

CROSS COUNTRY

WEBSITE: <http://sd23crosscountry.weebly.com/>

Distance:

Juniors 4 km

Seniors 5 km

The course should be challenging, but at ALL times give due care and attention to the safety of the athletes.

Eligibility:

All athletes who enter the Zone Championships regardless of whether they are seeking to qualify for the BC High School Championships must meet BC School Sports eligibility requirements. Schools and athletes must be registered with BC School Sports before the Fall season deadline.

Athletes are required to complete at least one sanctioned school league cross country meet before participating in the zone championships. This is to foster growth in the sport and encourage each school team to actually compete as a unified team. Athletes are NOT exempt from the minimum requirement due to vacations or involvement in other sports or club commitments – having student athletes complete one school race is not onerous.

Whichever level the athlete competes at in the zone championships is the level they must be entered for the BCHSXC Championships. Athletes cannot be moved for any reason.

Grade 8 students may compete, but must compete as Junior or Senior runners.

Please don't register grade 8 athletes that can't legitimately compete against the older athletes.

There is no limit on numbers of athletes per school, but only 7 athletes in each senior category and 6 athletes in each junior category will be utilized for displacement.

Race Registration:

Coaches must email entries to both the commissioner and the race director no later than 3:30 pm on the Friday before the championships. Entries should include athletes' first name, last name, sex, grade, school, and competition level (junior or senior).

Entry Fee:

Host schools may charge up to \$5 per athlete to fund ribbons, snacks, and drinks for the athletes.

Scoring:

Senior Division team scoring is based on a maximum of 7 athletes in both the boys and girls races. The first 4 runners will score for their team for the purpose of placement. Fifth, sixth, and seventh place finishers will be used for displacement. Runners not on a team (4-7 runners from the same school) will not be used for displacement.

Junior Division team scoring is based on a maximum of 6 athletes in both the boys and girls races. The first 4 runners will score for their team for the purpose of placement. The fifth and sixth place finishers will be used for displacement.

Runners not on a team (4-6 runners from the same school) will not be used for displacement.

For both Junior and Senior divisions, in the event of a tie in the points totals between two teams, organizers will use the placement of the fourth place finishers as a means of breaking the tie.

Date: Final Tuesday of October

Host Rotation:

2022 Central Zone

2023 North Zone

2024 Central or West Zone

2025 South Zone