



## BUCS Outdoor Championships 2016

30<sup>th</sup> April – 2<sup>nd</sup> May 2016

Selection Policy – March 2016

### Overview

The committee will act as a selection panel for all Cardiff Met Athletics fixtures including; Varsity, BUCS Cross Country, BUCS Indoors and BUCS Outdoor Championships. It is the aim of the 'panel' to select the strongest team to represent Cardiff Met at these competitions. With this in mind an individual athletes potential to achieve a top eight outcome as well as their ability to satisfy a minimum BUCS standard will be considered. Individual cases of 'development potential' may also be considered by the panel. The processes and decision making described in the following document reflect Cardiff Metropolitan Athletics Club and the Athletic Union's (AU) values and general strategy toward performance sport.

The panel consists of; James Thie (Performance Director), Matthew Wood (Director of Coaching), Club Captains (Men's, Women's and Cross Country), Treasurer and Club Secretary.

Relay squads will be considered after individual slots have been filled. As with individual events the ability for a squad to achieve top eight will prioritise decision making for this event.

For further information or discussion about this policy or any selection related conversation please direct communication to Matthew Wood [mwood@cardiffmet.ac.uk](mailto:mwood@cardiffmet.ac.uk) alternatively James Thie [jthie@cardiffmet.ac.uk](mailto:jthie@cardiffmet.ac.uk)

### Eligibility

To be considered for selection athletes must;

- Be eligible to compete for Cardiff Metropolitan University as stated by the BUCS regulation 6.1 (see below)

REG 6.1.1 Be a registered student at an institution of Higher or Further Education

REG 6.1.2 Be registered on a credit rated course e.g. MSc, Degree or HND.

REG 6.1.3 Be undertaking a study programme equivalent to at least 60 credits per year, or in the case of a postgraduate student be undertaking a study programme of no less than 50% of the full time student programme. HE institutions that have FE students registered with them and undertaking a minimum of 225 Guided Learning Hours are eligible to compete in BUCS competitions.

Read more at

<http://bucs.org.uk/page.asp?section=17288&ionTitle=REG+6+Individual+Eligibility+and+Team+Selection#vojyJTQeo9xgeeOR.99>

- Have achieved the required BUCS entry standard before the final BUCS Entry date – Please see standards at the end of this document.



## Selection Process

1. **The team will be selected on 1<sup>st</sup> April and announced via the website by 18:00 the same day.**
  - Round 1; Athletes with clear top eight potential will be selected based on previous Championship performance and known current form.
  - Round 2; Athletes with development potential who meet the required entry standard will be considered.
  - Round 3; Relay – relay selection will be based on a realistic opportunity to place the team in the top eight, this includes potential to select athletes to participate in the qualification rounds. Relay runners will be subject to the same discretion from the panel as individual runners.
2. Athletes with the required entry standard (Power of 10 showing within two years) will be considered in round 1 of selection (1<sup>st</sup> April). Athletes who require the **3<sup>rd</sup> or 4<sup>th</sup> entry standard must have achieved this mark before 7<sup>th</sup> April.**
3. The final team entry will be submitted to the AU on 6<sup>th</sup> April [BUCS deadline is 7<sup>th</sup> April].
  - Adjustments to final selection will be made in this period owing to injury and illness.
  - Substitutions must meet the BUCS entry standards and eligibility requirements.
4. Athletes will be selected based on a number of discretionary factors including but not limited to;
  - a. Performance standard (personal best)
  - b. Current form (competitive)
  - c. Previous championship / competitive performances
  - d. Injury or illness status
  - e. Attitude and willingness to be part of the Cardiff Met Athletics Team
5. Athletes wishing to be considered in an event that is not their primary event must declare this to the panel prior to the selection meeting on **1<sup>st</sup> April** e.g. 400m primary event however athlete wishes to be considered for the 200m.
6. The panel has the right to make decisions based on exceptional circumstances. All decisions will be made within the rules and values of the AU.
7. Performances are expected to be achieved at recognised competitions. Wind assisted or unrecorded (Power of 10) marks will not count toward selection or eligibility. Indoor performances will be accepted. Hand timed performances will be considered with less potency than an electronic measure.



## 2016 ENTRY STANDARDS

### 2016 ENTRY STANDARDS FOR ATHLETES 1 AND 2:

#### Men's and Women's 5000m and 1000m

The following entry standards will apply for ALL entries into the 5,000m and 10,000m. ALL electronic links for Best Performance within the last 2 years, i.e. between 1 March 2014 and 7<sup>th</sup> April 2016 inclusive WILL be checked for these events.

ENTRY STANDARDS FOR ALL ATHLETES 1 AND 2		
	Men	Women
5000m	17:00.00	20:00.00
10000m	35.00.00	45.00.00

Park run times for 5k will be accepted providing you meet the Entry Standards. However, Athletes will be given the slowest BP for seeding.

**Men's and Women's Triple Jump** - Men will be competing off a minimum of an 11m board and Women off a minimum of a 9m board - therefore the minimum best performances are 12.00m and 10.00m respectively. **[Amended 25/2 following agreement at the Indoor 2016 Captain's Meeting for Safety reasons].**

**NB** These standards will also apply to substitutions. Best Performances within the last 2 years, i.e. between 1 March 2014 and 7<sup>th</sup> April 2016 inclusive WILL be checked on the day.

### 2016 ENTRY STANDARDS FOR ATHLETES 3 AND 4:

The first two athletes from an institution will automatically count as the scoring athletes. Any institution that has entered a third and fourth athlete into an event has to adhere to the rule that **ALL** athletes from their institution in that event have achieved these entry standards.

These standards have been revised further to the review of the BUCS Athletics Programme and as such are now set at the average result for the 8<sup>th</sup> finisher in track events and the 12<sup>th</sup> finisher in field events over the past 5 years of BUCS Outdoor Athletics competition.

**Please note that any athletes being substituted in where a standard has been required must also have attained the given standard. A copy of the standards is below for information:**



ENTRY STANDARDS FOR ATHLETES 3 AND 4		
	Men	Women
100m	11.00	12.40
200m	22.15	25.40
400m	49.00	57.00
800m	1:53.93	2:13.14
1500m	3:53.86	4:38.13
5000m	15:09.79	17:42.44
10000m	31:57.79	40:38.99
110m/100m Hurdles	15.20	15.00
400m Hurdles	54.80	1:03.00
3000m/2000m Steeplechase	9:42.00	7:28.00
High Jump	1.85	1.55
Long Jump	6.60	5.20
Triple Jump	13.55	10.60
Pole Vault	3.80	2.70
Discus	37.00	33.00
Shot Put	11.70	10.50
Javelin	52.00	32.40
Hammer	41.00	38.00