

WPA Cross Country Selection Criteria 2026:

Age categories that will be considered for the selection:

9, 10, 11, 12, 13 (Max 2 per category),

14, 15, 16, 17, U/23 4km and Senior 4km, Masters 35-70 (Max 4 per category),

Junior W 6km/Junior M 8km & Senior 10km (Max 6 per category).

In highly competitive categories, the max amount may be exceeded, provided there is sufficient space in the final team.

In certain categories the max amount may not be selected, due to the time difference between the top finishers. (Athletes need to finish within the same average pace/km as the top finishers)

In order to be eligible for selection the following will apply:

Only SA Citizens are eligible for selection.

Only licenced athletes will be selected. This includes ages 9-13.

Participation in the League Series is encouraged, and athletes are required to compete in at least **4 Leagues**, in the Event of possible selection.

Participation at the WPA CC Championships, in the Race Distance of possible selection, is compulsory.

Selection is based on the performance at WPA CC Championships.

Medical Certificates will not be accepted.

Selections may be limited due to budgetary constraints.

Selections are further subject to the final approval of the WPA Board.

WPA Cross Country Commission