

Selection Opportunities for Scottish Juniors

There are lots of opportunities for Scottish Juniors to be selected to compete for their country (Scotland and Britain) and/or to attend training camps. This document attempts to put information about all these opportunities into one place, highlighting which age groups can be considered for selection for each.

1. Junior Regional O Squads (JROS) Camps

These camps are organised by the Association of Junior Regional Squads (JROS) aimed at giving experience to as many juniors as possible across the age groups.

Full details of all these camps are available at jros.org.uk. The website also has details and videos showing previous camps and how much fun they are.

LAGGANLIA		Selection Races and Criteria		
Date:	3 rd – 10 th August 2024	Juniors being nominated will have achieved championship standard* in at least one of the following races.		
Location	Lagganlia, Feshiebridge			
Eligibility:	2 nd Year M/W 14 (Born 2010)	Scottish Championships	27 th May 2023	
How to apply?	ScotJOS Management Team will nominate all juniors who meet the eligibility criteria. JROS selectors will then allocate places.	Midland Championships	28 th May 2023	9 th March 2024
		Northern Championships	26 th February 2023	28 th April 2024
		Southern Championships	5 th November 2023	4 th February 2024
		JK Day 2	8 th April 2023	30 th March 2024
		JK Day 3	9 th April 2023	31 st March 2024
		British Long Championships	25 th March 2023	13 th April 2024
		British Middle Championships		27 th April 2024
		<i>*Their time will be within 1.25 times the winner's time</i>		

DEESIDE		Selection Races and Criteria		
Date:	3 rd – 10 th August 2024	Best 3 results at the following races:-		
Location	Deeside, Templars Park			
Eligibility:	M/W 16 (Born 2009)	JK Day 2 2024 (30 th March) JK Day 3 2023 (31 st March) British Long Distance Champs 2024 (13 th April) British Middle Distance 2024 (27 th April) Northern Champs (28 th April)		
How to apply?	No application needs to be made, JROS selectors will automatically consider any juniors who meet the selection and eligibility criteria.			
		It is expected that a good silver will be achieved (winner's time + 35%).		

CZECHIA		Selection Races and Criteria
Date:	17 th – 26 th August 2024	Best 3 results at the following races:- JK Day 2 2024 (30 th March) JK Day 3 2023 (31 st March) British Long Distance Champs 2024 (13 th April) British Middle Distance 2024 (27 th April) Northern Champs (28 th April) It is expected that a good silver will be achieved (winner's time + 35%).
Location	Potkavarna u Havrana, Czechia	
Eligibility:	2 nd year M/W 16's (Born 2008)	
How to apply?	No application needs to be made, JROS selectors will automatically consider any juniors who meet the selection and eligibility criteria.	

STOCKHOLM		Selection Races and Criteria
Date:	13 th – 25 th August 2024	Athletes wishing to be selected will probably have achieved a gold standard as averaged over four of the races below. British Night Champs* 2024 (10 th February) JK Day 1* 2024 (29 th March) JK Day 2 2024 (30 th March) JK Day 3 2023 (31 st March) British Long Distance Champs 2024 (13 th April) British Middle Distance 2024 (27 th April) Northern Champs (28 th April) *Note that any athlete may count ONLY one of the British Night Champs OR JK Day 1 Sprint towards their average of 4 results for selection
Location	Stockholm, Sweden	
Eligibility:	1 st Year M/W 18 (Born 2007)	
How to apply?	No application needs to be made, JROS selectors will automatically consider any juniors who meet the selection and eligibility criteria.	

GOTHENBURG		Selection Races and Criteria
Date:	16 th – 26 th August 2024	Athletes wishing to be selected will be ordered based on the average of the best three ranking scores that they achieved under the British Orienteering ranking scheme at the following races. British Night Champs* 2024 (10 th February) JK Day 1* 2024 (29 th March) JK Day 2 2024 (30 th March) JK Day 3 2023 (31 st March) British Long Distance Champs 2024 (13 th April) British Middle Distance 2024 (27 th April) Northern Champs (28 th April)
Location	Gothenburg, Sweden	
Eligibility:	2 nd Year M/W18s (born 2006)	
How to apply?	Application for selection for this tour must be made directly by the athlete in writing to the Team Manager, Mark Saunders, at Markandalice@btinternet.com	

HAWKSHEAD		Selection Races and Criteria
Date:	Nov 2024 (TBC)	<p>Each region can take up to around 8 juniors.</p> <p>With more 16s in Scotland than places available, the ScotJOS Lead Coach co-ordinates the invitations to ensure that as many appropriately experienced* 16s as possible get to attend and to give preference to juniors who have never previously attended JROS camps or not had opportunities to race at JIRCs/JHIs that year.</p> <p>*=regularly competing in technically and physically demanding terrain</p>
Location	Hawkshead YHA	
Eligibility:	1 st and 2 nd year 16s	
How to apply?	Invited by ScotJOS lead coach	

Unable to compete at a selection race?

