

Selection of Scottish West District Cross Country Teams 2019-2020

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

The selection team comprises of: John Rodger and John Mackay, with Dawn Armit as adjudicator.

There are two occasions when teams are selected to represent the West District in cross country competitions:

- **Inter District Cross Country (Saturday 11 January 2020 at Stirling).**

West U13/15/17/Senior teams compete against East and North Districts. The Senior team may include some U20 athletes. The meeting also includes International race for Senior, U23, U20 and U17 athletes (IAAF age groups). These races can impact the West District team as eligible athletes may be selected to compete for Scotland or a University team.

- **Inter Counties Cross Country (Saturday 7 March 2020, Prestwold Hall, Loughborough).**

U17/U20/Senior teams compete against County/District teams from across the United Kingdom.

Note that the U20 age bracket is different from that in Scotland (IAAF U20 age group as determined below), so our Senior team may include some U20s athletes (In 2020 Inter-Counties U20 is classed as "Under 20 years as at midnight 31 December 2020").

Results from the following races (and the Inter Districts itself) are the primary source of information used in selection decisions.

- National Short Course Championships – 9 November 2019
- Liverpool Cross Challenge – 23 November 2019
- West District CC Championships – 7 December 2019
- Inter District CC Championships – 11 January 2020
- National CC Championships – 22 February 2020

If there is difficulty in making a decision, the selectors look at other races for head-to-head comparisons, along with Power of Ten information and current form (communication from coaches or the athletes themselves regarding their availability is crucial here). **It must be stressed that the more races an athlete participates in, the more information on form is available to the selectors. It is difficult to select an athlete who has only raced once or twice throughout a season.**

Inter District CC

There are 15 places available in each of the U13, U15, U17 and Senior teams.

The first 12 finishers in the U13/15/17 races in the West District CC Championships are automatically selected, with the additional three at the sole discretion of the selectors.

The first 10 finishers in the Senior races in the West District CC Championships are automatically selected, with the additional five at the sole discretion of the selectors. This is (in part) to allow the potential selection of U20 athletes.

These discretionary places also allow consideration of athletes who may have had an unexpectedly poor race at the West District CC Championships or were unavailable to compete (due to illness, injury or other commitments). **Clubs, coaches and athletes are actively encouraged to keep the selectors informed of any extenuating circumstances regarding the performance of athletes at any point in the season.**

The U20s and Seniors compete in separate races of different distances at the West District Championships, so head-to-head comparisons between these age groups are difficult. Therefore, the selectors must make a

judgement as to which U20s might be considered for the Senior team. This selection process is further complicated by the fact that Scottish Universities have the 'first pick' of eligible athletes to run for their teams rather than the West District Team.

Inter Counties CC

The Inter-Counties race is the final event of five in the British Athletics Cross Challenge series. Athletes who rank in the Series top 20 are automatically entered and it is expected that West District athletes who feature in the top 20 (except for U13s - see below) will be selected for their district team.

Entries for ICCC must be submitted very early (by the end of January) which makes life a little difficult; there are no late entries or substitutions allowed after the closing date.

Athletes who are targeting the Inter-Counties should inform the selectors of this as early in the season as possible.

The selectors refer to results from previous races, including the Inter District CC in Stirling, to enter the maximum number of athletes allowed in each age group. To cover situations involving injuries, illness, etc, 12 athletes are entered in the initial list, although only a maximum of six can be selected for the final team. (In the case of seniors, 15 are entered in the initial list, with a maximum of nine for the final team). **IMPORTANT: an athlete being on the entry list (online misleadingly called the "Start List") does not guarantee that they will be ultimately selected for a final West District team place.**

For final team selection, results from the National CC Championships are used, along with all other previous results.

It should be noted that, for reasons of cost and logistics, total team places are limited to approximately 35-40, with preference given to age groups or individuals that have the best chance of medalling, so considerably fewer athletes are ultimately selected than appear on the initial entry list.

A further complication is that the Inter Counties Cross Country Championships often clashes with the Scottish Schools Cross Country Championships, creating a tough choice for selected school age athletes. Thankfully this is not the case in 2020.

If an athlete has been entered but not selected for a final team place, they are eligible to race if they choose to do so (provided that the total number of athletes running does not exceed the maximum permitted in a team) but must make their own independent travel and accommodation arrangements. In addition, the West District does not select an U13 team for this event, therefore U13 athletes in the series top 20 who wish to compete must travel independently.

It is worth repeating, please **please** keep the selectors informed. **Clubs, coaches and athletes are actively encouraged to keep the selectors informed of any extenuating circumstances regarding the performance of athletes at any point in the season.**

Contact Information of selection team

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