



New South Wales Selection Policy
2021 Australian Cross Country Championships
Saturday 21st August & Sunday 22nd August
Adelaide, South Australia (venue TBC)

Athletics New South Wales (ANSW) will be selecting athletes to represent the state at the 2021 Australian Cross Country Championships as part of the NSW team in the Under 14, Under 15, Under 16, Under 17, Under 18, Under 20 and Open age group(s). Multi-class athletes will also be selected in the Under 15, Under 17, Under 20 and Open age groups.

ANSW is working closely with Little Athletics NSW (LANSW) to ensure LANSW Dual age members are aware of the selection process and have access to qualified event(s).

A summary of the age group(s) and distance(s) to be run are summarised in the table below:

Division	Women	Men	Eligible Top Age
AA Open (inc. U23/Uni)	10000m	10000m	Open age
AA Under 20	6000m	8000m	Born in 2002 (19 years)
LA Under 17/AA Under 18	4000m	6000m*	Born in 2004 (17 years)
LA Under 16/AA Under 17	4000m	6000m*	Born in 2005 (16 years)
LA Under 15/AA Under 16	4000m*	4000m*	Born in 2006 (15 years)
LA Under 14/AA Under 15	4000m*	4000m*	Born in 2007 (14 years)
LA Under 13/AA Under 14	3000m	3000m	Born in 2008 (13 years)
AA Open Para	3000m	3000m	Open Age
LA Under 17/AA Under 20 Para	3000m	3000m	Born in 2002/2003/2004 (17/18/19 years)
LA Under 16/AA Under 17 Para	3000m	3000m	Born in 2005/2006 (15/16 years)
LA Under 14/AA Under 15 Para	3000m	3000m	Born in 2007/2008 (13/14 years)
Masters 30-69	8000m	8000m	5-year age groups
Masters 70+	6000m	6000m	5-year age groups

Note: Distances listed with a * next to them are not standard LAA distances but have been endorsed for the conduct of the 2021 Australian Cross-Country Championships.

NOMINATIONS

All athletes wishing to be selected in the NSW team for the 2021 Cross Country Championships must submit a nomination via the online portal. Nominations are open from **Monday 28th June 9.00am** and will close **9:00am Monday 19th July, 9.00am**. There is no cost to nominate during this period.

The portal will be available from this link post NSW XC Champs - [Australian XC Championships 2021 Nomination Portal | Athletics NSW \(nswathletics.org.au\)](https://www.nswathletics.org.au/2021-nomination-portal)

All nominations must be submitted through the online portal(s). Nominations will not be accepted in any other format. If you do not nominate, you cannot be selected.

SELECTION EVENTS

Athletes will be selected into the ANSW/LANSW Cross Country team based on performance(s) at the following event(s):

- NSW Sydney 10 – Sunday 2nd May, Sydney Olympic Park
- Novice Championships – Saturday 22nd May, Scarborough Park
- NSW Cross Country Relays – Saturday 5th June, North Ryde Common
- **NSW Cross Country Championships - Saturday 26th June, Nowra (Main selection event)**
- NSW Road Relays – Saturday 10th July, Ourimbah
- NSW Short Course Cross Country Championships – Sunday 1st August, Dapto*

***Event is after the cut off period for entries but will be accepted to satisfy the selection criteria as the one other additional event required.**

All athletes wishing to be selected MUST compete in this event, have submitted a nomination and meet the eligibility criteria.

UNDER 14 TEAM SELECTION (Born 2008 and 2009) – Combined Age Group*

ANSW/LANSW will select a maximum of **SIXTEEN** male and **SIXTEEN** female athletes in Under 14 age group.

AUTOMATIC SELECTIONS

1. The top **TEN** male and **TEN** female athletes at the 2021 ANSW Cross Country Championships (Saturday 26th June) in the Under 14's age group(s) will be **automatically** selected into the NSW Team (pending nomination and eligibility criteria have been met).

