

The schedule for all meets are as follows:

4:00pm - Jr girls
4:05pm - Jr boys
4:30pm - Sr girls
4:35pm - Sr boys

League Meet #1: Thu Sept 26 Quilchena Park (West 33rd Ave & Pine Cres)

The course grass, gravel and woodchip, with 2 short sections of asphalt. Suitable for spikes.
Junior girls & boys 4k
Senior girls & boys 4.6k

League Meet #2: Thu Oct 3 Fraserview Golf Course (Rupert & Rosemont)

Surface is woodchip with four short sections of pavement including a steep descent. Spikes not recommended.

Individual race 3.8k
Relay 4x3.8k

League Meet #3: Thu Oct 10 Quilchena Park (West 33rd Ave & Pine Cres)

Same race format as League Meet #1

League Meet #4: Tue Oct 15 Jericho Beach Park

The course grass, gravel and woodchip. Suitable for spikes.
Junior girls & boys 4.2k
Senior girls & boys 5.0k

Vancouver Sea to Sky Zone Finals: Tue Oct 22 Jericho Beach Park

Link to be provided

BC Championships: Sat Nov 2 Clearbrook Park, Abbotsford

See <http://bcxc.ca/ci.html>

** To be eligible to compete in the Zone Finals, athletes MUST have finished one of the League Meets.

Qualifying for BC Championships:

The results of the Zone Final will be used for qualification to the BC Championships.

Top 20 individuals and top 3 schools (top 4 athletes from each school score)

Coaches may move junior athletes to the senior division.