

	BC Cup #1		BC Cup #2		BC Champs			
	Day 1	Day 2	Day 1	Day 2	Day 1	Day 2	Relay	(BC Champs total)
U14 G	700 m	3.5 km	450 m	3.5 km	3.5 km	5.0 km	2.0 km	(= 10.5 km)
U16 G	1000 m	3.5 km	800 m	5.0 km	7.5 km	5.0 km	3.0 km	(= 15.5 km)
U18 G	1000 m	5.0 km	800 m	5.0 km	10.0 km	5.0 km	3.0 km	(= 18.0 km)
U20 W	1200 m	5.0 km	1200 m	10.0 km	10.0 km	5.0 km	3.0 km	(= 18.0 km)
U23 W	1200 m	5.0 km	1200 m	10.0 km	10.0 km	5.0 km	3.0 km	(= 18.0 km)
U14 B	700 m	3.5 km	450 m	5.0 km	3.5 km	5.0 km	2.0 km	(= 10.5 km)
U16 B	1000 m	5.0 km	800 m	7.5 km	10.0 km	7.5 km	3.0 km	(= 20.5 km)
U18 B	1000 m	10.0 km	800 m	15.0 km	10.0 km	7.5 km	3.0 km	(= 21.5 km)
U20 M	1400 m	10.0 km	1200 m	15.0 km	10.0 km	10.0 km	3.0 km	(= 23.0 km)
U23 M	1400 m	10.0 km	1200 m	15.0 km	10.0 km	10.0 km	3.0 km	(= 23.0 km)

NOTES

1. There are only 5 days between the JWSC Trials and BC Cup #1
2. There are 13 days between the BC Championships and the Nationals
3. 2020 Youth Olympic Games distances – Men (Sprint, 10 km, Cross Country Cross); Women (Sprint, 5 km, Cross Country Cross)
4. World Jr Championship distances - Men (1.0-1.8 km, 5 km, 10 km, 30 km); Women (1.0-1.8 km, 3.3 km, 5 km, 15 km). See page 42 at https://assets.fis-ski.com/image/upload/v1624284540/fis-prod/assets/ICR_CrossCountry_2022_clean.pdf
5. World U23 Championship distances - Men (1.0-1.8 km, 5 km, 15 km); Women (1.0-1.8 km, 5 km, 10 km). See page 42 at https://assets.fis-ski.com/image/upload/v1624284540/fis-prod/assets/ICR_CrossCountry_2022_clean.pdf
6. World (Sr) Championships - Men (15 km, 50 km, 30km, 10 km 1.0-1.8 km and Team Sprint); Women (10 km, 30 km, 15 km, 5 km, 1.0-1.8 km and Team Sprint). See page 41 at https://assets.fis-ski.com/image/upload/v1624284540/fis-prod/assets/ICR_CrossCountry_2022_clean.pdf
7. Olympic Winter Games distances – Men (15 km, 50 km, 30km, 10 km 1.0-1.8 km and Team Sprint); Women (10 km, 30 km, 15 km, 5 km, 1.0-1.8 km and Team Sprint). See page 41 at https://assets.fis-ski.com/image/upload/v1624284540/fis-prod/assets/ICR_CrossCountry_2022_clean.pdf
8. 2021-22 World Cup distances - https://assets.fis-ski.com/image/upload/v1623227205/fis-prod/assets/WC_Calendar_CC21-22.pdf
Note 13 sprint and 17 15 km races for men; 13 sprint and 17 10 km races for women

9. 2022 National Championship distances:

<https://www.crosscountrybc.ca/sites/default/files/documents/National%20Champs%20Agenda.pdf>

10. NC Competitor Model - <https://www.crosscountrybc.ca/sites/default/files/documents/Competition-Model-June-72c-2019-1.pdf>