

**VISSA ISLAND CHAMPIONSHIPS
RULES AND REGULATIONS
CROSS COUNTRY
2025**

1. ELIGIBILITY:

Schools must be registered with BC School Sports. Athletes must meet all BC School Sports eligibility requirements.

Grade seven (7) student-athletes cannot participate in the individual sports of aquatics, cross country, gymnastics, mountain biking, skiing / snowboarding, track and field, or wrestling.

Athletes are required to complete at least one sanctioned school league cross country meet before participating in their zone championship. This is to foster growth in the sport and to encourage each school team to actually compete as a unified team.

Minimum # of Students: 1

Roster Registration Deadline

October 15, 2025

2. BERTHING:

Junior Berthing

Girls Teams - 3

Girls Individuals - 13

Boys Teams - 3

Boys individuals - 13

Senior Girls Berthing:

A Teams: 2 berths

A Individuals: 5 berths

AA Teams: 4

AA Individuals: 7

AAA Teams: 5

AAA Individuals: 8

Senior Boys Berthing:

A teams: 2 berths

A Individuals: 4 berths

AA Teams: 3 berths

AA Individuals: 7 berths

AAA Teams: 4 berths

AAA Individuals 6 berths

Information about the BC Championship can be found on the BC School Sports site:

<https://www.bcschoolsports.ca/commissions/cross-country>

3. ENTRY INFORMATION:

ENTRIES WILL NOW BE DONE ON MILESPLIT

Registration will open on Mile Split for our Vancouver Island Zone Championships between October 10th to October 16th.

BCSS has its own dedicated MileSplit site – <https://bc.milesplit.com>. If you are new to the MileSplit platform, please take a few minutes to review the step-by-step directions.

- BCSS has provided MileSplit with a list of all member schools along with a school-specific 4-letter School Code. If there is an error with the school listing on Milesplit, please contact Harp Sohi hsohi@bcschoolsports.ca at BCSS. Schools are not permitted to change the 4-letter school code.
- All nine zones will use MileSplit to register entries for their zone meet.
- BCSS will provide zone meet information (dates, location, event specifics, meet director, etc.) for each zone championship to MileSplit.
- BCSS will send relevant data (Name, Gender, First day of Grade 8) of registered student-athletes from STARS. We encourage athletic directors and coaches to get their athletes into STARS as quickly as possible. Please note that adding a student-athlete to your STARS roster does not instantaneously sync to MileSplit. (refer to the table below to assist with your planning).

Coaches' Onboarding Assistance

<https://support.milesplit.com/s/onboarding/bcss-coach-onboarding>

Entry Fee is **\$10** per athlete payable to Oak Bay High School. You must pay for each runner you register as Oak Bay High School. is charged a fee per registered runner by the company doing the race results.

Entry Fees are due on the day of the Island Championship. Please make cheques payable to Oak Bay High School.

4. RACE INFORMATION

Schedule

12:00 – Race Package and Number Pick Up

12:30 – Coaches Meeting

12:45 - Para Race

1:00 – Jr. Girls Race

1:30 - Jr. Boys Race

2:00.- Sr. Girls Race

2:45 – Sr. Boys Race

3:30– Awards at Beaver Lake

Course Description: The start and finish zones will be at the Beaver Lake Dog Park parallel to Elk Lake Drive. The terrain is grass, dirt trails, and small crushed gravel along the trail close to the lake. The para race will be one 2K loop of the race course. The juniors will do 4K with 2 long loops, and the seniors will do 5K with one short loop, followed by two long loops. The trail closest to the highway is relatively flat, there is a steep downhill when the trail turns toward Beaver Lake on the long loop, then the trail is a slow gradual uphill as it returns to the dog park.

Course Map [Beaver Lake Map 2025](#)

5. AWARDS & TROPHIES

Awards Ceremony at Beaver Lake Park following the races. Perpetual Trophy to the winning teams – JB, JG, SB, SG. Rosettes to the top 3 teams in each Jr. and Sr categories. Medals to the top 3 individuals in the Jr. and Sr categories. Ribbons to the top 15 individuals in Jr. and Sr. categories. Races and results will not be done by Tier at the Zone level, but will be tiered at the BC Championship level.

BCSS Racing Rules:

- No headphones, airpods, ear buds while racing due to safety concerns.
- Must have Race Bib BELOW team name on singlet
- All athletes **MUST** be in matching team uniforms
- 2 athletes on the starting line in the schools assigned start box.