

1040.0 CROSS COUNTRY

1041.0

Year	Max. Contest Days	First Day of Play	Championship Date	Minimum Numbers	Maximum Roster (@ Provincials)	Season of Play
2021/22	15	Week 6: Sept 7	Week 16: Nov 19-20	1	7	Fall
2022/23	15	Week 6: Sept 6	Week 16: Nov 18-19	1	7	Fall
2023/24	15	Week 5: Sept 5	Week 15: Nov 17-18	1	7	Fall

1042.0 RULES OF PLAY

The rules governing BCSS Cross Country shall be those of BC Athletics with the following rule modifications;

1042.1 Athletes are required to compete at one sanctioned school league cross country meet before participating in zone championships

1042.2 Athletes must qualify to Provincial Championships through their Zone Championship Meet

1042.2.1 An athlete may be allowed to compete at Provincial Championships without having qualified In their Zone Championships given exceptional circumstances. Tournament Director & three (3) elected representatives will rule on whether an athlete qualifies based on exceptional circumstances.

1042.2.2 An application for exemption must be emailed by the appropriate zone representative to BC School Sports on the Friday, eight days before the Provincial Championship event

1042.2.3 The Championship committee along with the BCSS Office will use the following criteria to determine qualification;

- Runner must have top twenty-five (25) potential at Provincials - they should be a top five (5) runner in league races during the season, smaller zones - top three (3).
- Exceptional circumstances may include;
 - A serious traffic issue (car accident or delayed ferry)
 - A funeral
 - Medical issues, including serious illnesses

Note: Conflict with another sport, an exam, a school field trip, or a family event does not qualify as an exceptional circumstance

1042.2.4 Any decision made by the Championship Committees final, if qualification is granted the athlete must represent their school at the BCSS Provincial Championships.

1042.3 The start line should be straight/arched and at least seventy meters (70m) wide to accommodate fifty-five chutes (55) of 1.25 meter width and long enough to channel runners safely into the course.

1042.4 The start and finish chute should be around the same area and should extend for at least two hundred and fifty (250) meters without narrowing, turning, or ascending/descending a hill.

1042.5 The finish line should be five (5) meters wide with the chute narrowing approximately to one (1) meter at about fifteen (15) meters past the finish line and extending approximately forty (40) meters

1042.6 The course should be able to handle approximately three hundred (300) runners per race and should be wide enough for at least three (3) runners side by side, or approximately five (5) meters to allow for passing.

1042.7 No league meets can take place within 5 days of the zone championship

1042.8 All runners must compete in the same age category at Zone and Provincial Championships

1043.0 EQUIPMENT

1043.1 BCSS Cross Country Championship bibs must be worn and visible at all times during the competition.

1043.2 Athletes must have matching school uniforms, no club representation will be permitted.

1044.0 OFFICIALS

All BCSS Cross Country Championships will use Chip Timing as their official. Chips are embedded in the athletes bibs and are

to be picked up by the athlete when arriving at Provincials. Coaches are not permitted to have any chips on them at any time throughout the competition. For purposes of calculating results, athletes are required to wear the timing chip at all times once they are lined up for their race.

1045.0 PROVINCIAL CHAMPIONSHIPS

1045.1 EVENTS

1045.1.1 The BCSS Cross Country Provincial Championships will be comprised of 4 races; a junior and senior race in both boys and girls categories. Each race must be within the distance range as stated below;

- Junior Boys: Approx. 4km
- Junior Girls: Approx. 4km
- Senior Boys: Approx. 5km
- Senior Girls: Approx. 5km

1045.2 ASSIGNMENT OF STARTING LINE CHUTES

Runners from each zone and associated schools are to be positioned by number from left to right facing the running area. Numbers will be assigned to both individuals and teams from each zone on a yearly rotating basis.

1045.3 BERTHING

1045.3.1 Team Qualification

30 team berth spots will be awarded between each zone per event

- Maximum of seven (7) athletes for both the boys & girls races.
- The first four (4) runners will score for their team for the purpose of qualification.
- Using displacement, the fifth (5th), and sixth (6th) place finishers of a team do not score for their team, but hold their place in the race.
- The tournament committee in cooperation with BC School Sports will submit the total berths per zone shortly after the Fall Team Registration Deadline using the following berthing ratio;

$$\frac{\text{Number of Teams at the Zone Champs}}{\text{Total Number of Teams at all Zone Champs}} = \text{Berthing Ratio}$$

$$\frac{\text{Number of Total Berths Available}}{\text{Berthing Ratio (Per Zone)}} = \text{Total Number of Teams}$$

1045.3.2 Individual Qualification

- 90 individual berths will be awarded between each zone per event. All zones will get 3 automatic individual berths to provincials per event, to be given to the top 3 finishers in each race that did NOT qualify as a team.
- The remaining 63 individual berths will be allocated based on the following berthing ratio:

$$\frac{\text{Number of Individuals at the Zone Champs}}{\text{Total Number of Individuals at All Zone Champs}} = \text{Berthing Ratio}$$

$$\frac{\text{Number of Total Berths Available}}{\text{Berthing Ratio (Per Zone)}} = \text{Total Number of Individual Berths}$$

- Zones are responsible for filling these spots prior to the provincial registration deadline

1045.4 TIE BREAK PROCEDURE

A tie between 2 teams is broken by the finishing position of the 4th runner on the team.

1046.0 AWARDS

- BCSS Championship Banners and championship trophy will be presented to the top school based on their overall team performance in each race for a total of 4 banners to be presented (Jr Boys, Jr Girls, Sr Boys, Sr Girls).
- Top 25 team ribbons (Rosettes to 4th-10th)
- Ribbons for top 25 racers in each race category
- Photo Plaques to top 3 teams in each race
- BCSS Medals for the 1st, 2nd, and 3rd place team finishers
- BCSS Medals for the 1st, 2nd, and 3rd place runners in each race