

	BC Cup #1		BC Cup #2		BC Champs		Relay	(BC Champs total)
	Day 1	Day 2	Day 1	Day 2	Day 1	Day 2		
U14 G	700 m	3.5 km	400 m	3.75 km	3.5 km	5.0 km	2.0 km	(= 10.5 km)
U16 G	1000 m	5.0 km	900 m	7.5 km	5.0 km	5.0 km	3.0 km	(= 13.0 km)
U18 G	1200 m	5.0 km	900 m	10.0 km	7.5 km	5.0 km	3.0 km	(= 15.5 km)
U20 W	1200 m	5.0 km	900 m	10.0 km	7.5 km	5.0 km	3.0 km	(= 15.5 km)
U23 W	1200 m	5.0 km	900 m	10.0 km	7.5 km	5.0 km	3.0 km	(= 15.5 km)
U14 B	700 m	5.0 km	440 m	3.75 km	3.5 km	5.0 km	2.0 km	(= 10.5 km)
U16 B	1000 m	5.0 km	900 m	7.5 km	5.0 km	5.0 km	3.0 km	(= 13.0 km)
U18 B	1200 m	10.0 km	900 m	10.0 km	7.5 km	5.0 km	3.0 km	(= 15.5 km)
U20 M	1200 m	10.0 km	900 m	10.0 km	7.5 km	5.0 km	3.0 km	(= 15.5 km)
U23 M	1200 m	10.0 km	900 m	10.0 km	7.5 km	5.0 km	3.0 km	(= 15.5 km)

NOTES

1. BC Cup #1 is also the trials for the 2023 Canada Winter Games, so the distances reflect what is scheduled for the Games, while, at the same time, using the same competition courses that will be used for the JWSC. In addition, note that the JWSC Trials will be held just 10 days after BC Cup #1.
2. There are only 6 days between the BC Championships and the Nationals in Thunder Bay, ON.
3. 2024 Youth Olympic Games distances – Men (Sprint, 7.5 km, Mixed Relay 4x5 km); Women (Sprint, 7.5 km, Mixed Relay 4x5 km).
4. 2003 World Jr Championship distances - Men (1.2 km, 5 km, 10 km, 20 km); Women (1.2 km, 5 km, 10 km, 20 km).
World U23 Championship distances - Men (1.2 km, 5 km, 10 km, 20 km); Women (1.2 km, 5 km, 10 km, 20 km).
5. 2003 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
6. 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
7. 2022-23 World Cup distances - <https://www.snow-online.com/skimag/cross-country-world-cup-calendar-dates-venues.htm>
15 sprint races and 11 10 km races scheduled for men/women. Of the 14 other WC races of various kinds next winter, 8 will be 20 km and 1 will be 50 km.
8. 2022 National Championship distances: TBD

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