

## **Selection rules for WC, WOC, EOC 2023**

### **Orienteering World Cup round 1, 2023 - Østfold Norway**

The Polish team consists of 4 women and 4 men on Long and Middle distance.

The team will be selected as follows:

1. One woman and one man, winners of the selection races in Czech Republic on each distance (Long and Middle) 15-16.04.2023.
2. Best ranked woman and man in the world ranking. <https://ranking.orienteer-ing.org/?ohow=F#list> on 15.04.2023
3. The remaining team will be selected by the council.

The relay composition will be decided by the coach based on the individual results during the World Cup.

Runners qualify separately on each distance, if the same runner qualifies by different rules, for example winning selections and leading in WR, in such case the runner occupies one spot only and the next spot is filled by the next qualification rule or finally by the council.

## **World Orienteering Championships 2023, Flims Laax, Switzerland**

The Polish team consists of 3 women and 3 men on the Middle distance and 2 men and 2 women on the Long distance. The team will be selected as follows:

1. One woman and one man, winners of the selection races in Jakuszice 10-11.06 on each distance (Long and Middle).
2. Runners who got top 20 in Orienteering World Cup round 1, 2023 - Østfold Norway on respective distance. Best Polish runner counts.
3. Best ranked woman and man in the world ranking. <https://ranking.orienteeing.org/?ohow=F#list> on 15.06.2023. Only in case there are still vacant places!
4. If there are still vacant slots the council will select runners to fill those.

The relay composition will be decided by the coach based on the individual results during the WOC.

Runners qualify separately on each distance, if the same runner qualifies by different rules, for example winning selections and leading in WR, in such case the runner occupies one spot and the other spot is filled by the next qualification rule or finally by the council.

## **World Cup round 2 Ceska Lipa and Ždírec**

The Polish team consists of 4 women and 4 men on Sprint, Long and Middle distance.

The team will be selected as follows:

For individual sprint:

1. One woman and man, winners of the Polish championship 2-4 of June.
2. Best ranked man and woman in sprint ranking [https://ranking.orienteering.org/?](https://ranking.orienteering.org/?ohow=FS#list)

[ohow=FS#list](https://ranking.orienteering.org/?ohow=FS#list) on 15.07.2023

3. All remaining places will be decided by the council.

For forest distances:

1. Runners who got top 20 in World Orienteering Championships 2023, Flims Laax, Switzerland on respective distance.

2. Best ranked woman and man in the world ranking. <https://ranking.orienteering.org/?ohow=F#list> on 15.07.2023

3. All remaining places will be decided by the council.

The relay composition will be decided by the coach based on the individual result during the World Cup.

Runners qualify separately on each distance, if the same runner qualifies by different rules, for example winning selections and leading in WR, in such case the runner occupies one spot and the other spot is filled by the next qualification rule or finally by the council.

## **European Orienteering Championships World Cup 2023 Round #3 Trentino & Veneto**

The Polish team consists of 4 women and 4 men on Sprint and Knock-Out Sprint.

The team will be selected as follows:

1. Runners who placed top 20 in the World Cup round 2 in individual sprint.
2. Best ranked man and woman in sprint rankings in <https://ranking.orienteeing.org/?ohow=FS#list> on 15th of September.
3. All remaining places will be decided by the council.

The Relay will be composed by the council.

Runners qualify separately on each distance, if the same runner qualifies by different rules, for example winning selections and leading in WR, in such case the runner occupies one spot and the other spot is filled by the next qualification rule or finally by the council.