



ORIENTEERING
C A N A D A

2019 and 2020 Junior World Orienteering Championships (JWOC) Selection Policy

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Update history

Dec 2018: Initial version

JWOC 2019 Denmark

6-12 July 2019, Silkeborg, Denmark

<https://www.jwoc2019.dk/>

Introduction

The Junior World Orienteering Championships (JWOC) will be held July 6-12, 2019 in Denmark.

There will be training opportunities in Denmark in the week leading up to the competition. The team will consist of a Coach, Team Manager and up to six male and six female athletes.

General Context for the JWOC Team

The Junior World Orienteering Championships is, by definition, the highest level of competition open to athletes under 21 years of age. It is the pinnacle series of races that junior orienteers strive for, as a culmination of their training and competitive progression towards senior competition.

For Canadian orienteers, JWOC is normally the most difficult series of races they will experience, in the most competitive field they can face. Participation in JWOC requires a very high level of physiological, mental and emotional preparedness, normally achieved through many years of domestic and overseas training and/or competition experience consistent with Orienteering Canada's Long Term Athlete Development (LTAD) program.

Selection Context

The JWOC Selection Committee uses their discretion based on the factors outlined in Step 2 below. This is by necessity, given that the opportunities are rare for head-to-head competition that would allow direct comparison between athletes, especially during the period leading into the spring/early summer 2019 season.

Eligibility

In order to represent Canada at JWOC 2019 athletes must be HPP members (see separate application information and process in the HPP Athlete Handbook) and normally must be at least 17 years of age and no older than 20 years of age as of December 31, 2019. The JWOC age requirement is aligned with the Learn to Compete stage of Orienteering Canada's LTAD program. As a late specialization sport, the Orienteering Canada program envisions young athletes progressing through the Learn to Train, Train to Train, and Learn to Compete stages before being considered physiologically and psychologically prepared to compete at the World Championships level.

Athletes who do not meet the minimum age requirement may apply per the application process

described below, but in addition to the listed information, must also submit:

- A letter explaining why they feel they have the required level of technical and physical preparedness; and the maturity to be considered for the JWOC 2019 Team
- Two letters of reference (from non-relations) that can speak to their character and maturity (does not have to be from orienteers)

Underage athletes may apply to be considered for the 2019 JWOC Team, but priority will be given to athletes who meet the minimum age requirement (provided they meet the other application criteria as set out in Step 1 and reviewed by the Selection Committee in Step 2).

Cost

Orienteering Canada does not have the funds to support the athletes' travel and competition for JWOC. If some supporting funding becomes available the amount will be minimal. Athletes must be prepared to cover their own costs for the competition entry fee, room and board, and travel. Orienteering Canada will register the selected team and book room and board and local transportation during the training week and competition. The athletes will be invoiced by Orienteering Canada for these costs. The athletes must book and pay their own transportation to Denmark.

Step 1. Application – Submission Deadline of 15 January, 2019

Athletes wishing to be considered for the 2019 JWOC team must send an email to hpp@orienteering.ca with a written expression of their interest in being considered for the 2019 JWOC Team, including the following:

1. A list of significant competitive results in 2018 (event, category, placing, time, and time behind winner).
2. A summary of their training and competitive development to date.
3. A description of specific improvements made in the 2018 season (may be technical, tactical, physical and/or mental).
4. A statement of their specific goals for JWOC 2019.

After the written expression of interest has been submitted, the High Performance Committee will forward the athlete's complete HPP application including Yearly training Plan (YTP) and

training log link to the selection committee.

Step 2. Preliminary Selection – by 15 February, 2019

The Selection Committee will use their discretion to make a preliminary selection of the JWOC 2019 Team by 15 February, 2019 based on the athlete's expression of interest, information included in the athlete's HPP application (including YTP), and the athlete's training progress based on his/her training log. The criteria/analysis that the Selection Committee will apply are:

- Significant 2018 results – placing, time, and time behind winner, taking into account the strength of the field and the type of terrain
- Expression of interest – analysis of the athlete's orienteering development and their understanding of their orienteering strengths and weaknesses
- Quality of training outlined in the YTP
- Quality of training detailed in the athlete's training log and their adherence to their YTP.

