



BOLANDATHLETICS

2019 SELECTION CRITERIA FOR BOLAND ATHLETICS CROSS COUNTRY TEAM

SPECIFIC CRITERIA

1. Boland Athletics will be selecting a Cross Country team to represent Boland Athletics at the 2019 SA Cross Country Championships in the 15, 16, 17, 19, Seniors, and Masters Categories.
2. In selecting the Boland Athletics Cross Country team for the 2019 SA Cross Country Championships the BA Cross Country selectors will only consider athletes who have achieved Qualifying Times given in the table below. Only athletes who achieve the Qualifying Times in any of the 6 Trials and the Boland Cross Country Championships in the 2019 Boland Cross Country Season will be considered for team selection.
3. Athletes will qualify for selection, provided they have competed in 4 out of 6 of the 2019 Boland Athletics Cross Country Trials plus the Boland Athletics Cross Country Championships.
4. Athletes who were sick or injured during the 2019 Boland Athletics Cross Country Trials and Championships, will be considered for the 2019 SA Cross Country Championships, provided a medical certificate was submitted to Boland Athletics before or during the 2019 Boland Athletics Championships. Consideration will be based on the performances of the athlete leading up to the Championships.

QUALIFYING TIMES FOR SELECTION OF BA TEAM TO 2019 SA CROSS COUNTRY CHAMPIONSHIPS

Men	Distance	Time
B15 (Born 2004)	4km	13:28
B16 (Born 2003)	6km	20:17
B17 (Born 2002)	6km	19:01
B19 (Born 2000)	8km	25:44
M21 (Born 1998)	4km	12:42
M23 (Born 1996)	4km	12:27
Senior Men	4km	12:27
Senior Men	10km	31:12

Women	Distance	Time
G15 (Born 2004)	4km	15:25
G16 (Born 2003)	4km	15:45
G17 (Born 2002)	4km	15:37
G19 (Born 2009)	6km	22:49
W21 (Born 1998)	4km	16:38
W23 (Born 1996)	4km	16:38
Senior Women	4km	16:15
Senior Women	10Km	37:14

Master Men	Distance	Time
MM30	8km	25:09
MM35	8km	26:16
MM40	8km	26:53
MM45	8km	28:09
MM50	8km	29:51
MM55	8km	32:33
MM60	6km	25:44
MM65	6km	28:25

Master Women	Distance	Time
MW30	4km	16:34
MW35	4km	16:43
MW40	4km	16:40
MW45	4km	16:51
MW50	4km	19:08
MW55	4km	19:43
MW60	4km	23:28
MW65	4km	24:20

GENERAL CRITERIA

1. The final selection of the team is subject to the final approval by the Boland Athletics Board.
2. The Boland Athletics Cross Country Selection Criteria is an annexure to the Boland Athletics Constitution that deals with the "Strategy for the Selection and Preparation of Boland Athletics Teams".
3. In selecting athletes for the SA Championships, priority will be given to the selection of athletes with the potential to qualify for IAAF World Championships Events and to win medals for Boland Athletics at the SA Championships.
4. Athletes who do not achieve BA Qualifying Times/Standards will be selected onto the Final Team at the discretion of the BA Executive Board. In doing this, the Board will take the following factors into consideration, in the specified priority order:
 - 4.1. Potential for a medal or potential to end in the top 10.
 - 4.2. Demographics of the team
 - 4.3. Development in general.

APPEAL

An athlete not in the team when it is announced has the right to appeal in writing for reconsideration to be included in the final team. The appeal must be made to the Boland Athletics office at office@bolandathletics.com within 48 hours after the announcement of the team. The appeal should include all information the athlete considers relevant to the selection panel's reconsideration of its decision.