

Swansea University Athletics & Cross Country Club

BUCS Selection Guidelines

Introduction

1. This document is a guideline to aid the committee in BUCS team selections. These guidelines will also provide athletes with a potential target for BUCS selection.
2. In all cases, the final decision in selection to all of the BUCS Championships lies with the BUCS selection sub-committee. Achievement of the guideline criteria therefore represents eligibility for consideration, not selection.
3. The club will be informed of the closing date for nominations a week in advance. A selection meeting will take place 48 hours after this date. No late nominations will be accepted.
4. The BUCS selection sub-committee will be made up of the Club Captain, Track and Field Captain and Cross Country Captain. Other club members and relevant coaches may be invited onto the selection sub-committee if the sub-committee believe this is necessary. Coaches may be asked to submit a report on athlete current performance condition if necessary.

Athlete Eligibility

5. Only paid members can be considered for selection. If any unpaid membership fees are not made before the selection meeting, athletes CANNOT be considered for selection.
6. **BUCS Indoors:** All athletes must have a Best Performance for the events they are entered into from the last 2 years. Please see BUCS Play website for specific dates.
7. **BUCS Outdoors:** All athletes must have a Best Performance for the events they are entered into from the last 2 years. Please see BUCS Play website for specific dates.

Criteria

8. The following standards do NOT guarantee selection and have been created as a guideline for the selection committee and a target for athletes to show the level of competition expected at any BUCS Championship event. All times are based on performances at previous BUCS Championships.

(i) BUCS Cross Country

A. Athletes will be considered on selection based on their performance at Gwent League Fixture 3 and;

B. Athletes will be considered for selection if they meet the following standards;

Race	Time
Men's Long Race – 10km	55 minutes*

Women's Long Race – 8km	55 minutes*
Men's Short Race – 8km	45 minutes

C. If an athlete is unable to attend Gwent League fixture 3 due to exceptional circumstances (such as illness or University deadlines etc.) then the BUCS XC sub-committee will consider previous cross-country performances.

*Please note that these standards were created by BUCS and not the Swansea University Athletics & Cross Country BUCS selection sub-committee and therefore MUST be made in order to be selected.

(ii) BUCS Indoor Championships

A. Athletes will be considered for selection based on the following standards;

Men	Event	Women
7.2	60m	8.6
9.0	60m Hurdles	10.0
23.4	200m	29.0
53.0	400m	62.0
2:05	800m	2:20
4:00.00	1500m	5:10.00
9:00.00	3000m	11:00.00
1.75m	High Jump	1.60m
3.50m	Pole Vault	2.80m
6.0m	Long Jump	4.5m
12.00m	Triple Jump	10.00m
10.00m	Shot Put	10.00m

B. Relay selection will be determined by the committee and the highest ranking athletes according to Power of 10 at the point of selection will be selected. A reserve will be chosen (if possible) from the remaining pool of selected athletes.

(iii) BUCS Outdoor Championships

A. Athletes will be considered for selection based on the following standards;

Men	Event	Women
11.4	100m	13.5
23.4	200m	29.0
53.0	400m	62.0
15.5	110m Hurdles	
	100m Hurdles	16.0
60.0	400m Hurdles	70.0
2:05	800m	2:20
4:00.00	1500m	5:10.00

TBC	5000m*	TBC
10:00.00	3000m S/C	
	2000m S/C	7:20.00
1.75m	High Jump	1.60m
3.50m	Pole Vault	2.80m
6.00m	Long Jump	4.50m
12.00m	Triple Jump	10.00m
40.00m	Javelin	35.00m
10.00m	Shot Put	10.00m
30.00m	Discus Throw	30.00m
40.00m	Hammer Throw	40.00m

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- B. Relay selection will be determined by the committee and the highest ranking athletes according to Power of 10 at the point of selection will be selected. A reserve will be chosen (if possible) from the remaining pool of selected athletes.

De-selection

9. De-selection from the list of athletes chosen for BUCS Championships may occur as a result of:
- Failure to pay BUCS travel or accommodation fees on time
 - Failure to adhere to the Swansea University code of conduct