

Selection rules for WC, WOC, EOC 2024

Polish National team

Orienteering World Cup round 1 and 2, 2024 - Olten, Switzerland and Genoa, Italy

The Polish team consists of 4 women and 4 men. Additionally, 1 male and 1 female runner will be selected to be a reserve on the home ground, in Poland.

The team will be selected as follows:

1. Three women and three men, with the best combined time after two individual sprint races on 27-28.04.2024 in Lodz.
2. One woman and one man will be selected by the coach.

* first individual race will consist of running along a marked route in an urban environment, directly followed by a normal city sprint. Both parts will be equal in time and take about 7 minutes each. The second race will be a normal sprint race.

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

World Orienteering Championships 2023, Edinburgh, Scotland

The Polish team consists of 3 women and 3 men on sprint distances. Additionally, 1 male and 1 female runner will be selected to be a reserve on the home ground, in Poland. The team will be selected as follows:

1. One woman and one man placed in the top 15 and highest within the Polish team during World Cup rounds 1 or 2. In the case of runners taking the same position in WC rounds 1 and 2, an athlete with a higher Sprint Orienteering World Ranking on 8.06.2024 will be selected. *

2. Best men and women in the individual sprint on Polish Championship 8.06.2024.

3. One woman and one man will be selected by the coach.

* If nobody meets the first criteria - the two best athletes at the Polish champs on 8.06.2024 will be selected.

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

European Orienteering Championships, World Cup 2024 Mór, Hungary

The Polish team consists of 4 women and 4 men.

The team will be selected as follows:

1. Winners of selection races on middle and long distance respectively, in Szárliget (Zuppa) Hungary, on 27-28.07.2024.
2. One woman and one man with the best combined time after two individual races in Szárliget (Zuppa), on 27-28.07.2024, excluding runners selected by the first criteria.
3. One woman and one man will be selected by the coach.

* In the case there are still vacant spots - those are filled by the coach's decision.

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

Orienteering World Cup round 4, 2024 - Kuopio, Finland

The Polish team consists of 4 women and 4 men.

The team will be selected as follows:

1. Winners of selections races on middle and long distance respectively, in Jakuszyce, on 31.08-1.09.2024.
2. One woman and one man placed top 15 on an individual race during EOC 2024 and highest within the Polish team. In the case of runners taking the same position in different individual races, an athlete with a higher Orienteering World Ranking on 1.09.2024 will be selected. If nobody fulfills this criteria, then the third runner will be decided by best combined time after two individual races in Jakuszyce, on 31.08-1.09.2024, excluding runners selected by the first rule.
3. One woman and one man will be selected by the coach.

* In the case there are still vacant spots - those are filled by the coach's decision.

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

PREZES
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