

# IOA Selection Policy for EYOC 2016



## European Youth Orienteering Championships 2016

**30<sup>th</sup> June – 3<sup>rd</sup> July, Jarosław, in southeast Poland**  
**Classes: W18, M18, W16, M16** (max 4 runners per class)

<http://eyoc2016.pl/>

Eligible for selection are M/W18s (born 1998, 1999) and 2<sup>nd</sup> year M/W16s (born 2000). In exceptional cases first year M/W16s (born 2001) may be selected.

To compete on an Irish team athletes must hold an Ireland passport and be a current member of an IOA or NIOA club.

To be considered for selection it is compulsory to compete in the Irish Orienteering Long Championships 2016, and run the February 2016 Time Trial. If there is a compelling reason for not attending this should be explained to the selectors in advance.

Selections will be based on the results of the competitions listed below (minimum 3 results). We appreciate that this is a very short list, so athletes may notify the selectors before 30 April 2016 of other results they would like to have taken into account (this includes competitions where athletes have run in an older age class on a different course).

Athletes with no major international competition experience will not be considered for EYOC, and it is strongly recommended that an international event is included for selection purposes in 2016.

The team will be announced immediately after the Irish Championships. However, if team numbers allow, juniors who achieve impressive international results during May or June may be added to the team.

Note for athletes who "run up" in an older age class. If the course is the same as their age class course there is no issue. If the course is different it cannot be used as a selection result (but see note above re other results) but will count as competing if in IOC Long. (*eg JK Sprint M21E is the same course as M18E and can be used, but JK day3 M21E course is different and not comparable*).

### Selection Events

- Fri 25 March Sprint JK Leeds University – M/W 18E or 16
- Sat 26 March Middle/Long JK day 2 Wass Forest - M/W 18E or M/W 16A
- Sun 27 March Long JK day 3 Kilnsey - M/W 18E or M/W 16A
- Sun 17 Apr Long Leinster Championships, Carrick Mt., Co. Wicklow (classes tbc)
- Fri 29 April Sprint Irish Championships, Waterford IT – (classes tbc)
- Sat 30 April Middle Irish Championships, Coumshingaun – (classes tbc)
- Sun 1 May Long Irish Championships, Mahon Falls, – (classes tbc)

There will be no automatic selection based on results. The selectors will also take into account athletes' level of commitment as shown by

- Orienteering regularly and often
- Attending training camps/competitions
- Achieving and maintaining a high level of fitness
- Training with relevant non-orienteering sport clubs (eg hill-running, cross-country, athletics, etc.)
- Participating in relevant non-orienteering races.
- Maintaining an online training diary e.g. Attackpoint
- Responding promptly to emails, and communicating if unable to attend training or other squad events.

Other factors such as illness, injury, exams will be taken into account if made known to the selectors.

The Selectors: Darren Burke, Mike Long, Ruth Lynam, Stephanie Pruzina  
January 2016

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