

EAST DISTRICT CROSS COUNTRY SELECTION POLICY 2026/27

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	16 Jan 2027	Selection Date	09 Dec 2026	Teams	SEN/ U18/ U16/ U14
Selection Notes	District teams are up to 15 to run with 6 to score. Selection for U14, U16, U18, Senior/Junior Male & Females will be 1st 10 from East District Cross Country Championships at Stirling University on Saturday 5th December 2026 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 – Wollaton Park, Nottingham

Event Date	13 Mar 27	Selection Date	24 Feb 2027	Teams	SEN / U20 / U18 / U16	Athlete Cont.	£30
Selection Notes	The East District selectors will consider all eligible athletes for each age group, so will be selecting across different age groups for the U16s and U18s. Selection will be made largely on results from the National Cross Country Championships at Falkirk on Saturday 20th February 2027. Entries for this race must be made by the end of January 2027, 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 U14 athletes for this competition. Only U14 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. Note Inter Counties will use English age group definitions: U16 dob 01/09/11 – 31/08/13 and U18 dob 01/09/09 – 31/08/11 U20 dob calendar year born in 2008 or on and before 31/08/09						

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