DISCRETIONARY SELECTIONS

The remaining **SIX** athletes (male and female) for U/14's will be selected based on performance(s) across the winter series from the **NSW Sydney 10 (Sunday May 2)**, **NSW Novice Cross Country Championships (Saturday May 22)**, **NSW XC Relays (Saturday June 5)**, **NSW XC Championships (Saturday June 26)** and/or **NSW Road Relays (Saturday July 10)**.

UNDER 15 & UNDER 16 TEAM SELECTION (Born 2006 and 2007)

ANSW/LANSW will select a maximum of **SIXTEEN** male and **SIXTEEN** female athletes in the Under 15 and Under 16 age group(s).

AUTOMATIC SELECTIONS

1. The top **TEN** male and **TEN** female athletes at the 2021 ANSW Cross Country Championships (Saturday 26th June) in the Under 15's and Under 16's age group(s) will be **automatically** selected into the NSW Team (pending nomination and eligibility criteria have been met).

DISCRETIONARY SELECTIONS

The remaining **SIX** athletes (male and female) for U/15's and U/16's will be selected based on performance(s) across the winter series from the **NSW Sydney 10 (Sunday May 2)**, **NSW Novice Cross Country Championships (Saturday May 22)**, **NSW XC Relays (Saturday June 5)**, **NSW XC Championships (Saturday June 26)** and/or **NSW Road Relays (Saturday July 10)**.

UNDER 17 & UNDER 18 TEAM SELECTION (Born 2004 and 2005)

ANSW/LANSW will select a maximum of **SIXTEEN** male and **SIXTEEN** female athletes in the Under 17 and Under 18 age group(s).

AUTOMATIC SELECTIONS

1. The top **TEN** male and **TEN** female athletes at the 2021 ANSW Cross Country Championships (Saturday 26th June) in the Under 17's and Under 18's age group(s) will be **automatically** selected into the NSW Team (pending nomination and eligibility criteria have been met).

DISCRETIONARY SELECTIONS

The remaining **SIX** athletes (male and female) for U/17's and U/18's will be selected based on performance(s) across the winter series from the **NSW Sydney 10 (Sunday May 2)**, **NSW Novice Cross Country Championships (Saturday May 22)**, **NSW XC Relays (Saturday June 5)**, **NSW XC Championships (Saturday June 26)** and/or **NSW Road Relays (Saturday July 10)**.

UNDER 20 TEAM SELECTION (Born 2002 – 2003)

ANSW may select an **Unlimited** number of athletes in the U/20 Male and Female age group(s)

The requirement(s) to be selected is to have competed at the Athletics NSW Cross Country Championships (26th June, Nowra), and at least **ONE** other Athletics NSW winter series event ie. **NSW Sydney 10 (Sunday May 2)**, **NSW Novice Cross Country Championships (Saturday May 22)**, **NSW XC Relays (Saturday June 5)**, **NSW Road Relays (Saturday July 10)** and/or **NSW Short Course Cross Country (Sunday August 1)**.

OPEN TEAM SELECTION

ANSW may select an **Unlimited** number of athletes in the Open Male and Female age group(s)

The requirement(s) to be selected is to have competed at the Athletics NSW Cross Country Championships (26th June, Nowra), and at least **ONE** other Athletics NSW winter series event ie. **NSW Sydney 10 (Sunday May 2)**, **NSW Novice Cross Country Championships (Saturday May 22)**, **NSW XC Relays (Saturday June 5)**, **NSW Road Relays (Saturday July 10)** and/or **NSW Short Course Cross Country (Sunday August 1)**.

UNDER 15, UNDER 17, UNDER 20 AND OPEN MULTI-CLASS ATHLETES TEAM SELECTION

Multi-class athletes who nominate and meet the eligibility criteria, will be selected into the Athletics NSW Cross Country team based on performances at the NSW Cross Country Championships (26th June, Nowra) with a maximum of **16** athletes in each age group.

