



SS Cross Country National Squad Selection Policy

The selection policy for the SSS teams (both men's and women's teams) for the Inter-District XC Championships in January (provided that Great Run keep the number per team at 15) is as follows:

- 15 students per team
- Top 12 placed runners at the SSS XC Championships in November are automatically selected
- 3 places by discretion, based on current form and performance
- SSS team tends to get first choice of students, over the East, West and North teams

In cases where those selected are unable to compete, the places will be offered to athletes in a combination of next finishers at the SS XC Championships (11th and 12th will be considered), and discretionary places based on performance in recent events.