

	BC Cup #1		BC Cup #2		BC Champs		
	Day 1	Day 2	Day 1	Day 2	Day 1	Day 2	Day 3 (BC Champs total)
	Sp.F	M.St.Cl	Int.St.Cl	M.St.F	Sp.Cl	Int.St.F	Relay Cl.
U14 G	600 m	5.0 km	5.0 km	5.0 km	400 m	5.0 km	2.0 km (= 7.4 km)
U16 G	1000 m	5.0 km	10.0 km	7.5 km	800 m	7.5 km	3.0 km (= 11.3 km)
U18 G	1000 m	10.0 km	10.0 km	7.5 km	800 m	7.5 km	3.0 km (= 11.3 km)
U20 W	1000 m	10.0 km	10.0 km	10.0 km	800 m	7.5 km	3.0 km (= 11.3 km)
U23 W	1000 m	10.0 km	10.0 km	10.0 km	800 m	7.5 km	3.0 km (= 11.3 km)
U14 B	600 m	5.0 km	5.0 km	5.0 km	400 m	5.0 km	2.0 km (= 7.4 km)
U16 B	1000 m	5.0 km	10.0 km	7.5 km	800 m	7.5 km	3.0 km (= 11.3 km)
U18 B	1000 m	10.0 km	10.0 km	7.5 km	800 m	7.5 km	3.0 km (= 11.3 km)
U20 M	1000 m	10.0 km	10.0 km	10.0 km	800 m	7.5 km	3.0 km (= 11.3 km)
U23 M	1000 m	10.0 km	10.0 km	10.0 km	800 m	7.5 km	3.0 km (= 11.3 km)

NOTES

1. The first weekend of BC Cup races has been scheduled later in the season than usual (Jan 27-28), so for some age categories the distances for the first BC Cup are longer than usual.
2. There are only 5 days between the BC Games and the BC Championships. There are only 6 days between the BC Championships and the Nationals in Gatineau, QC. This has resulted in shorter than usual distances for relevant age categories at the BC Championships.
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. 2024 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. 2024 National Championship distances: TBD
6. NC Competitor Model - <https://www.crosscountrybc.ca/sites/default/files/documents/Competition-Model-June-72c-2019-1.pdf>