



## **Junior World Orienteering Championships 2023**

**2 to 9 July 2023, Baia Mare, Romania.**

**Classes: W20, M20, (max 6 runners per country per class)**

**<https://www.jwoc2023.ro/>**

Eligible for selection are M/W20s (born 2003, 2004). M/W18 athletes (born 2005) are also eligible but would need to be aged 18 on the date of the competition.

To compete on an Irish team an athlete must hold an Ireland passport and be a current member of an IOA or NIOA club.

To be considered for selection athletes should compete in the Irish Orienteering Championships 2023 and run the Time Trial in Phoenix Park on Sat 25<sup>th</sup> Feb.

Athletes with no major international competition experience will not be considered for JWOC, and it is strongly recommended that an international event is included for selection purposes in 2022.

The Selectors will consider the results of the races listed below; athletes should compete in as many of these as possible. Note there will be no automatic selection based on these results, and athletes may notify the selectors before 30 April 2023 of other results they would like to have taken into account

The team will be announced immediately after the British Middle Champ Championships on Sun 7 May. However, if team numbers permit, juniors who achieve impressive international results during May or June may be added to the team.

Note for athletes who "run up" in an older age class. If the course is the same as their age class course there is no issue. If the course is different it can be notified to the selectors as an "other result", and if at IOC it will count as competing in IOC. (*e.g. for M18, JK Middle M21E counts as it is the same course as M18E*).

### **Selection Events 2023**

- Sat 25 Feb Time Trial Phoenix Park, Dublin
- Fri 7 April Sprint JK – Lancaster University – M/W20 or M/W18
- Sat 8 April Middle JK – High Dam, Newby Bridge, Cumbria - M/W20E or M/W18E.
- Sun 9 April Long JK – Bigland, Newby Bridge, Cumbria - M/W20E or M/W18E.
- Sun 16 April Long Leinster Champs, Camaderry, Co. Wicklow – M/W20E or M/W18E
- Fri 28 Apr Sprint Irish Championships, tba – M/W20 or M/W18.
- Sat 29 Apr Middle Irish Championships, Stranahely, Co. Wicklow – M/W20E or M/W18E.
- Sun 30 Apr Long Irish Championships, Devil's Glen, Co. Wicklow – M/W20E or M/W18E.
- Sat 6 May Sprint British Champs, Armagh City - M/W20E or M/W18E
- Sun 7 May Middle British Champs, Castlewellan, Co. Down - M/W20E or M/W18E

As well as competition results the selectors will take into account athletes' level of commitment as shown by

- Responding promptly to messages, and communicating with selectors, managers and coaches regarding illness, injury, exams and also aims, ambitions, achievements.
- Orienteering regularly and often
- Attending training camps/competitions
- Achieving and maintaining a high level of fitness
- Participating in relevant non-orienteering activities (eg hill-running, cross-country, athletics, etc.)
- Maintaining an online training diary e.g. Attackpoint, Strava.

Other factors such as illness, injury, exams will be taken into account if made known to the selectors

The Selectors: Darren Burke, Mike Long, Ruth Lynam, Stephanie Pruzina  
January 2023

Email: [juniorrep@orienteering.ie](mailto:juniorrep@orienteering.ie)