



# 2024 BC MOUNTAIN & TRAIL RUNNING TEAM

## BC Team Selection Criteria

### I. OVERVIEW

#### TRAIL RUNNING

- The 2024 BC Trail Running Team will be selected for representing BC at the:

**2024 Canadian Trail Running Championships  
Squamish, BC – August 17 & 18, 2024**

<https://squamish50.com/>

- The 2024 Canadian Trail Running Championships will serve as a selection race for the Canadian Trail Running National team:

See the Athletics Canada National Team Programs at: <http://athletics.ca/national-team>.

#### MOUNTAIN RUNNING

- The 2024 BC Mountain Running Team will be selected for representing BC at the:

**2024 Canadian Mountain Running Championships  
Quebec City, QC – October 12 & 13, 2024**

<https://www.defidescouleurs.ca/>

- The 2024 Canadian Mountain Running Championships will serve as a selection race for the Canadian Mountain Running National team:

See the Athletics Canada National Team Programs at: <http://athletics.ca/national-team>.

**BC Athletics will provide support to selected BC Team athletes going to the National Championships.** See the General Criteria for Funding & Team Selection at <https://www.bcatletics.org/BCTeams/> and the Selection Guidelines below.

- BC Team Fees for National Meets hosted outside BC are \$262.50
- **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.
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## II. GENERAL INFORMATION

Dates	Description	Location/Notes
11.59pm Sunday July 28, 2024	Deadline to apply for Canadian Trail Running Team	
17.00pm Tuesday July 30, 2024,	Selection of Canadian Trail Running Team	
August 17 & 18, 2024	Canadian Trail Running Championships	Squamish, BC
11.59pm Sunday Sept 15, 2024	Deadline to apply for Canadian Mountain Running Team	
17.00pm Tuesday September 13, 2024	Selection of Canadian Mountain Running Team	
October 12 & 13, 2024	Canadian Mountain Running Championships	Quebec City, QC

## III. SELECTION GUIDELINES

Athletes wishing to be considered for selection to the Canadian Trail and Mountain Running Team must:

1. Meet the BC Athletics General Criteria for Funding Support and Selection.  
<https://www.bcatletics.org/BCTeams/>
2. Have been a Registered Competitive Athlete Member of BC Athletics before applying to the BC team.  
<https://www.bcatletics.org/Membership/>
3. Meet the Selection Criteria below.

1. **Canadian Trail Running Championships (50 Mile Event)**

- The Selection Process for the Long Trail event will involve three (3) steps. These steps will be followed until one man and one woman have been selected.

Step 1 – Automatic Selection (World Championships)

- Athletes placing in the top 30 at the Long Trail event at the 2023 World Mountain & Trail Running Championships held in Innsbruck, Austria will be selected based on descending order until the maximum team size has been reached.

Step 2 – Automatic Selection (2023 Canadian Championships)

- Athletes placing in the top 3 at the 2023 Canadian Mountain & Trail Running Championships (Squamish 50 (50 Mile Distance)) on Sunday, August 19, 2023 will be selected based on descending order until the maximum team size has been reached.

Step 3 – At Large Qualifier

- Remaining spots will be filled by the Selection Panel based on performances at any mountain running, trail running, and/or road running events in 2023 and 2024. Preference will be given to those eligible athletes who competed at the 2023 Canadian Mountain & Trail Running Championships, 2023 World Mountain & Trail Running Championships, 2023 NACAC Mountain & Trail Running Championships and other domestic & international races recognized for having competitive fields. Athletes competing exclusively at local “grassroots” events, with limited depth of field, are unlikely to be selected.
- In making these decisions related to individual events the Selection Panel will take into account, but not be limited to, the following factors (the order of factors does not imply an order of priority for the Selection Panel):
  - Best performance during the Qualifying Period;
  - Head-to-head results during the Qualifying Period;
  - Results at the National Championships in this event;
  - Athlete strengths (e.g., ascending, descending);
  - Health and fitness levels that indicate optimal competitive readiness;
  - Competition evidence of the ability to performance on demand, preferably in the same event and at this level of competition;
  - The impact of the likely competition schedule for athletes competing in one or more events.

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## 2. Canadian Trail Running Championships (50 Kilometre Event)

- The Selection Process for the Short Trail event will involve four (4) steps. These steps will be followed until one man and one woman athlete have been selected.

### Step 1 – Automatic Selection (World Championships)

- Athletes placing in the top 30 at the Short Trail event at the 2023 World Mountain & Trail Running Championships held in Innsbruck, Austria will be selected based on descending order until the maximum team size has been reached.

### Step 2 – Automatic Selection (2023 Canadian Championships)

- Athletes placing in the top 3 at the 2023 Canadian Mountain & Trail Running Championships (Squamish 50 (50 Kilometre Distance)) on Saturday, August 18, 2023 will be selected based on descending order until the maximum team size has been reached.

### Step 3 – Automatic Selection (2023 NACAC Championships)

- Athletes placing in the top 3 at the 2023 NACAC Mountain & Trail Running Championships (Squamish 50 (50 Kilometre Distance)) on Saturday, September 16, 2023 will be selected based on descending order until the maximum team size has been reached.