If more than **16** athletes qualify and nominate in one age group, the ANSW/LANSW selection panel will determine the top 16 who will be selected.

Multi-class athletes are also required to achieve the qualifying standard for their classification in order to be selected (see notes). All multi-class athlete selections will be **discretionary selections**.

DISCRETIONARY SELECTION – PANEL

All discretionary selections will be determined by a panel appointed by Athletics NSW. All decisions made by the panel will be final, no appeals will be accepted.

Results from the **New South Wales Cross Country Championships** (Saturday June 26) will be weighted more heavily than the other winter series events for discretionary selection(s).

SUNDAY 22 AUGUST – CROSS COUNTRY RELAYS

Cross Country Relays will be held for all age groups U14's to Open as per the table/distance(s) below with four athletes permitted in each team. All states are able to enter multiple team(s) in each relay event, however only the first team from each state will be eligible for medals. Selections for athletes will be based on results from the following event(s) with the relay event(s) being more heavily weighted due to distance(s) run at each event:

- NSW Sydney 10 – Sunday 2nd May, Sydney Olympic Park
- Novice Championships – Saturday 22nd May, Scarborough Park
- **NSW Cross Country Relays – Saturday 5th June, North Ryde Common**
- NSW Cross Country Championships - Saturday 26th June, Nowra
- **NSW Road Relays – Saturday 10th July, Ourimbah**

Division	Women	Men	Eligible Top Age
AA Open	4 x 3000m	4 x 3000m	Open age
AA Under 20	4 x 3000m	4 x 3000m	Born in 2002 (19 years)
LA Under 17/AA Under 18	4 x 2000m	4 x 3000m	Born in 2004 (17 years)
LA Under 16/AA Under 17	4 x 2000m	4 x 3000m	Born in 2005 (16 years)
LA Under 15/AA Under 16	4 x 2000m	4 x 2000m	Born in 2006 (15 years)
LA Under 14/AA Under 15	4 x 2000m	4 x 2000m	Born in 2007 (14 years)
LA Under 13/AA Under 14	4 x 1500m	4 x 1500m	Born in 2008 (13 years)
AA Open Para	4 x 1000m	4 x 1000m	Open Age
LA Under 17/AA Under 20 Para	4 x 1000m	4 x 1000m	Born in 2002/2003/2004 (17/18/19 years)
LA Under 16/AA Under 17 Para	4 x 1000m	4 x 1000m	Born in 2005/2006 (15/16 years)
LA Under 14/AA Under 15 Para	4 x 1000m	4 x 1000m	Born in 2007/2008 (13/14 years)

ELIGIBILITY CRITERIA

All athletes wishing to be selected in the ANSW/LANSW team must:

1. Be a current member of Athletics NSW through one of the registered clubs.
2. Be a minimum of 12 years of age as at 31 December 2021
3. Have competed at the **ANSW Cross Country Championships (26th June, Nowra)**, and at least **ONE** other Athletics NSW winter series event i.e. **NSW Sydney 10 (Sunday May 2)**, **NSW Novice Cross Country Championships (Saturday May 22)**, **NSW XC Relays (Saturday June 5)**, **NSW Road Relays (Saturday July 10)** and/or **NSW Short Course Cross Country (Sunday August 1)**.
4. Multi-class athletes must have at least a provisional classification and must have achieved the qualifying standard for their classification**.

*Athletes who live over 200km+ away from the Sydney CBD only have to compete in the NSW Cross Country Championships to be eligible. In the event of illness, misadventure or extenuating circumstances other athletes must apply for an exemption to stateteams@nswathletics.org.au if they have not satisfied point number 3 above.

