

IOA Selection Policy for JWOC 2019



Junior World Orienteering Championships 2019

6 – 13 July 2019, Silkeborg, Denmark

Classes: W20, M20, (max 6 runners per class)

<https://www.jwoc2019.dk/>

Eligible for selection are M/W20s (born 1999, 2000) and 2nd year M/W18s (born 2001). In exceptional cases first year M/W18s (born 2002) may be considered for selection.

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 athletes should compete in the Irish Orienteering Championships 2019, and run the March 23rd 2019 Time Trial. If there is compelling reason for not attending either of these 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 and occurs over a short time period, so athletes may notify the selectors before 30 April 2019 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 JWOC, and it is strongly recommended that an international event is included for selection purposes in 2019.

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 will count as competing if in IOC Long, and can be notified to the selectors as "another result". (*e.g. for M18, JK Sprint M21E is the same course as M18E and can be used, but JK day2 or 3 M21E course is different and not comparable*).

Selection Events 2019

- Sun 07 Apr Long Leinster Championships, Stranahely, Co. Wicklow – M/W 18E or M/W 20E
- Fri 19 April Sprint JK – Aldershot Barracks – M/W 18E or M/W 20E
- Sat 20 April Middle JK day 2 – Windmill Hill - M/W 18E or M/W 20E
- Sun 21 April Long JK day 3 – Cold Ash - M/W 18E or M/W 20E
- Fri 3 May Sprint Irish Championships, Florencecourt – M/W 18E or M/W 20E
- Sat 4 May Middle Irish Championships, Castle Archdale – M/W 18E or M/W 20E
- Sun 5 May Long Irish Championships, The Burren Co. Cavan, – M/W 18E or M/W 20E

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
March 2019