

## WEST DISTRICT CROSS COUNTRY SELECTION POLICY 2023/24

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 West District in Cross Country Competitions: -

### Inter Districts Cross Country – King George V Playing Fields, Renfrew

Event Date 13 Jan 2024

Selection Date 4 Dec 2023

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 1<sup>st</sup> 10 from **West District Cross Country Championships at Strathaven on Saturday 2nd December** plus up to 5 others on all known form with weighting to Strathaven.

The Senior Teams may include some U20 athletes. The U20's and Seniors compete in separate races of different distances at the West District Championships which makes head-to-head comparisons difficult. The Selectors therefore are required to make a judgement as to which U20's 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 Cross Country - Loughborough

Event Date 9 March 24

Selection Date 28 Feb 2024

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 24<sup>th</sup> February 2024**.

Entries for this race must be made by the end of January 2024, 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 West District Team.

The West 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 2023/24 can be found on the [scottishathletics](https://www.scottishathletics.org.uk/athletes/selection-policies-international-handbooks/) website: <https://www.scottishathletics.org.uk/athletes/selection-policies-international-handbooks/>

#### Contact:

Sharon Taylor

Chair West District Selectors

Cross Country and Road Running Commission

E-mail: [sharon@maroulous.com](mailto:sharon@maroulous.com) Mobile No: 07801 653103

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