

Appendix M: Elite Competitions Seeding and Selection

1.1 Introduction

The aim of this guideline is to provide the methodology by which UK Cup and World Ranking Events in the UK will be seeded and start times allocated. Where the entry exceeds the start times available this allows excess competitors to be seeded out on a consistent basis and it ensures a fair start list without the start list being the same for all events.

1.2 Seeder

The Elite Competitions Group is responsible for the seeding and allocation of start times in Elite competitions. For each competition the ECG will designate an individual as the “Seeder”. The decision of the designated Seeder is final.

1.3 Seeding and Creation of Start Lists

1.3.1 Seeding Process

1. Competitors should be ranked in order of their latest UK Cup or FCC ranking (as applicable) [early season competitions will use the final order from the previous year’s competition]. Competition information should specify in advance which year’s ranking will be used.
2. International competitors, including BOF members based overseas, should be inserted at a point appropriate to their IOF ranking.
3. Any competitors supplying significant alternative information as to their competitive standard will be inserted at the Seeder’s discretion. [See “Additional Information” below]
4. For junior (18-20) elite classes, particularly in the case of 18s where no previous FCC history is available, the views of the selectors will also be taken into account
5. Competitors in the completed list ranked beyond the course capacity will be seeded onto the next available course, appropriate for their age class as agreed with the competitor e.g. M/W21L, M/W35L

1.3.2 Process for allocating Start Times

1. The total start list (after the removal of “seeded out” competitors) should be split into five groups, i.e.
 - Group 5 contains all competitors ranked $3n+1$ to $4n$ in the seeded list
 - Group 4 contains all competitors ranked $2n+1$ to $3n$ in the seeded list
 - Group 3 contains all competitors ranked $n+1$ to $2n$ in the seeded list
 - Group 2 contains all competitors ranked $(n/2 + 1)$ to n in the seeded list
 - Group 1 contains all competitors ranked 1 to $(n/2 + 1)$ in the seeded list, where $n = (\text{number of competitors in seeded list})/4$
2. The starting order within each group should then be drawn at random
3. Where possible two spare start times should be allocated at random within each Group, and a spare start time is allocated between each Group. These allow for errors, omissions and late entries. (This should only be done when spare start time capacity exists). The Seeder should use their discretion to ensure that within in a group there are neither two blank start times in succession nor an athlete with a blank start time both before and after them.

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4. Normally Group 5 starts first; Group 1 starts last, however if conditions around a particular race dictate otherwise then the group starting order can be changed at the Seeder's discretion.
5. An athlete may request a start time in a lower ranked group than that to which they are entitled (e.g. in order to allow for a split start time). They may not request one in a higher ranked group.
6. For each event the start times and start time intervals may be different, depending on number of entries and type of race. However, for a WRE a consistent start interval should be used throughout the start list [IOF Rule 12.14 says that normally this should be 3 minutes for Long, 2 minutes for Middle and 1 minute for Sprint]

1.4 Special Conditions

1.4.1 JK Middle and Long

1. Unless otherwise agreed with the JK organisers the total start period for Days 2 and 3 will be 4 hours.
2. The start interval on Day 2 (Middle) will be 2 minutes.
3. The start interval on Day 3 (Long) will be 3 minutes.
4. In the Middle Race 21s and 18-20s will run the same course in a combined start list.
5. The standard start interval allows for 121 places to be available in the Middle Race and 81 places to be available in the Long Race (Day 3). In practice (given relative class sizes) this means that, unless the organisers extend the total start period, the maximum size of the M/W21E field is 81 and that there are 40 guaranteed places on M/W18-20E.
6. For the Middle Races the seeded start groups will be ordered as follows:
 - Group 10: M/W18-20 Group 5
 - Group 9: M/W18-20 Group 4
 - Group 8: M/W21 Group 5
 - Group 7: M/W21 Group 4
 - Group 6: M/W18-20 Group 3
 - Group 5: M/W18-20 Group 2
 - Group 4: M/W18-20 Group 1
 - Group 3: M/W21 Group 3
 - Group 2: M/W21 Group 2
 - Group 1: M/W21 Group 1

Group 10 starts first and Group 1 last.

7. For the Long Races the start order will be the reverse order of the results from the Middle race i.e. the course leader starts last. Competitors who did not complete the Middle race will start first with the following priority: DQ, DNF, DNS i.e. competitors who didn't start the Middle race will be the first starters.

