

# IOA Selection Policy for JWOC 2020



## Junior World Orienteering Championships 2020

**27<sup>th</sup> June – 4<sup>th</sup> July 2020, Gebze, Turkey**

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

**<http://www.jwoc2020.org/>**

Eligible for selection are M/W20s (born 2000, 2001) and 2<sup>nd</sup> year M/W18s (born 2002). In exceptional cases first year M/W18s (born 2003) may be considered for selection.

To compete on an Irish team athletes must hold an Irish 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 2020 and run the Feb 29<sup>th</sup> 2020 Time Trial. If there is compelling reason for not attending either of these it should be explained to the selectors in advance.

The Selectors will consider the results of the competitions listed below; athletes should compete in as many of these as possible. Note there will be no automatic selection based on these results, and athletes should notify the selectors before 30 April 2020 of other results they would like to have taken into account

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 2020.

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 can be notified to the selectors as an "other result", and if at IOC it will count as competing in IOC. (*e.g. for M18, JK Sprint M21E is the same course as M18E*).

### Selection Events 2020

- Sun 05 Apr Long Leinster Championships, Carnawaddy, Co. Louth – M/W18E or M/W16.
- Fri 10 April Sprint JK – Stockton Riverside – M/W18E or M/W16.
- Sat 11 April Middle JK – Sneaton Forest - M/W18E or M/W16A.
- Sun 12 April Long JK – Pickering Forest - M/W18E or M/W16A.
- Sun 26 April Long Munster Championships – Coumshingaun, Co. Waterford (classes tbc).
- Fri 1 May Sprint Irish Championships, Muckcross, Co. Kerry – M/W18 or M/W16.
- Sat 2 May Middle Irish Championships, Cappanalea, Co. Kerry – M/W18E or M/W16.
- Sun 3 May Long Irish Championships, Crohane, Co. Kerry – M/W18E or M/W16.

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

- 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

The Selectors: Darren Burke, Mike Long, Ruth Lynam, Stephanie Pruzina  
27 January 2020