All cases of illness or injury as well as any family commitments which may affect an athlete's ability to compete in one or more of the above selection races should be notified in writing to the athletes Regional Squad coordinator (Judy – judy.esoc@gmail.com) prior to the running of that race, clearly explaining the reasons for their failure to compete. Judy will make the Selectors aware of such notifications.

Selection Races

The majority of the camps list several selection races to give as many people as possible the opportunity to try to make selection. You are not expected to have to attend all the selection races as most clearly state that it is the best 3 or 4 results which will be used. The Scottish Junior Squad representatives expressed to JROS that they were unhappy with the use of the Northern and British Middle races for selections since they fell within the SCQA exam diet. JROS said that juniors didn't need to attend all the races and the Scottish coordinators will make a strong case for any juniors who feel they were unhappy with their performance at the JK and British Long and are unable to attend the Northern and British Middle due to exam pressures. Please do not feel under pressure to attend selection races at exam time – the case will be made for you

2. British Orienteering Teams

British Orienteering selects juniors for teams for international junior competitions. Full details of this selection process are available at <https://www.britishorienteering.org.uk/Selection> (Look at the Foot-O selection policies – these include both junior and senior selection)

Opportunities - Competitions:

Selectors will be looking to decide the British teams for the following competitions:-

- **European Youth Orienteering Championships - EYOC**
Szczecin, Poland, 21st to 24th June 2024
M/W 16s and 18s – maximum of 16 athletes with a maximum of 4 in each class M16, M18, W16 and W18
- **Junior World Orienteering Championships - JWOC**
Pilzen, Czechia, 30th June to 7th July 2024
M/W 20s and 18s - Up to a maximum of 12 athletes – 6 males and 6 females
- **Junior European Cup -JEC**
Austria, 27th to 29th September 2024
Up to a maximum of 24 athletes can be selected, 6 males and 6 females in each class M18, M20, W18 and W20. However British Orienteering has said that it intends to send a team of 12- 16 athletes.

Note that the selection document states *"There is no obligation on British Orienteering to select all team spots for EYOC, JWOC or JEC and the total team size will be determined by the selection panel at their complete discretion."*

EYOC and JWOC Selection:

There are 5 selection races EYOC and JWOC and juniors seeking selection are expected to attend all 5 races. The selection races are open to all juniors

JK Sprint	29 th March 2024	Loughborough University
JK Middle	30 th March 2024	Beaunesert
JK Long	1 st April 2024	Beaunesert
Junior Sprint	12 th April 2024	venue tbc (to be held near BOC Long)
British Long Championships	13 th April 2024	Mulgrave Woods

EYOC Selection

The selection panel will consider:

- Primarily, performances at the five nominated selection races
- Secondly, individual progression and race performances at national and international competitions within the 2023 and 2024 seasons (National races are defined as any JK S, JK M, JK L, BOC S, BOC M, BOC L race. International races are defined as any EYOC, JWOC or JEC races)

JWOC Selection

There are up to two male and two female places available by automatic selection:

- The first British finisher in the combined M18 / M20 course, and the first British finisher in the combined W18 / W20 course at the **JK Sprint** will be selected.
- The first British finisher in the combined M18 / M20 course, and the first British finisher in the combined W18 / W20 course in the **JK overall ranking** (i.e. Middle and Long race times combined) will be selected.

If the same athlete would be selected under both (i.e. the same athlete wins the JK Sprint and JK Overall), there is no 'count-back' to automatically select any second-placed athlete.

The remaining places will be nominated at the complete discretion of the selection panel. To support an individual's selection, the selection panel will consider:

- Primarily, performances at the five nominated selection races
- Secondly, individual progression and race performances at national and international competitions within the 2023 and 2024 seasons
- Secondly, the athlete's potential to successfully race for GBR at senior level

JEC Selections

The primary selection races will be two domestically organised test races: 31st August (Middle) and 1st September (Long). These are likely to be in Scotland (possibly Deeside)

There are up to 12 places available by automatic selection:

- The top-3 in the W18 class and the top-3 in the M18 class
- The top-3 in the W20 class and the top-3 in the M20 class

The "top-3" will be calculated by combining finish positions over the two selection races, for example a 4th in the Middle and a 3rd in the Long equals a combined result of 7. Total time (Middle and Long race times combined) will be used as a tie-breaker.

