2026 BC 5K ROAD TEAM

TEAM SELECTION CRITERIA

1.0 BC 5K Team

The BC 5K Team represents the province's top distance running talent, proudly competing under the banner of BC Athletics. Selected based on performance standards, competitive readiness, and commitment to excellence, team members embody the values of integrity, teamwork, and high performance. The BC 5KTeam provides athletes with the opportunity to represent British Columbia at the Canadian 5K Championships, while receiving the support, resources, and leadership necessary to perform at their best. Through this program, BC Athletics continues to foster the development of endurance athletes and promote a culture of excellence across the province.

2.0 Team Objectives

To support BC Athletics in achieving podium performances and have all athletes finish in the Top 8 at the 5K Road Championships

3.0 2026 5K Road Championships

The 2026 5K Road Championships will be held as part of the Marathon Beneva De Montreal Road runners will compete for the national title. This championship race is scheduled for Saturday October 10, 2026, providing a fast, competitive course and a highlight event for Canada's elite distance runners.

4.0 FUNDING

The 2026 BC 5K Road Team will be an ATHLETE SUPPORTED TEAM. Selected athletes will be provided with a $500 performance assistance stipend to attend the 2026 Canadian 5k Road Championships in addition to BC Team Kit. Athletes will be required to make their own accommodation and register for the event. There will be no staff assigned to this team.

5.0 ELIGIBILITY

To be eligible for selection, athletes must:

a. Be at least 18 years old (born 2008) as of December 31, 2026.
b. Have an active 2026 Annual Athlete Member (U20, Senior or Senior/Masters) and be a member in good standing at the time of achieving the published performance standard.
c. Must be a Canadian Citizen or Permanent Resident.
d. Must have a permanent residence in British Columbia for at least 6 months prior to the published selection date or plans to resume residency in British Columbia but is temporarily residing outside of British Columbia due to personal, professional or academic work requirements.
e. Submit an online declaration by:
f. Achieve the published performance standard(s) outlined in APPENDIX B within the published qualification window in APPENDIX A.
g. Comply with the BC Athletics Competitive Readiness Policies outlined in section 6.9

6.0 SELECTION CRITERIA

6.1 ATHLETE DECLARATION

a. All Athletes wishing to be considered for the 2026 BC 5K Road Team must complete an online Athlete Declaration here.

6.2 PERFORMANCE STANDARDS

a. All Athletes wishing to be considered for selection (in the selection pool), must achieve the published standard outlined in APPENDIX B during the published qualification window outline in APPENDIX B.

6.3 SELECTION TRIALS

a. There will be no selection trials for the 2026 BC 5K Road Team. Please note there are no BC 5K Road Championships in 2026.

6.4 ELIGIBLE PERFORMANCES

a. Eligible performances must be listed on the Athletics Canada Rankings for consideration. No exceptions.

6.5 SELECTION PROCESS

Athletes who meet the eligibility requirements (see Section 5.0) for selection will be selected in the following order until the team quota is met (2 male / 2 female):

1. Athletes who finished in the Top 3 at the 2025 Canadian 5K Road Championships.
2. The next fastest eligible athletes.

6.6 PROVISIONAL ROSTER

A provisional roster will be posted no later than Tuesday, September 8 by 5:00 PM on the BC Teams webpage. An email will be sent to all declared athletes with a link to the provisional roster.

6.7 APPEALS

a. Eligibility to Appeal

Only athletes who meet the eligibility criteria outlined in section 5.0 may submit an appeal for team selection.

b. Appeal Process

Athletes who are eligible for an appeal will have 24 hours from the posting of the provisional roster to submit an appeal via the online BC Team Appeal for Selection Form. Appellants must agree to a $50.00 CDN fee should their appeal be denied.

Once an appeal has been received, BC Athletics will review the appeal and render a decision. Once the appeal has been ruled on, the decision will be considered final, and the appeal will be closed.

If an appeal is denied, the appellant will receive an invoice for the $50.00 CDN appeal fee. If an appeal is upheld the appellant will not be required to pay the appeal fee.

c. Online Appeal Form

Those eligible athletes wishing to file an appeal can do so via the BC Team Appeal for Selection Form here.

6.8 FINAL ROSTER

BC Athletics will post the final roster after all appeals have been ruled on. The final roster will be posted on the BC Teams webpage. An email will be sent to all declared athletes with a link to the final roster.

6.9 COMPETITIVE READINESS POLICY

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

a. BC Team Confirmation Form

Upon final selection to a BC Team, selected athletes will confirm their status on the team via the online 2026 BC Team Confirmation Form to be sent directly via email. As part of this form, both athlete and primary coach must disclose to BC Athletics any reasons (injury/illness) that may affect their competitive readiness.

b. 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 coach on a case-by-case basis to certify the athlete's competitive readiness.

c. 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 may be used as an evaluation tool if competition is not possible.

d. Violation of Competitive Readiness

If an athlete and personal coach falsely certify 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:

- Responsible for refunding BC Athletics the total costs incurred for team travel, entries, equipment transportation and any additional costs associated with the BC Team.

- 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.

7.0 TEAM INFORMATION

7.1 TEAM SIZE

BC athletics will select up to 2 male and 2 female athletes for this team.

7.2 TEAM FEES

As an ATHLETE SUPPORTED TEAM no team fees will be charged for this team.

7.3 ATHLETE ENTRIES

As an ATHLETE SUPPORTED TEAM athletes are required to enter themselves into the 2026 Canadian 5K Road Championship event.

7.4 TRAVEL

As an ATHLETE SUPPORTED TEAM athletes are required to make their own travel arrangements. Note: Athletes must agree to arrive in Montreal no later than Thursday, October 8, 2026.

7.5 ACCOMMODATION

As an ATHLETE SUPPORTED TEAM athletes are required to make their own accommodation arrangements.

7.6 TEAM MEETINGS

There will be no team meetings.

7.7 TEAM COMMUNICATIONS

BC Athletics will communicate directly with selected athletes via email or phone when required.

8.0 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.

9.0 QUESTIONS

For any question regarding this team, please contact:

Kevin O'Connor
BC Athletics
Non-Stadia Program Manager

kevin.oconnor@bcathletics.org
604.333.3553

APPENDIX A | SELECTION CALENDAR

IMPORTANT DATES

DATE(S)	ITEM	NOTE
MAY 23, 2025	Qualification Window Open	
JANUARY 1, 2026	Proof of Fitness Window Closes*	
MARCH 8, 2026	Selection Criteria Posted	BC Team Webpage
September 6, 2026	Qualification Window Closes	
September 6, 2026	Athlete Declaration Deadline	Online Form
September 8, 2026	Team Selection	
September 8, 2026	Provisional Roster Posted (5:00pm PST)	BC Teams Webpage
September 9-10, 2026	Final Roster Posted (5:00pm PST)	BC Teams Webpage
October 10, 2026	Canadian 5K Road Championships	Montreal, QB

* Required if standard achieved before January 1, 2026.

APPENDIX B | PERFORMANCE STANDARDS

5K ROAD PERFORMANCES

Sex	Standard
WOMEN	16:53
MEN	14:14

Eligible performances must be on the Athletics Canada Rankings for consideration. Only performances during the published qualification window (APPENDIX A) will be considered.

APPENDIX C | CHANGE HISTORY

LAST UPDATE

DATE	CHANGE/NOTE
March 8, 2026	Selection Criteria Posted