Selection will be announced through the Orienteering Canada's HPP Basecamp page, as well as on the Orienteering Canada website.

Step 3. Final (additional) Selection (if required) – by 10 May, 2019

Additional athletes may be added to the JWOC team, based on results (taking into account placing, time, and time behind winner, the strength of the field and the type of terrain) from January 15 to May 6, 2019. While no formal team selection races have been identified, Canada Cup races, Orienteering USA sanctioned A meets or international races of a similar quality and level will be considered.

Alternates

Alternates may be identified but will not be part of the team unless someone withdraws or gets injured before travelling to JWOC. Alternates cannot stay or travel with the team during the JWOC.

Training Expectations

Athletes are expected to maintain the level of training outlined in their training plan and to maintain a high level of commitment throughout the year and leading up to the competition season. This includes working with their club coach or regional coach.

Attendance at local meets and training camps should be a high priority as well as attending at as many Canada Cup or A-Meet level events in the spring if possible. By June 11th, athletes are expected to submit their time for running 5km or 10km in an official running race or from a time trial with a coach present. The running race should be done within the last 6 months before June 11th.

It is the obligation of the athlete to immediately report any injury, illness or change in training that could affect their ability to compete at their highest level.

Selection Committee

The High Performance Committee has appointed the following selection committee for the 2018 JWOC team selection: Stefan Bergstrom, Nevin French, Cherie Revells.

In the event of a conflict of interest arising between any of the selection committee members and any of the potential JWOC Team members, replacement selection committee members will be identified.

Team Coach

The High Performance Committee has appointed TBD as Team Coach for Canada's 2019 JWOC team.

Team Manager

The High Performance Committee has appointed TBD as Team Manager for Canada's 2019 JWOC team.

Relay Teams Selection

The JWOC Relay teams' composition and running orders are decided by the Team Coach.

Athlete Requirements to Remain Selected and Removal

1. Once selected to the JWOC, an athlete may withdraw or be removed for the following reasons:

- a) Failure to maintain the training plan the athlete outlined as part of the JWOC application;
- b) Failure to adhere to the procedures outlined in the Athlete Handbook, Athlete Agreement, Orienteering Canada's Code of Conduct and other policies;
- c) Failure to remain competition-ready leading up to the event. It is the obligation of the athlete to immediately report any injury, illness or change in training that could affect their ability to compete at their highest level.
- d) Fraudulent misrepresentation.
- e) Voluntary withdrawal/retirement.

Where an athlete is unable to meet training standards, competitive readiness, violates team rules or the code of conduct or provides fraudulent misrepresentations, the Selection Committee will have the discretion to remove the athlete from the team, provided the athlete is given an opportunity to be heard, and to replace the athlete with another suitable candidate. The removal of an athlete is the last-possible option and it is hoped that a solution can be reached before this action.

The Selection Committee will notify the athlete in writing that he/she has been removed from the team and reasons for the removal.

JWOC 2020 Turkey

The 2020 JWOC will be held June 26-July 4, 2020 in Kocaeli, Turkey. Preliminary information is available at: <http://jwoc2020.org/>

Athletes who wish to be considered for the 2020 JWOC should, during the 2019 season, attempt to run in high level races against strong fields of competitors to show that they are ready for this level of competition. The races should be in the 17-20 categories (or as an exception in the senior 21+ category).

The 2019 Canadian Championships are the main Canadian races to base the 2020 JWOC selection on and the athletes are strongly encouraged to take part in these events.

Other recommended North American races are Canada Cups, Eastern and Western Canadian Championships, and US Championships and major events.

A fall running race of 5km or 10km to demonstrate commitment to training and racing is encouraged. This would include cross-country events.

It is a plus if athletes can participate in major overseas events to gain experience (for example O-ringen, Swiss O-week, Portugal O Meeting). Major international events are listed on <https://eventor.orienteering.org/Events>

Athletes need to keep a training log, preferably online (example <https://attackpoint.org/>), to allow the selection committee to review their training.