

WEST 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 West 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 *West District Cross Country Championships at Barwood Park, Erskine* plus up to 5 others on all known form with weighting to Erskine.

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 (Venue to be confirmed)

Event Date 8 March 25

Selection Date 25 Feb 2025

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 22ndth 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.

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.

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

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** website:

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

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