

2024 VSSAA CROSS COUNTRY MEETS SCHEDULE

LEAGUE MEET #1 - Tue Sept 24 Queen Elizabeth Park

Start/Finish near West 29th and Cambie St

Course surface is all grass. Some short hills.

Meet Director: Dave Cressman

4:00pm - Jr Girls - 2 loops – 4.0 km

4:05pm - Jr Boys - 2 loops – 4.0 km

4:30pm - Sr Girls - 2 loops + 1km loop – 5.0 km

4:35pm - Sr Boys - 2 loops + 1km loop – 5.0 km

LEAGUE MEET #2 - Wed, Oct 2 Quilchena Park

Start/Finish at center of park near West 33rd Ave & Valley Dr

Course surface is grass, fine gravel, wood chip with a few pavement crossings. Some hills.

Meet Director: Stan Jang

4:00pm - Jr Girls - 2 loops – 4.1 km

4:05pm - Jr Boys - 2 loops – 4.1 km

4:30pm - Sr Girls – Inner field loop + 2 loops – 4.7 km

4:40pm - Sr Boys - Inner field loop + 2 loops – 4.7 km

LEAGUE MEET #3 - Tue, Oct 8 Fraserview Golf Course Perimeter Trail

Start/Finish near Rosemont Dr & Rupert St

Course surface is wood chip with a few pavement crossings. Long climb & descent.

Meet Director: Carolyn Hansen

All races are 3.8 km - 1 loop

4:00pm - Jr Girls

4:05pm - Jr Boys

4:30pm - Sr Girls

4:35pm - Sr Boys

LEAGUE MEET #4 - Wed, Oct 16 Langara Golf Course

Start/Finish @ the field on West 49th Ave between Columbia & Alberta Streets

Course surface is mostly dirt and gravel with grass at the start/finish and 2 sections of pavement at the north and south. Long climb & descent.

Meet Director: Jasjit Gill

All races are 5.8 km - 2 loops + start/finish

4:00pm - Jr Girls

4:05pm - Jr Boys

4:30pm - Sr Girls

4:35pm - Sr Boys

VS2S Zone Finals - Wed Oct 23 Jericho Beach Park

12-2pm - package pickup @ finish area

1:30pm - Jr Girls – 2 loops - 4.0 km

2:00pm - Jr Boys – 2 loops - 4.0 km

2:30pm - Sr Girls – 2 loops – 5.0 km

3:15pm - Sr Boys – 2 loops – 5.0 km

4:00pm - Awards @ West Point Grey Academy

BC CHAMPIONSHIPS: Saturday, November 2, Jericho Beach Park, Vancouver, BC

NOTE: Race times yet to be determined as tier 'A' must meet the threshold of 100 entries otherwise will combine with 'AA'