

WPACC SELECTION CRITERIA

Western Province Athletics (WPA) will be selecting athletes to represent the province at the 2021 ASA Cross Country Championships.

ELIGIBILITY

1. To be considered for selection in any WPA team, athletes must fulfil the following criteria:

1.1. Be a South African citizen (SA ID document / number / passport).

1.1. Be a minimum of 14 years of age as at 11 September 2021

1.2. Be a member of a WPA club, affiliated to ASA and registered on the WPA registration system.

1.3. Be in good standing with WPA and the club he/she is affiliated to.

1.4. In possession of an ASA 2021 license.

1.5. Sign a WPA team declaration, if and when selected for the team.

1.6. Be familiar with WPA Code of conduct.

1.7. Athletes must participate in one of the 2 remainder trial events on 29 August and 5 September 2021 for junior and senior categories respectively.

1.8. Athletes who wish to participate on all WPA Provincial Teams are required to comply with WPA travel plans, including participation in pre-competition.

1.9. The composition of teams will be announced by WPA through established communication channels (notification to clubs, posting on the WPA web-site). Athletes who are selected may be contacted directly by WPA prior to the public announcement.

2.0 The travel costs to the event will be for the club or athletes own account.

SELECTION

1. WPA Team selection will be weighted towards performing athletes and those with individual / team medal potential and those who meet the time guideline per age group, will be considered for selection if funds allow.

2. Selections for athletes will be based on results from the upcoming 2 trial events.

3. To be selected for the WPA cross country team results need to be comparable to the guideline below, which will enable athletes representing the province to be medal contenders at the National Cross- Country event on 18 September 2021 in Hutchison Park, Amanzimtoti in KZN.

Age Category	Individual A Standard	Individual B Standard	A Team Standard	B Team Standard
14 - 4KM	12:55	13:05	54:30	55:30
15-4KM	12:40	12:45	50:00	51:00
16-6KM	20:00	20:15	1:22:00	1:23:00
17-6KM	19:20	19:30	1:20:00	1:21:00
J/M-8KM	25:30	25:40	1:45:00	1:46:00
M/23-4KM	11:20	11:30	48:30	50:00
SM/4KM	11:15	11:30	48:00	49:00
SM/10KM	30:00	30:30	2:01:00	2:05:00

Age Category	Individual A Standard	Individual B Standard	A Team Standard	B Team Standard
14 - 4KM	14:30	15:00	1:00:00	1:05:00
15 – 4KM	14:25	14:40	1:00:00	1:01:00
16 – 4KM	14:20	14:30	1:00:00	1:01:00
17 – 4KM	14:20	14:30	1:00:00	1:01:00
J/W – 6KM	22:15	22:30	1:35:00	1:40:00
W/23-4KM	14:15	14:25	1:02:00	1:03:00
SW/4KM	14:15	14:25	1:01:00	1:02:00
SW/10KM	35:00	35:30	2:30:00	2:35:00

MASTER CATEGORY STANDARDS

Age Category	Individual A Standard	Individual B Standard	A Team Standard	B Team Standard
M/35-8KM	25:30	25:40	1:43:00	1:47:00
M/40-8KM	25:40	25:45	1:46:00	1:50:00
M/45-8KM	27:30	28:00	1:55:00	1:59:00
M/50-8KM	27:30	28:00	1:55:00	1:59:00
M/55-8KM	30:00	32:00	2:08:00	2:10:00
M/60-6KM	24:15	24:25	1:40:00	1:44:00
M/65-6KM	24:15	24:25	1:40:00	1:44:00
M/70-6KM	30:30	33:00	1:55:00	1:58:00

Age Category	Individual A Standard	Individual B Standard	A Team Standard	B Team Standard
W/35-4KM	15:10	15:25	1:08:00	1:10:00
W/40-4KM	15:40	15:50	1:08:00	1:10:00
W/45-4KM	16:20	16:25	1:10:00	1:15:00
W/50-4KM	16:55	17:00	1:15:00	1:20:00
W/55-4KM	17:20	17:45	1:20:00	1:25:00
W/60-4KM	17:55	18:10	1:25:00	1:28:00
W/65-4KM	21:00	22:30	1:28:00	1:32:00
W/70-4KM	23:20	24:15	0	0