

EAST DISTRICT CROSS COUNTRY SELECTION 2018/2019

Inter District Cross Country Stirling Saturday 12th January 2019

District teams are up to 15 to run with 6 to score

Selection for U13, U15, U17, Sen/Jun Male & Females will be 1st 10 from East District Cross Country Championships at Aberdeen on Saturday 8th December plus up to 5 others on all known form with weighting to Aberdeen.

Inter Counties UK Championships Loughborough Saturday 9th March 2019

Selection will be made largely on results from the National Cross Country Championships at Falkirk on Saturday 23rd February 2019.

Full Selection policy for Cross Country and Road Running for 2018/19 at

<http://www.scottishathletics.org.uk/athletes/performance/selection-policies-international-handbooks/>

Sandra Hardacre
Chair East District Selectors
Cross Country and Road Running Commission

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