**North Wales Cross Country**

**Inter Counties Cross Country Championships**

**Team Selection Criteria**

North Wales Senior Men and Ladies team will consist of 15 to enter and 9 to run.

* To be considered for selection an athlete must hold a birth or residential qualification.
* The first 5 runners to finish in the county championships in the senior women’s and senior men’s races will be automatically selected.
* The next 5 placed finishers will be in the reserve squad.
* Athletes selected will be required to confirm their acceptance within 10 days of the North Wales championships to Team Managers.
* Athletes that fail to accept selection within the timeframe above will NOT be entered for the Inter Counties. This requirement will be reinforced in the invitation letter.
* There will be five (5) discretionary places available on senior male and female teams.
* Athletes wishing to be considered for a discretionary places can submit a request with the team managers preferably before the championships.
* The Team Managers will have sole authority on allocation of the discretionary places. There will be no right of appeal against this decision.
* Team reserves will be identified in strict finish order based on the North Wales championships results.
* Teams and reserves together with race information details will be published on the North Wales Cross Country website and North Wales XC Facebook page
* Athletes will be expected to make their own travel arrangements to the venue.

Selectors: Sharon Jones (Senior Ladies), Eric Campbell (Senior Men), Bernie Jones