Federation must email **GARRETT COLLIER** with proof of valid membership and good standing before registering for this event.

Masters athletes wishing to compete in the Senior category must have a Senior/Master Annual Athlete membership with BC Athletics. Please contact **CRISTI LUNDMAN** with any questions

Non-Member Single Event Licenses are not available or accepted for this event.

REGISTRATION

Participants can register [online here](#).

REGULAR REGISTRATION	LATE REGISTRATION
JUNE 14 - 11:59PM (PST)	JUNE 21 - 11:59PM (PST)
\$40.00 per entry + GST (5%) + \$5.00 ODF* + \$10.00 non-BCA Member Fee**	\$50.00 per entry + GST (5%) + \$5.00 ODF* + \$10.00 non-BCA Member Fee**

*Officials Development Fee

X NO REFUNDS AFTER LATE REGISTRATION IS CLOSED (SEE ABOVE). NO EXCEPTIONS
X NO REGISTRATIONS ACCEPTED AFTER LATE REGISTRATION CLOSSES (SEE ABOVE). NO EXCEPTIONS

AWARDS

Only BC Athletics members are eligible for championship medals. Awards can be collected at the Awards Desk located near the Athlete Welcome Desk. A podium and backdrop will be available for pictures near the Championships Welcome Centre.



RESULTS

This event will use live results. A link to live results will be provided in final championship details emailed to all participants in addition to social media prior to the start of the event.

MEDICAL AND FIRST AID

Emergency first aid care will be provided on site. The medical tent will be located next to the track on the infield of the track. The nearest hospital is: [Burnaby Central Hospital – 3935 Kincaid Street, Burnaby, BC V5G 1S2](#)

TECHNICAL INFORMATION

There will be no technical meeting prior to the start of the event. All information will be available online. Technical questions should be submitted to [Garrett Collier](#).

COMPETITION CATEGORIES

This event will serve as the provincial 5000m track championship for the following competition categories: U20 (2007/2008), Open (2006+) and Masters (35+).

COMPETITION ATTIRE

Athletes who are members of affiliated clubs are encouraged to wear their club-issued uniform. Unattached athletes should wear appropriate athletic gear for their event(s). Relay teams must wear matching singlets/tops (slight differences in design permitted). Present or past BC Athletics and/or Athletics Canada Team Uniforms are not permitted to be worn at the provincial championships.

SPIKE LENGTH

The maximum spike length allowed is 7mm (pyramid or Christmas tree) for all events

ATHLETE WARM UP

Athletes will be permitted for general warm up on the infield and surrounding trails/fields.



CALL ROOM / CHECK-IN TIMES

There will be no call room for this event. Athletes will check in at the starting line.

EVENT SEEDING

Coaches and athletes must enter a valid outdoor performance when registering for all events to ensure correct seeding. Performances will be accepted from June 21, 2025, to June 21, 2026. All seeds marks will be validated once registration is closed.

Performances from certified road races will be accepted. If an athlete does not have a 5000m or 5K within the qualifying period (see above) they may use converted 3000m, 10000m or 10K performance. In these cases, the event will use the [Mercier Score Calculator](#):

- 3000m time – convert to 5000m time and add 10 seconds
- 10,000m / 10K time – convert to 5000m time (no penalty)

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, e.g., the Field Referee for the Field event, or the Track Referee for the Track event. A protest concerning a false start shall be made to the Track Referee, or (if there is one) the Start Referee recognizable by the red arm band.

Only an athlete and their representative 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 at the Championship Headquarters if the Referee is not immediately available. No deposit is required for a protest.

In track events, “if an athlete makes an immediate oral protest against having been charged with a false start, a Track Referee may, if they are in any doubt, allow the athlete to compete “under protest” in order to preserve the rights of all concerned (WA TR 8.4). Please also refer to the remaining rules in RULE 8.4 for clarification of other potential issues.

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 CASH DEPOSIT** shall accompany an Appeal to the Jury Form located at the Finish line tent. 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 people will be available for decisions arising from protests. All decisions are final.