



2023 BCSS Cross Country Running Championships Bulletin #1

Date: November 4th, 2023.

Host: Sullivan Heights Secondary School

Venue: Crescent Park, 2585 132 St., Surrey

BCSS Race Director: Mike Apps, mapps@bcschoolsports.ca 604-477-1485

Berthing**

'A'	'AA'	'AAA'
15 team berths 27 individual berths	20 team berths 36 individual berths	24 team berths 45 individual berths

* The zone champion team in each tier will receive an automatic berth to championships. Remaining berths will be awarded to zones based on berthing ratio.

** Each zone automatically receives 2 individual berths per tier. The remaining berths will be allocated based on berthing ratio.

*** **Final berthing allocation to be released in early October.**

STARS Registration

- All student athletes must be registered on your school's STARS roster.
- Coaches need to be added to your STARS rosters by October 18th. Only coaches on the STARS roster will be permitted to pick up race packages.
 - *All coaches, managers, and assistants listed on school team rosters must complete the Concussion Awareness Training Tool (CATT) for Coaches. CATT certification is valid for two years - cattonline.com*

Important Dates

- STARS Registration Deadline: October 4th, 2023
- XC Zone Championship Completion Date: October 25th, 2023

Additional Details

Uniforms: All teams/athletes must wear matching official school uniforms or singlet during the race and at awards.

- Corporate logos are restricted to a maximum of two logos, and each logo should not exceed the dimensions of a credit card.
- Any teams not meeting the uniform regulations will not be permitted in the race.

Race Structure: The 2023 cross country running championships will be comprised of nine separate categories (see below), each of the races will be run separately. Racers are required to run on the marked trails of their corresponding category. All championship racers will use chip timing. The chips will be embedded in the athlete's race numbers.

- Para (2 km)
- Junior Girls (4 km)
- Junior Boys (4 km)
- 1 A Girls (5 km)
- 1 A Boys (5 km)
- 2 A Girls (5 km)
- 2 A Boys (5 km)
- 3 A Girls (5 km)
- 3 A Boys (5 km)

Team Scoring: Student-athletes running with a qualified team will score points for their competing school based on the classifications below. A detailed breakdown of team scoring will be included in the event information package.

- A: Top three competing runners are scored with a maximum of 5 runners on a team.
- AA: Top four competing runners are scored with a maximum of 7 runners on a team.
- AAA: Top four competing runners are scored with a maximum of 7 runners on a team.

Apparel: Championship clothing can be pre-ordered online through Rush Apparel. Pre-order link will be available October 21st. Limited clothing will be available on-site for purchase during the event.

Championship Website: All race results and championship information (including course maps) will be updated on official provincial championship website. The BCSS championship website is under construction and will be available for the event.

Event Schedule [subject to change]

Friday November 3

Course Preview + Package Pick Up

11:00 AM – 3:00 PM

Coaches Meeting (Location – TBA) 7:30 PM

Saturday November 4

Late Package Pick-Up	7:30 AM
Para Boys & Girls	9:00 AM
Junior Girls	9:35 AM
Junior Boys	10:15 AM
1A Senior Girls	10:50 AM
1A Senior Boys	11:30 AM
2A Senior Girls	12:10 PM
2A Senior Boys	12:50 PM
3A Senior Girls	1:30 PM
3A Senior Boys	2:10 PM
Awards Ceremony	3:00 PM

Accommodation Information:

Sheraton Vancouver Guildford Hotel

15269 104 Avenue, Surrey, BC Canada V3R 1N5 (21 km from race-site)

Book by e-mail at reservation@sheratonguildford.com or at [reservation link here](#)

- **Standard Room** 2 queen beds or 1 king bed, \$159.00 + tax, one complimentary parking on-site per booked room
Room rate available until October 13, 2023

Best Western Peace Arch Inn

2293 King George Boulevard, Surrey, BC, V4A 5A4 (5.5 km from race-site)

Book rooms by phone at 604-541-8100

Booking Code: Cross Country R P C

- **Standard Room** 2 queen Beds, \$149.99 per night + tax, continental breakfast included

Hampton Inn & Suites by Hilton Langley-Surrey

19500 Langley Bypass, Surrey, V3S 7R2 (18.5 km from race-site)

Book rooms at [reservation link here](#) or by phone at 604-540-6545

- **Standard Room** 2 queen Beds, \$169.00 per night + tax
- **King Study Room** 1 king bed + sofa bed, \$179.00 per night + tax
- **King Studio Room** 1 king bed + sofa bed \$199 per night + tax
- **King Kitchenette Suite** 1 king bed and sofa bed, \$219 per night + tax
- All rooms include hot breakfast and free parking

Room rates available until October 02, 2023

Civic Hotel, Autograph Collection

13475 Central Ave, Surrey, BC V3T 0L8 (19.6 km from race-site)

Book rooms at [reservation link here](#) or by phone at 604-951-3331

- Standard Room, 2 queen beds, \$179.00 per night + tax, \$15.00 per night for parking

Rooms blocked until October 03, 2023

Four Points by Sheraton Surrey

10410 158th Street, Surrey, BC, V4N 5C2 (22.4 km from race-site)

[Reservation link here](#)

- **Standard Room**, 2 queen beds, \$189.00 per night + tax
Rooms blocked until October 17, 2023