### Step 4 – At Large Qualifier

- Remaining spots will be filled by the Selection Panel based on performances at any mountain running, trail running, and/or road running events in 2023 and 2024. Preference will be given to those eligible athletes who competed at the 2023 Canadian Mountain & Trail Running Championships, 2023 World Mountain & Trail Running Championships, 2023 NACAC Mountain & Trail Running Championships and other domestic & international races recognized for having competitive fields. Athletes competing exclusively at local “grassroots” events, with limited depth of field, are unlikely to be selected.
- In making these decisions related to individual events the Selection Panel will take into account, but not be limited to, the following factors (the order of factors does not imply an order of priority for the Selection Panel):
  - Best performance during the Qualifying Period;
  - Head-to-head results during the Qualifying Period;
  - Results at the National Championships in this event;
  - Athlete strengths (e.g., ascending, descending);
  - Health and fitness levels that indicate optimal competitive readiness;
  - Competition evidence of the ability to performance on demand, preferably in the same event and at this level of competition;
  - The impact of the likely competition schedule for athletes competing in one or more events.

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### 3. Canadian Mountain Running Championships (Classic Up and Down)

- The Selection Process for the Senior Teams for the Classic Up & Down race will involve four (4) steps. These steps will be followed until one man and one woman have been selected.

#### Step 1 – Automatic Selection (World Championships)

- Athletes placing in the top 30 at the Classic Up and Down event at the 2023 World Mountain & Trail Running Championships held in Innsbruck, Austria will be selected based on descending order until the maximum team size has been reached.

#### Step 2 – Automatic Selection (2023 NACAC Championships)

- Athletes placing in the top 3 at the 2023 NACAC Mountain & Trail Running Championships (Beaver Flats 10km) on Saturday, September 16, 2023 will be selected based on descending order until the maximum team size has been reached.

#### Step 3 – World Rankings

- If any spots remain, they will be filled by those athletes ranked in the Top 100 of the Mountain Running World Rankings at the end of the Qualifying Period and will be selected based on descending order until the maximum team size has been reached. A top 100 ranked athlete will be given the opportunity to declare for either/or both of the Classic Up & Down and Vertical Uphill events depending on the final schedule of the Championships.

#### Step 4 – At Large Qualifier

- If any spots remain, they will be filled by the Selection Panel based on performances at any mountain running, trail running, cross-country, road running or track (5000m, 10,000m and 3000m SC only) events in 2023 and 2024. Preference will be given to those eligible athletes (Section 13) who competed at the 2023 Canadian Mountain & Trail Running Championships, 2023 World Mountain & Trail Running Championships, 2023 NACAC Mountain & Trail Running Championships and other domestic & international races recognized for having competitive fields. Athletes competing exclusively at local “grassroots” events, with limited depth of field, are unlikely to be selected.
- In making these decisions related to individual events the Selection Panel will take into account, but not be limited to, the following factors (the order of factors does not imply an order of priority for the Selection Panel):
  - Best performance during the Qualifying Period;
  - Head-to-head results during the Qualifying Period;
  - Results at the National Championships in this event;
  - Athlete strengths (e.g., ascending, descending);
  - Health and fitness levels that indicate optimal competitive readiness;
  - Competition evidence of the ability to performance on demand, preferably in the same event and at this level of competition;
  - The impact of the likely competition schedule for athletes competing in one or more events.

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#### 4. Canadian Mountain Running Championships (Vertical Uphill)

- The Selection Process for the Senior Teams for the Vertical Uphill race will involve three (3) steps. These steps will be followed until one man and one woman have been selected.

##### Step 1 – Automatic Selection (World Championships)

- Athletes placing in the top 30 at the Vertical Uphill event at the 2023 World Mountain & Trail Running Championships held in Innsbruck, Austria will be selected based on descending order until the maximum team size has been reached.

##### Step 2 – World Rankings

- If any spots remain, they will be filled by those athletes ranked in the Top 100 of the Mountain Running World Rankings at the end of the Qualifying Period and will be selected based on descending order until the maximum team size has been reached. A top 100 ranked athlete will be given the opportunity to declare for either/or both of the Classic Up & Down and Vertical Uphill events depending on the final schedule of the Championships.

##### Step 3 – At Large Qualifier

- If any spots remain, they will be filled by the Selection Panel based on performances at any mountain running, trail running, cross-country, road running or track (5000m, 10,000m and 3000m SC only) events in 2023 and 2024. Preference will be given to those eligible athletes (Section 13) who competed at the 2023 Canadian Mountain & Trail Running Championships, 2023 World Mountain & Trail Running Championships, 2023 NACAC Mountain & Trail Running Championships and other domestic & international races recognized for having competitive fields. Athletes competing exclusively at local “grassroots” events, with limited depth of field, are unlikely to be selected.
- In making these decisions related to individual events the Selection Panel will take into account, but not be limited to, the following factors (the order of factors does not imply an order of priority for the Selection Panel):
  - Best performance during the Qualifying Period;
  - Head-to-head results during the Qualifying Period;
  - Results at the National Championships in this event;
  - Athlete strengths (e.g., ascending, descending);
  - Health and fitness levels that indicate optimal competitive readiness;
  - Competition evidence of the ability to performance on demand, preferably in the same event and at this level of competition;
  - The impact of the likely competition schedule for athletes competing in one or more events.

- **Team Manager Kevin O'Connor**