**Multi-class athletes are only required to compete in the NSW Cross Country Championships (Saturday 26th June)

ATHLETICS NSW WINTER SERIES EVENTS

- NSW Sydney 10 – Sunday 2nd May, Sydney Olympic Park
- Novice Championships – Saturday 22nd May, Scarborough Park
- NSW Cross Country Relays – Saturday 5th June, North Ryde Common
- NSW Cross Country Championships - Saturday 26th June, Nowra
- NSW Road Relays – Saturday 10th July, Ourimbah
- NSW Short Course Cross Country Championships – Sunday 1st August, Dapto*

***Event is after the cut off period for entries but will be accepted to satisfy the selection criteria as the one other additional event required.**

KEY DATES

Sunday 2 nd May	Athletics NSW Sydney 10, Sydney Olympic Park
Saturday 22 nd May	Athletics NSW Novice Championships, Scarborough Park
Saturday 5 th June	Athletics NSW Cross Country Relays, North Ryde Common
Saturday 26 th June	Athletics NSW Cross Country Championships, Nowra
Monday 28 th June	ANSW/LANSW Team Nomination Portal Opens (9:00am)
Monday 19 th July	ANSW/LANSW Team Nomination Portal Closes (9:00am)
Wednesday 21 st July	ANSW/LANSW Selection Panel to meet
Friday 23 rd July	ANSW/LANSW Team announced and athletes notified
Friday 30 th July	ANSW/LANSW team registrations due (5:00pm)
Sunday 1 st August	ANSW/LANSW Short Cross Country Championships, Dapto

NOTES ON SELECTION

1. Selections for the ANSW/LANSW team will be finalised by **Friday 23rd July**
2. Following the close of nominations, Athletics NSW will select its team and successful athletes will be notified via the email address supplied within their nomination. Athletes must then complete the online registration via the link emailed to them in order to confirm their position in the team. Registrations are due at **Friday 30th July, 5pm.**

No registrations will be accepted after this deadline for any reason. Any athlete who is selected within the team and fails to complete their registration will be deemed to have declined their position. Athletics NSW will not be replacing any athlete who fails to register.

3. ANSW/LANSW reserves the right to amend this policy at any time if it is deemed that such an amendment is necessary as a result of any change in Athletics Australia's participation rules, or if any new information comes to hand. Any new information will be published on the ANSW website if and when it becomes available.
4. Age for all event groups is calculated as at **31 December 2021**. Age groups are outlined as follows:

- **Under 14:** Born 01 January 2008 – 31 December 2009
- **Under 15:** Born 01 January 2007 – 31 December 2007
- **Under 16:** Born 01 January 2006 – 31 December 2006
- **Under 17:** Born 01 January 2005 – 31 December 2005
- **Under 18:** Born 01 January 2004 – 31 December 2004
- **Under 20:** Born 01 January 2002 – 31 December 2003
- **Open:** athletes may be of any age but will need to provide evidence that they are of the ability to compete in this age group.

Athletes must be a **minimum** of twelve years of age to compete at these championships (must turn 12 in the year of competition).

5. If there are any discrepancies between the information contained within this document and any other information regarding the ANSW/LANSW team for the 2021 Australian Cross Country Championships, the details within this document shall prevail.
6. Following the close of nominations, ANSW/LANSW will select its team and successful athletes will be notified via the email address supplied within their nomination. Athletes must then complete the online registration via the link emailed to them in order to confirm their position in the team.
7. All Official representatives within the ANSW/LANSW team will be required to wear the ANSW/LANSW state team uniform. More information about uniform purchase will be supplied to athletes once selected within the team.

