

## Standards for 2019

To be a member of the North West Orienteering Association (NWOA) regional junior squad - NWJS, athletes need to achieve a minimum standard in 3 areas - performance, physical & attendance.

The standards are age related and start the year an athlete is 14 years old – ie M/W14 yr2. This is the first year that an athlete can attend training camps organised by BOF or JROS, and is likely to be selected for England or another home nation for Interland & JHI.

At 14 there is NO physical standard to be achieved, however the coaches would encourage all athletes attend the fitness session for the experience. And to aim for completing a Park Run in under 30 minutes – see below.

The standards for 2019 are as defined below, any questions about them should be directed to the squad co-ordinator (Sue Roome).

### 1. Performance Standard

#### M/W 16 yr 2 and above

We will use the ranking list, as maintained by BOF. The minimum points required from an event will be as follows:-

<b>W16 yr 2</b>	<b>1050 pts</b>
<b>W18</b>	<b>1100 pts</b>
<b>M16 yr 2</b>	<b>1150 pts</b>
<b>M18</b>	<b>1200 pts</b>

Use this link to the ranking page <http://www.britishorienteering.org.uk/page/rankings>

#### M/W16 yr 1 and below

We will allow the athletes to use either a colour coded or age class race, as listed below;

<b>W14 yr 2</b>	<b>light green or W14</b>
<b>W16 yr 1</b>	<b>green or W16</b>
<b>M14 yr 2</b>	<b>light green or M14</b>
<b>M16 yr 1</b>	<b>green or M16</b>

For an age class race, the minimum standard required is Gold standard (125% of relevant winner's time or average of first, two or three runners as defined by BOF rules).

For a colour coded race, the rules have changed from January 2018.

The Light Green and Green courses will be considered differently for Boys & Girls.

Boys - the minimum required standard is Gold standard defined as 125% of the course winner's time. The course winner can be any class or gender. There must be a minimum of 5 competitors. Only weekend events will be used (there are generally too few runners at evening races).

Girls - the minimum required standard is Gold standard defined as 125% of the best lady on the course. There should be at least 3 ladies on the course. Only weekend events will be used (there are generally too few runners at evening races).

## The Events

Only events listed on the 2019 Planning list will be considered.

## Monitoring

All listed events will be checked by the squad statistician (Richard).  
Need 3 results in the period Jan to Dec 2019.

## 2. Physical Standard

### The Physical standard was revised in December 2015

It now consists of two parts – a set of fitness tests held in the autumn – and an ongoing assessment of steady state running throughout the year.

**Part 1.** The Physical standard needs to be achieved in 2 tests, Cooper Test & Bleep Test, evaluated in the autumn at the Fitness Test day.

While there is no Physical Standard requirement below M/W15, the coaching team would encourage athletes aged M/W14 and below to attend the testing sessions to gain an appreciation of the tests before they are required to achieve a certain level.

	Cooper test	Bleep Test
M15	2700 m	8.8
M16	2800 m	9.2
M17	2900 m	9.4
M18	3000 m	10.0

	Cooper test	Bleep Test
W15	2000 m	4.7
W16	2100 m	5.3
W17	2200 m	5.8
W18	2300 m	6.4

These are the minimum physical standard required to be a member of the NWJS.

**Part 2.** The physical assessment for 2019 is based around your local Park Run. Orienteering is a running sport and by the time athletes join NWJS they should be comfortable completing an Orange course and are attempting Light Green courses. They are likely to be on a course for at least 30 minutes.

It is accepted that Park Run courses vary underfoot between tarmac, trails and grass and that the height profile will vary between courses. It is accepted that weather conditions will vary during the year.

But it doesn't seem unreasonable to expect athletes to be able to run at least 10 minute miles or 6 minute kilometres for a duration of 30 minutes.

Athletes are encouraged to attend a Park Run at least once every three months to assess their fitness. Athletes should advise squad statistician (Richard) as to their local Park Run.

### 3. Attendance Standard

The minimum attendance required for athletes is 2/3rd of the session held in the calendar year.

The program has been revised and the Squad year should be as follows;

	14 Yr1	14 Yr2	16 Yr1	16 Yr2	18 Yr1	18 Yr2
January	1	1	1	1	1	1
February	2	2	2	2	2	2
March	2	2	2	2	2	2
April	2	2	2	2	2	2
May - Newbie	1	1	1			
June	2	2	2	2	2	
September – Pre-JIRCs	1	1	1	1	1	
October	1	1	1	1	1	
November	2	2	2	2	2	
December	2	2	2	2	2	
Total	16	16	16	15	15	7
<b>2/3rds</b>	<b>10</b>	<b>10</b>	<b>10</b>	<b>10</b>	<b>10</b>	<b>4</b>

Note: these totals may be change, if sessions are cancelled, or if the September to December program is changed in July when it is finalised.

There is no training in July & August during the holiday season.

**Inter-regional Champions 10 times**  
**1996, 1998, 1999, 2000, 2002, 2003, 2004, 2008, 2010, 2011**