

## Selection Policy for the Irish team to:

# JHI 2020

**Junior Home International (JHI) 2020, 10-11 October, 2020, South East England.**

**Classes M/W 14, 16, 18 (max 4 runners per class)**

<https://www.britishorienteering.org.uk/index.php?pg=event&event=73333>



To compete on the Irish team at the JHI, an athlete must be a current member of a NIOA or IOA club, and must either:

- Have been born, or have a parent who was born in Ireland or Northern Ireland
- Have established residence for at least one year, (this includes students who can prove a home base in Northern Ireland or Ireland).

Athletes who wish to be selected for the JHI should compete in as many as possible of the events listed below, with particular emphasis on the Irish Championships and the JK, and should do their best to demonstrate their commitment to orienteering as outlined below.

### **Competition results to be considered for JHI 2020 selections:**

Courses to run: M/W14A, M/W16A, M/W18E as appropriate.

- Sun 05 Apr Leinster Championships - Carnawaddy, Co. Louth.
- Sat 11 April JK Middle – Sneaton Forest.
- Sun 12 April JK Long – Pickering Forest.
- Sun 26 April Munster Championships – Coumshingaun, Co. Waterford.
- Sat 2 May Irish Championships Middle - Cappanalea, Co. Kerry.
- Sun 3 May Irish Championships Long - Crohane, Co. Kerry.
- Sun 24 May Leinster League – Clarabeg, Co. Wicklow (courses to be confirmed)
- Sat 20 Jun NI Colour Series – Donard Forest (courses to be confirmed)
- Sat 29 Aug NI Colour Series – Portstewart (courses to be confirmed)

Please let the selectors know of results of any other major competition you would like to have considered.

As well as competition results the selectors will take into account athletes' level of commitment as shown by

- Running the Junior Time Trial in Phoenix Park on Sat 29 Feb.
- Responding promptly to messages, and communicating with selectors, managers and coaches regarding illness, injury, exams and also aims, ambitions, achievements.
- 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

Juniors are reminded that they should only wear their Irish Squad kit when representing Ireland at international competitions, club kit should be worn at all other times.

It is hoped to finalise the team immediately after Sat 29 Aug.

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

February 2020

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