

# BC SCHOOL SPORTS



## BCSS Cross Country Pandemic Challenge Information Package

## INTRODUCTION

BC School Sports is proud to announce a VIRTUAL cross county challenge to help student-athletes across the province stay active during these unprecedented times. Although we can't see you in person at what would have been the 2020 BCSS Cross Country Provincial Championships, BC School Sports still wants to see student-athletes active and thriving both in and out of the classroom.

## AIMS OF THE EVENT

- Launch the very first BCSS virtual events to promote physical activity as part of a healthy reintegration into schools during the COVID-19 pandemic
- Raise awareness of the importance of school sport, highlighting the role of sport in the mental health of student-athletes and their overall success on and off the field of play.
- Engage all BC high school student-athletes from all 19 sports to encourage them to stay active in creative ways during these difficult times.
- Provide an opportunity for student-athletes to connect and better themselves training and friendly competition.
- Encourage those who may not normally participate in school sport to do so and benefit from the engagement that comes from participation in school sport.

## QUICK FACTS

- Open to any grade 8-12 student at a member school
- Run must be completed between **October 21, 2020 to November 4, 2020** in their chosen distance.
- There are two distances to choose from **3.0km** or **5.5km**.
- Student-athletes may complete the distance as many times as they would like within the completion window but may only submit their BEST time by **November 4, 2020**.
- BCSS will be accepting **ONE** challenge submission (all student-athletes and their best time) per school on or before **November 10, 2020** using the provided submission template.
- There will be various prizes and recognition to the top athletes and the top schools based on participation.

## COURSE OPTIONS

Each school will determine the appropriate courses. We encourage student-athletes to use GPS tracking when available but it is not mandatory. Student-athletes will have the opportunity to participate in ONE of the two challenge distances either a **3.0km** distance or a **5.5km** distance. We encourage member schools to provide adequate training for the event recognizing some student-athletes have not trained for quite some time. Time and course distance must be verified by the school at the time of submission.

- We encourage the school to coordinate (a) time(s) for this to take place to give it the feel of an event and to push performance.

## PROMOTE

Stay connected with us on social media! Let us know how you and your school are doing with the 2020 BCSS Virtual Cross Country Pandemic Challenge by using the hashtag

**#BCSSPandemicChallenge** on twitter and Instagram.

## HOW TO SUBMIT

Athletic Directors must submit a single document using the provided form with all student-athletes information (name, grade, gender, distance) and times to the BC School Sports office at [bwhyte@bcschoolsports.ca](mailto:bwhyte@bcschoolsports.ca) by no later than **November 10, 2020**.

## COVETED PANDEMIC EVENT APPAREL

We will be selling dryfit shirts for the virtual event, unlike traditional provincial championships, we hope this event will be one-of-a-kind and having a shirt to commemorate the first BCSS virtual event is something to be kept for years to come.

We will be selling both mens and womens navy shortsleeves (\$15), and a navy unisex longsleeves (\$20) with the BCSS logo on the left chest and the Cross Country Pandemic Challenge logo on the back. The school athletic director is responsible for submitting **1 order form** per school which you can find as a tab in the excel submission template accompanied by this document, schools will be billed directly from BCSS, any payment via cheque or EFT must be made to BC School Sports. It is the schools responsibility to collect money from students/staff interested in ordering shirts.

The deadline to submit orders will be November 10, 2020 at 12:00pm noon.



## IMPORTANT DATES

October 21, 2020 – The beginning of the BC School Sports Virtual Cross County Pandemic Challenge. Student-Athletes may begin running these timed challenges to achieve the best time.

November 4, 2020 – The end of the BC School Sports Virtual Cross County Pandemic Challenge. This is the last day student-athletes may submit their information and times.

November 10, 2020 - Deadline to submit orders for Coveted Event Shirts

November 10, 2020 – The deadline for Athletic Directors to email their School Submission Form to BC School Sports

November 18, 2020 – Announcement of the Top 10 in each category as well as the highest participation award to one school in each group based on school enrollment numbers. Groupings will be based on the following school enrollment numbers; Group A- 1400+  
Group B- 600-1399 Group C- 176-599 Group D- 1-175