The decision to take additional athletes (i.e. to make the team size 12, 13, 14, 15 or 16) is entirely at the selection panel's discretion. Any extra athletes in addition to the auto-selected 12 are in effect "the selection panel's picks" based upon a myriad of different factors:

- Performances over the two nominated selection races (31st Aug and 1st Sept)
- Performances at EYOC 2024 and JWOC 2024
- Performances over the five selection races used for EYOC and JWOC selection
- Individual progression and race performances at national and international competitions within the 2023 and 2024 seasons
- The athlete's potential to successfully race for GBR at senior level

The remaining (up to) 4 spots may not be equally divided across the age classes. For example, 3 x M20 and 1 x W18 may be chosen. To guarantee selection, athletes must finish in the top-3 places in their age class at the selection races. Any selections for spots #13-16 are at the discretion of the selection panel.

3. Junior Home International and Junior Inter Regional

Event	Date	Location	Eligibility
Junior Inter Regionals (JIRC)	28 th – 29 th September 2024	Mallards Pike (Individual) and Sandford and Lyncombe Woods (Relay)	M/W 14 M/W 16 M/W 18
Junior Home Internationals (JHI)	12 th – 13 th October 2024	Sheringham Park, East Anglia	M/W 14 M/W 16 M/W 18

Eligibility: Scotland can take a team of 4 athletes in each age group, M/W 14, 16, 18, all of whom must be resident in Scotland, born in Scotland or have a parent who was born in Scotland.

Selection Criteria: Scotland aims to take the strongest possible team to the Junior Home Internationals (Top 4 juniors in each age class) but for the Junior Inter Regionals will spread the selections where appropriate to select the top 2 juniors, plus 5th and 6th in each age class. Selectors will consider performance of juniors over the season and all known form. They will look at performance at a range of events, placing most emphasis on results achieved at major national events. Events which will be considered are:-

Primarily - JK, British Long Champs, Scottish Champs

Secondarily - SOLs, Jamie Stevenson, Scottish 6-Days (when happening)

4. British Orienteering Talent Squads

The British Orienteering Talent Squads (North, South & Scotland) bring together the best junior orienteers in the United Kingdom, aged between 15-18 years old. It is a key stage in a developing athlete's journey along British Orienteering's Performance Pathway, aiming at feeding into the British Orienteering National Teams and success at international competitions. The programme seeks to provide experiences and learning that will help young orienteers develop as athletes and be part of a mutually supportive community. Membership of the programme is earned primarily through both performances in selection races and by evidencing a commitment to the development process.

Selection to the British Orienteering Talent Squads

Selection to the new British Orienteering Talent Squads will take place following the summer camps and competition programme based on the following criteria:

- Strong and consistent form over the nominated selection races used for EYOC and JWOC selection (JK Days 1,2,3, British Long and Junior Sprint). Form will be assessed via a range of variables including race position, time, pace and percentage behind the winning time. To determine progress for re-selection, results from selection races and, where relevant, international competitions will also be analysed from the previous year.
- Reports from coaching staff at the relevant summer camps which indicates athlete's readiness to be included in the squad, including appropriate physical, mental and technical competence and commitment to their own development

The selection group will also consider:

- Regional co-ordinator's references, and summer camps reports, on the relevant athletes.
- Other race data from major summer races.
- Athletes that can or have demonstrated commitment to their own development.

5. Scottish Junior Orienteering Squad

The Scottish Junior Orienteering Squad (ScotJOS) exists to provide a coaching and development programme for young Scottish orienteers, M/W14 – 18, who show talent in the sport and commitment to improve their performance. The squad is selected each September and aims to focus resources on those who show potential to be top performers at national level in the future.

The ScotJOS training year runs from November to November with the new squad selected each October.

ScotJOS 2024/25 selection – the aim is to select a squad containing juniors who have performed at a high level at top races in Britain and have shown a commitment to the ethos of consistent training and striving for improvement.

Selectors will consider performance of juniors over the season and all known form. They will look at performance at a range of events, placing most emphasis on results achieved at major national events. Events which will be considered are:-

JK, British Champs, Scottish Champs, SOLs, Jamie Stevenson

Late starters and late developers who are deemed to have a high potential may be selected despite results not being as good as others in their age class. Please inform the ScotJOS coach (Jon Musgrave – jon@big-jon.scot) or ScotJOS manager Judy Bell (judy.esoc@gmail.com) of any injuries (especially long term ones) to allow informed decisions to be made

As the selection takes place midway through the year, please note that second year M/W12s will not be selected.