

2026 BC MOUNTAIN RUNNING TEAM

TEAM SELECTION CRITERIA

1.0 BC Mountain Running Team

The BC Mountain Running 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 Mountain Running Team provides athletes with the opportunity to represent British Columbia at the Canadian Mountain Running 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 Canadian Mountain Running Championships

3.0 2026 Mountain Running Championships

The 2026 Mountain Running Championships will be held as part of the Defi Des Couleurs Mountain Running Weekend October 9-11, 2026, runners will compete for the national title. The MSA Vertical will be held Saturday October 10, and the MSA Classic Up and Down will be held on Sunday October 11. The championship races are providing a challenging, competitive course and a highlight event for Canada's trail distance runners.

4.0 FUNDING

The 2026 Mountain Running Team will be an ATHLETE SUPPORTED TEAM. Selected athletes will be provided with a \$500 performance assistance stipend to attend the 2026 Canadian Mountain Running 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 20 years old (born 2006) as of December 31, 2026.
- b. Have an active 2026 Annual Athlete Member (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 Mountain 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

6.4 There will be no selection trials for the 2026 BC Mountain Running Team. Please note there are no BC Mountain Running Championships in 2026.

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 for the both the MSA Vertical and the MSA Classic Up & Down is met (2 male / 2 female for each distance):

1. Athletes who represented Canada and competed at the 2025 World Mountain Vertical and Classic Up & Down Championships based on their finish order.
2. Finished in the Top 8 at the 2025 Canadian Vertical and Classical Up & Down Championships based on their finish order.
3. If any spots remain, they will be filled based on performances at any mountain running, trail running, cross-country, road running or track (5000m,10000m and 3000m SC only) events in, 2025 and 2026 from September 25, 2025, to May 3, 2026.

Preference will be given to those eligible athletes who competed at the 2025 Canadian Mountain Running Championships and other BC Championships 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.
- Discretionary spots will only be selected if the athlete(s) demonstrate ‘competitive readiness. These include the following:
 - Best performance during the Qualifying Period.
 - Head-to-head results during the Qualifying Period.
 - Results at the National Championships in this event.
 - 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.

6.6 PROVISIONAL ROSTER

A provisional roster will be posted no later than Tuesday, August 18, 2026, 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 Vertical Mountain Running Team will select up to 2 male and 2 female athletes for this team.

BC athletics Classical Up & Down Mountain Running Team 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 Mountain Running Vertical and Classic Up & Down 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 Quebec 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 AMENDMENTS

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
Sept 25, 2025	Qualification Window Open	
March 19, 2026	Selection Criteria Posted	BC Team Webpage
August 17, 2026	Qualification Window Closes	
August 17, 2026	Athlete Declaration Deadline	Online Form
August 19, 2026	Team Selection	
August 19, 2026	Provisional Roster Posted (5:00pm PST)	BC Teams Webpage
August 20-21, 2026	Final Roster Posted (5:00pm PST)	BC Teams Webpage
October 10-11, 2026	Canadian MSA Vertical and Classic Up & Down Mountain Running Championships	Quebec, QC

* Required if standard achieved before January 1, 2026.

APPENDIX B | CHANGE HISTORY

LAST UPDATE

DATE	CHANGE/NOTE
March 19, 2026	Selection Criteria Posted