

EAST DISTRICT CROSS COUNTRY SELECTION POLICY 2024/25

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 – Alexandra Park, Glasgow

Event Date 11 Jan 2025

Selection Date 4 Dec 2024

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 Stirling University on Saturday 30th November 2024** plus up to 5 others on all known form with weighting to Stirling.

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 (Venue to be confirmed)

Event Date 8 March 25

Selection Date 25 Feb 2025

Teams SEN / U20 / U17 / U15

Athlete Cont. £30

Selection Notes

Selection will be made largely on results from the **National Cross Country Championships at Falkirk on Saturday 22nd February 2025**.

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. U15 athletes may be selected by the districts if they have shown exceptional form and funding is available.

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 2024/25 can be found on the **scottishathletics** website:

<https://www.scottishathletics.org.uk/athletes/selection-policies-international-handbooks/>

Contact:

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Cross Country and Road Running Commission

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