



2019 BC U18, U20, SENIOR & MASTERS CROSS COUNTRY TEAM

BC Team Selection Criteria

I. OVERVIEW

- The 2019 BC U18, U20, Senior & Masters Team will be selected for competition representing BC at the:

2019 Canadian Cross Country Championships
Abbotsford, BC – Saturday, November 30, 2019

<https://athletics.ca/championnat/2019-canadian-cross-country-championships/>

- The 2019 Canadian Cross Country Championships will be the selection meet for the following U20 and Senior National teams:

2019 Pan-Am Cross Country Championships
Victoria, BC – Saturday, February 29, 2020

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

BC Athletics will provide support to those qualifying athletes. See the General Criteria for Funding & Team Selection at <https://www.bcathletics.org/BCTeams/> and the Selection Guidelines below.

- **MAXIMUM TEAM SIZE = 44 Athletes + Staff**
- BC Team Fees for National Meets hosted in BC are \$105.00
- Athletes competing in the USports CanWest Championship, or other University competition as part of your school team or applying for an exemption as noted below must file a declaration by 11:00am Saturday October 26, 2019.
Form is located at –
https://www.cognitofrms.com/BCAthletics1/_2019BCCrossCountryChampionshipsExemptionForm
- **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.

II. GENERAL INFORMATION

Dates	Description	Location/Notes
October 26, 2019 11:00am	Deadline filing for an exemption if not competing in the BC Cross Country Championships	Click here for form
October 26, 2019	BC Cross Country Championships	Saanich, BC
November 2, 2019	BC High Schools Cross Country Championships	Abbotsford, BC
November 5, 2019	BC Team Cross Country Team Selection	
November 21, 2019 (1:00pm PST)	Entry Deadline for Canadian Championships	BC Athletics will enter all BC Team Members
November 30, 2019	2019 Canadian Cross Country Championships	Abbotsford, BC

III. SELECTION GUIDELINES

Athletes wishing to be considered for selection to the BC U18, U20, Senior and Masters Cross Country Team must:

1. Meet the BC Athletics General Criteria for Funding Support and Selection.
<https://www.bcatletics.org/BCTeams/>
2. Compete in the events they wish to be considered for at the 2019 BC Cross Country Championships, unless due to the following reasons are unable to compete, in which case a declaration must be filed before 11:00am Saturday October 26, 2019. [Click here for form](#)
All notifications of non-participation must be accompanied by current, fall of 2019 Cross Country performances.
 - a. **Competing at the 2019 USports CanWest Championship or other University Team Competition** and unable to compete at BC XC Championships.
 - b. **Competing on a Canadian Team or BC Team** and unable to compete at BC XC Championships.
 - c. **Injury or Illness** - ONLY a letter from a medical doctor will be accepted and should accompany your exemption declaration.
 - d. **Domestic Affliction** - defined as a personal or family tragedy, incident or emergency that does not allow you to attend the Championships.
 - e. **Education, Exam or Graduation Commitment** – A letter from a school representative must be provided.
3. Have been a Registered Competitive Athlete Member of BC Athletics before the start of the 2019 BC Cross Country Championships.
<https://www.bcatletics.org/Membership/>
4. Meet the Selection Criteria below.

IV. SELECTION CRITERIA

Selection for the BC Teams will be based upon results from the BC Cross Country Championships, with consideration given to athletes under #2 above, should such be warranted, or as noted in criteria.

NOTE 1: U16 Boys and Girls are **not eligible** for selection to the BC U18 teams, and cannot contest the BC U18 Cross Country Championship. U16 Boys and Girls may enter the Canadian U18 Cross Country Championships as individuals.

NOTE 2: U18 Men and U18 Women who will be 17 or 18 in 2020 will be considered for selection to the BC U20 Men's & Women's teams if they run the BC U20 Championship.

NOTE 3: U20 Men & U20 Women who will be 20 in 2020 will be considered for selection to the BC Senior Men's & Women's teams if they run the BC Senior Championship.

1. **U18 Women –**

- Top 4 automatic selection from the U18 Women's BC Cross Country Championships
- Plus up to 2 selected by the selection committee, if performance warrants following the BC High School Cross Country Championships.
- Exceptional performance at the BC High School Championships is noted as placing 1st or 2nd.
- Priority will be given to athletes that have performed well at the BC Cross Country Championships.
- Non-automatic selections must have run either the U18 or U20 BC Cross Country Championships, or had received an exemption under #2 in the selection guidelines above.

2. **U18 Men –**

- Top 4 automatic selection from the U18 Men's BC Cross Country Championships.
- Plus up to 2 selected by the selection committee, if performance warrants following the BC High School Cross Country Championships.
- Exceptional performance at the BC High School Championships is noted as placing 1st or 2nd.
- Priority will be given to athletes that have performed well at the BC Cross Country Championships.
- Non-automatic selections must have run either the U18 or U20 BC Cross Country Championships, or had received an exemption under #2 in the selection guidelines above.

3. **U20 Women –**

- Top (1) automatic selection from the U20 Women's BC Cross Country Championships.
- Top 3 automatic selection from the USports CanWest Championship athletes that have declared with BC Athletics through #2 above in the selection criteria.
- Plus up to 2 selected by the selection committee, if performance warrants.
- Performances in both the BC Cross Country Championships and the USports CanWest Championships will be considered, with priority given to the BC Cross Country Championship competitors.

4. **U20 Men –**

- Top (1) automatic selection from the U20 Men's BC Cross Country Championships.
- Top 3 automatic selection from the USports CanWest Championship athletes that have declared with BC Athletics through #2 above in the selection criteria.
- Plus up to 2 selected by the selection committee, if performance warrants.
- Performances in both the BC Cross Country Championships and the USports CanWest Championships will be considered, with priority given to the BC Cross Country Championship competitors.

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5. **Senior Women –**
 - Top 3 automatic selection from the Senior Women's BC Cross Country Championships.
 - Top (1) automatic selection from the USports CanWest Championship athletes that have declared with BC Athletics through #2 above in the selection criteria.
 - Plus up to 2 selected by the selection committee, if performance warrants.
 - Performances in both the BC Cross Country Championships and the USports CanWest Championships will be considered, with priority given to the BC Cross Country Championship competitors.

6. **Senior Men –**
 - Top 3 automatic selection from the Senior Women's BC Cross Country Championships.
 - Top (1) automatic selection from the USports CanWest Championship athletes that have declared with BC Athletics through #2 above in the selection criteria.
 - Plus up to 2 selected by the selection committee, if performance warrants.
 - Performances in both the BC Cross Country Championships and the USports CanWest Championships will be considered, with priority given to the BC Cross Country Championship competitors.

7. **Masters Women –**
 - Top (1) automatic selection from the Masters Women's BC Cross Country Championships.
 - Plus up to three top performers based on "age graded tables" from the Masters Women's BC Championships will be considered for the Masters team should performance warrant.

8. **Masters Men –**
 - Top (1) automatic selection from the Masters Men's BC Cross Country Championships.
 - Plus up to three top performers based on "age graded tables" from the Masters Men's BC Championships will be considered for the Masters team should performance warrant.

2019 BC Cross Country Team Staff

- **Head Coach**
- **Staff/Team Coach (up to 4 will be selected)**
- **Team Manager**

Applications will open for BC Cross Country Team Staff in early September and announced early October.