MULTI-CLASS ATHLETES QUALIFYING STANDARDS

Male

Class	Under 14/15	Under 16/17	Under 17 - 20	Open
T01	14:06.15	13:43.28	13:20.42	13:20.42
T11	14:41.97	14:18.13	13:54.30	13:54.30
T12	14:02.79	13:40.01	13:17.23	13:17.23
T13	14:04.67	13:41.84	13:19.02	13:19.02
T20	13:54.35	13:31.80	13:09.25	13:09.25
T21	20:33.36	20:00.02	19:26.69	19:26.69
T35	18:25.01	17:55.14	17:25.27	17:25.27
T36	16:49.69	16:22.40	15:55.12	15:55.12
T37	14:46.30	14:22.34	13:58.39	13:58.39
T38	14:36.90	14:13.20	13:49.50	13:49.50
T40	28:17.56	27:31.68	26:45.80	26:45.80
T41	28:17.56	27:31.68	26:45.80	26:45.80
T42	20:35.25	20:01.86	19:28.48	19:28.48
T43	16:51.80	16:24.46	15:57.11	15:57.11
T44	16:19.28	15:52.81	15:26.34	15:26.34
T45	15:18.56	14:53.74	14:28.91	14:28.91
T46	13:58.09	13:35.44	13:12.78	13:12.78
T60	15:12.53	14:47.87	14:23.21	14:23.21
T62	16:51.80	16:24.46	15:57.11	15:57.11
T63	20:35.25	20:01.86	19:28.48	19:28.48
T64	16:51.80	16:24.46	15:57.11	15:57.11

Female

Class	Under 14/15	Under 16/17	Under 20	Open
T01	17:14.48	16:47.95	16:21.43	16:21.43
T11	18:07.79	17:39.90	17:12.00	17:12.00
T12	16:50.88	16:24.96	15:59.04	15:59.04
T13	15:56.55	15:32.03	15:07.50	15:07.50
T20	17:07.14	16:40.81	16:14.47	16:14.47
T21	32:14.20	31:24.61	30:35.01	30:35.01
T35	30:09.83	29:23.43	28:37.02	28:37.02
T36	25:06.57	24:27.94	23:49.31	23:49.31
T37	22:06.47	21:32.46	20:58.44	20:58.44
T38	21:21.19	20:48.34	20:15.49	20:15.49
T40	36:30.59	35:34.42	34:38.25	34:38.25
T41	36:31.41	35:35.22	34:39.03	34:39.03
T42	19:24.85	18:54.98	18:25.12	18:25.12
T43	19:24.85	18:54.98	18:25.12	18:25.12
T44	19:24.85	18:54.98	18:25.12	18:25.12
T45	18:51.31	18:22.30	17:53.30	17:53.30
T46	18:51.31	18:22.30	17:53.30	17:53.30
T60	20:01.90	19:31.08	19:00.27	19:00.27
T62	19:24.85	18:54.98	18:25.12	18:25.12
T63	19:24.85	18:54.98	18:25.12	18:25.12
T64	19:24.85	18:54.98	18:25.12	18:25.12

NOMINATION PROCESS

All athletes vying for selection must complete the nomination form available on the Athletics NSW website. There will be **TWO** nomination portals open for the following purposes:

Portal One – Athletes who meet ALL eligibility criteria

Athletes nominating via the primary portal must meet all of the required eligibility criteria:

1. Be a current member of Athletics NSW through one of the registered clubs
2. Be a minimum of 12 years of age as at 31 December 2021
3. Have competed at the Athletics NSW Cross Country Championships (26th June, Nowra), and at least **ONE** other Athletics NSW winter series event

Multi-Class athletes must also meet eligibility point 4:

4. Multi-class athletes must have at least a provisional classification and must have achieved the qualifying standard for their classification.

Portal Two – Athletes who are unable to meet ALL eligibility Criteria

This secondary portal is for athletes who are unable to compete at the ANSW Cross Country Championships (26th June, Nowra) due to **exceptional circumstances** and wish to request **special consideration or have not competed at least ONE other ANSW winter series event**. All nominations in this portal must still meet the following eligibility criteria:

1. Be a current member of Athletics NSW through one of the registered clubs
2. Be a minimum of 12 years of age as at 31 December 2021

Multi-Class athletes must also meet eligibility point 4:

3. Multi-class athletes must have at least a provisional classification and must have achieved the qualifying standard for their classification.

NOTE: Athletes are only to submit a nomination through ONE of the portals.