

	BC Cup #1		BC Cup #2		BC Champs		Day 3 (BC Champs total) Relay Cl
	Day 1 Int.S.Cl	Day 2 M.St.F	Day 1 Sp.F	Day 2 M.St.Cl	Day 1 Int.St.F	Day 2 Sp.Cl	
U14 G	2.5 km	3.5 km	450 m	5.0 km	5.0 km	800 m	2.0 km (= 7.8 km)
U16 G	5.0 km	5.0 km	800 m	10.0 km	5.0 km	1000 m	3.0 km (= 9.0 km)
U18 G	5.0 km	10.0 km	800 m	10.0 km	10.0 km	1000 m	3.0 km (= 14.0 km)
U20 W	7.5 km	10.0 km	800 m	10.0 km	10.0 km	1000 m	3.0 km (= 14.0 km)
Sr W	7.5 km	10.0 km	800 m	10.0 km	10.0 km	1000 m	3.0 km (= 14.0 km)
U14 B	2.5 km	3.5 km	450 m	5.0 km	5.0 km	800 m	2.0 km (= 7.8 km)
U16 B	5.0 km	5.0 km	800 m	10.0 km	5.0 km	1000 m	3.0 km (= 11.5 km)
U18 B	5.0 km	10.0 km	800 m	10.0 km	10.0 km	1000 m	3.0 km (= 14.0 km)
U20 M	7.5 km	10.0 km	800 m	10.0 km	10.0 km	1000 m	3.0 km (= 14.0 km)
Sr M	7.5 km	10.0 km	800 m	10.0 km	10.0 km	1000 m	3.0 km (= 14.0 km)

NOTES

- 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).
- 2025 National Championship distances – U16 (5km, 10km, Sprint); U18 (10km, 15km, Sprint); U20 (10km, 20km, Sprint); Open (10km, 30km, Sprint)
- 2026 Olympic Winter Games – 10km; 50km; 10 + 10km; 1.0-1.8km; 7.5km
- NC Competitor Model - <https://www.crosscountrybc.ca/sites/default/files/documents/Competition-Model-June-72c-2019-1.pdf>