

EAST DISTRICT CROSS COUNTRY SELECTION POLICY 2019/2020

This document aims to ensure that the selection process is clear and transparent to everyone.

There are two occasions when teams are selected to represent the East District in Cross Country Competitions: -

Inter Districts Cross Country (*Incorporated into UK CC Challenge*) - Stirling

Event Date 11 Jan 2020

Selection Date 10 Dec 2019

Teams SEN/ U17/ U15/ U13 |

Selection Notes

District teams are up to 15 to run with 6 to score.

Selection for U13, U15, U17, Senior/Junior Male & Females will be 1st 10 from **East District Cross Country Championships at Piperdam, Dundee on Saturday 7th December** plus up to 5 others on all known form with weighting to Piperdam, Dundee.

The Senior Teams may include some U20 athletes. The U20's and Seniors compete in separate races of different distances at the East District Championships which makes head-to-head comparisons difficult.

The Selectors therefore have to make a judgement as to which U20's might be considered for the Senior Team.

Inter Counties Cross Country - Loughborough

Event Date 7 March 2020

Selection Date 24 Feb 2020

Teams SEN / U20 / U17

Athlete Cont. £30

Selection Notes

Selection will be made largely on results from the **National Cross Country Championships at Falkirk on Saturday 22nd February 2020**.

Entries for this race must be made by the end of January 2020, therefore entries are submitted before the final selection race. Senior Athletes should keep selectors informed of their availability for this competition.

IMPORTANT INFORMATION:-

If an athletes name appears on the start list this DOES NOT guarantee that they will be selected for the final East District Team.

The East District do not select U13 athletes for this competition. Only U13 athletes who have competed in earlier UK Cross Country Challenge meetings are able to enter and compete, making their own arrangements for travel and accommodation to this competition.

Full Selection policy for Cross Country and Road Running for 2019/20 can be found on the **scottishathletics** website:

<https://www.scottishathletics.org.uk/wp-content/uploads/2019/10/CCRR-International-Handbook-2019-20-v1-Oct-2019.pdf>

Contact:

Sandra Hardacre

Chair East District Selectors

Cross Country and Road Running Commission

E-mail – kiplac@talktalk.net | Mobile No: - 07539 525806