

2018 Selection Criteria Changes

There are 3 important changes for all athletes that want to compete in World Champs in 2018

- 5k Park Runs will be used as a guide towards athlete fitness.
- All athletes that nominate, need to have a coach. No coach, no team.
- No payment, uniform order, or ASADA training, no selection.

5k Park Runs

JWOC aspirants. There will be a compulsory 5k time trial on the 24th February, 2 weeks before the 1st NOL race of the season. As this race will be used as a gauge of your fitness, it will be in your best interest to do other Park Runs in the lead up to this event, so you become familiar with the art of racing a 5k.

WOC nominees. You will have 2 Time Trials, 24th February, 2 weeks before the 1st NOL of the year, and 5th May, 2 weeks before the May Trials.

If you are concerned that you do not have the running ability to do well in this element of selection the most important thing to do is to show improvement in results over several months as evidence that you are doing the right kind of intense physical training. Both absolute results and rate of improvement will be considered by selectors.

No coach, no team

All Athletes who want to represent Australia in 2018, will need to have a coach. Having a personal coach is paramount to you getting the best result for yourself, so in 2018, Head Coach Jim, and Junior Coach, Brodie, will only be taking nominations for teams, from athletes who have a personal coach.

This will mean, if Jim or Brodie want any information about how you, the athlete is going, we can talk to you, or your coach, as you will both be on the same page.

No payment or other documents, no team

Provisional teams will be announced at Easter for JWOC, and after the May trials for WOC. The final team will be confirmed two weeks later subject to team members making the necessary payments and completing other team requirements within that two weeks. Anyone who does not accept the offer of a place in the team by completing the requirements will be replaced by the next best athlete. The requirements include payment to OA, placing a uniform order, completing ASADA training, and returning a signed athlete agreement. Information about these will be shared well before selection so it should be very straight forward once provisional selection is made.

Below are the dates of races and deadlines for nominations to gain selection

Event	Date	Nominations	Selection announcement	Teams confirmed
Bushrangers test match	June 2-4	March 20	April 10	
JWOC	July 8-15	February 20	April 2	April 16
World University Champs	July 17-21	February 20	April 10	April 24
WOC	August 4-11	February 20	May 27	June 10
Australian Champs and Bushrangers test match	September 29 - October 7	All entered athletes	September 15	

Nomination Forms will be available shortly

OA Head Coach, Jim Russell
25/10/2018