



# BC Cross Country Championships

October 22, 2005 — 11:00 am

Crescent Park, South Surrey

[www.bcxcchampionships.com](http://www.bcxcchampionships.com)

**Course:** Hard packed grass and clay trails

**Fees:** JD & HS \$7 by Oct 14, \$10 late; all others \$12 by Oct 14, \$15 late. Non-BCA add \$3.

**Contact:** Tom Hastie (hastie71@hotmail.com) 604-536-1394



*David Dolsen photos*

## Race Schedule

Race	Time	Category	Distance	No. of Loops
1	10:00 am	All Comers Event	6.0 km	3 loops
6,7	12:40 pm	Juvenile / Junior Women	5.0 km	2.5 loops
8,9	1:10 pm	Juvenile / Junior Men	7.0 km	3.5 loops
10,11	1:55 pm	Senior / Masters Women	6.0 km	3 loops
12,13	2:30 pm	Senior / Masters Men	10.0 / 8.0 km	5 / 4 loops

## Junior Development

Race	Time	Age Category	Year of Birth	Grade	Distance
2	11:00 am	9 / 10 Year Boys & Girls	96 / 95	4 / 5	2.0 km
3	11:20 am	11 / 12 Year Boys & Girls	94 / 93	6 / 7	2.0 km
4	11:40 am	13 / 14 / 15 Year Girls	92 / 91 / 90	8 / 9 / 10	4.0 km
5	12:10 pm	13 / 14 / 15 Year Boys	92 / 91 / 90	8 / 9 / 10	4.0 km

**BC High School X-C Champs at Clearbrook Park, Abbotsford:**

**November 5, 2005 — [www.bcsscctfa.bc.ca](http://www.bcsscctfa.bc.ca)**

# 2005 Canadian Junior, Senior & Masters Cross Country Championships

Saturday, December 3, 2005  
Jericho Park—Vancouver, BC



SANCTIONED BY: Athletics Canada  
([www.athleticscanada.com](http://www.athleticscanada.com)/Email: [athcan@athletics.ca](mailto:athcan@athletics.ca))  
Canadian Masters Athletic Association (CMAA)  
([www.canadianmastersathletics.com](http://www.canadianmastersathletics.com))

HOSTED BY: BC Athletics  
National Championship web site: [www.bcathletics.org](http://www.bcathletics.org)



## SCHEDULE OF EVENTS

1.	Children's Fun Run 13 and Under (non championship)	1,000m	10:00 a.m.
2.	Master Men & Women (age 30 and up)	8,000m	10:15 a.m.
3.	Community/Open Race (non championship)	5,000m	11:15 a.m.
4.	Junior Women (born 1985 or later)	5,000m	12:00 noon
5.	Junior Men (born 1985 or later)	8,000m	12:45 p.m.
6.	Senior Women	6,000m	1:30 p.m.
7.	Senior Men	10,000m	2:15 p.m.

## SEMINARS, TECHNICAL MEETING & ATHLETICS CANADA PRESENTATION

Date: Friday, December 2, 2005

Site: Empire Landmark Hotel

Time: 7:00 p.m.

An informal reception for Coaches and Officials will follow.

[www.bcathletics.org](http://www.bcathletics.org)