1.4.2 JK Sprint

1. The total start period will be at the organiser's direction.
2. The start interval will be one minute.
3. The 21Es and 18-20Es will run the same course in a combined start list.
4. The seeded start groups will be ordered as follows:

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- a. Group 10: M/W18-20 Group 5
- b. Group 9: M/W18-20 Group 4
- c. Group 8: M/W21 Group 5
- d. Group 7: M/W21 Group 4
- e. Group 6: M/W18-20 Group 3
- f. Group 5: M/W18-20 Group 2
- g. Group 4: M/W18-20 Group 1
- h. Group 3: M/W21 Group 3
- i. Group 2: M/W21 Group 2
- j. Group 1: M/W21 Group 1

Group 10 starts first and Group 1 last.

5. The JK Sprint Guidelines combine the W18/20/21 Elite race with the Women's Open race. In conjunction with the Organisers the Seeder therefore has the discretion to decide how many athletes to include in a seeded block and how to position this block in the overall start period.

1.4.3 BEOC – Classic

1. Unless otherwise agreed with the organisers the total start period will be 4 hours.
2. The start interval will be 3 minutes.
3. Unless the organisers extend the total start period, the maximum size of any Elite class is 81

1.4.4 BEOC – Middle

1. The start interval will be 2 minutes.
2. For 18s to 21s the seeded start groups will be ordered as follows:
 - Group 10: M/W18-20 Group 5
 - Group 9: M/W18-20 Group 4
 - Group 8: M/W21 Group 5
 - Group 7: M/W21 Group 4
 - Group 6: M/W18-20 Group 3
 - Group 5: M/W18-20 Group 2
 - Group 4: M/W18-20 Group 1
 - Group 3: M/W21 Group 3
 - Group 2: M/W21 Group 2
 - Group 1: M/W21 Group 1

Group 10 starts first and Group 1 last.

3. This competition may include older and younger age classes as well. Depending on the age group categories being applied by the organisers, Competitors will be grouped by those age categories. For example Group 11 M35/M40, Group 12 M45/50, Group 13 M55+. Where a competitor in an older age class has UK Cup points which would warrant them being placed in the 21 group 1, 2 or 3 this will take precedence over the group which might be allocated based on their age class.

1.4.5 BEOC - Sprint

1. British Sprints will normally comprise a number of heats followed by a final. Qualification and start times for the final are based on the results in the heats. Seeding is therefore only required for the heats. As well as determining start times, seeding of the heats is

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used to try to allocate entrants across the heats so that all heats are of approximately the same strength.

2. For 18s to 21s the seeded start groups will be ordered as follows:
 - Group 10: M/W18-20 Group 5
 - Group 9: M/W18-20 Group 4
 - Group 8: M/W21 Group 5
 - Group 7: M/W21 Group 4
 - Group 6: M/W18-20 Group 3
 - Group 5: M/W18-20 Group 2
 - Group 4: M/W18-20 Group 1
 - Group 3: M/W21 Group 3
 - Group 2: M/W21 Group 2
 - Group 1: M/W21 Group 1
3. To try and ensure balanced groups amongst the top competitors Group 1 will be subdivided into X sub-groups where $X = (\text{no. of heats}/2)$. Two competitors from each sub-group will then be randomly allocated to each heat.
4. For all other seeding groups competitors will be randomly assigned to a heat such that there is an approximately even number of competitors from each group in each heat.
5. As with the Middle races, the Sprint race will attract entrants from age classes other than 18 to 21. Depending on what categories have been assigned by the organisers, these competitors will be assigned higher groups (i.e. later starting groups) and assigned evenly across the heats.
6. Where a competitor in an older age class has UK Cup points which would warrant them being placed in the 21 group 1, 2 or 3 this will take precedence over the group which might be allocated based on their age class.

1.4.6 WOC Selection Races

The general criteria detailed above will be used to draw up the start lists but the final decision on the start lists will be at the discretion of the Performance Coach and the Advisory Selection Panel.

1.5 Additional Information

Any additional information supplied by an athlete to support their Elite entry should meet the following criteria:

- It should be supplied in writing before the final closing date for the competition, information received after the final closing date will not be considered.
- The information should be objective and based on recent (i.e. within the last year) results in Elite competitions at National and International level or positions in non-UK ranking systems.
- Particularly for athletes returning from injury/illness results from non-recent Elite races may be supported by recent fitness indicators (e.g. 10K time).
- Subjective information e.g. "athlete x has trained hard over the winter" will be considered non-admissible and ignored.

The event entry details should make these criteria as clear as possible.

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1.6 Notice to entrants

Where this guideline is to be applied a clear statements should be included in entry information (both in paper and electronic format) and in any final details. This is particularly important where there is likelihood that competitors may be seeded onto other courses.

1.6.1 Note for Entry Details (adapt as necessary):

“Entries for the Elite classes are restricted by the available start interval. In the event of the entry exceeding the number of available start times seeding based on UK Cup; IOF and Future Champions Cup rankings will be applied. Athletes with doubts about their qualification should provide additional evidence of their eligibility to compete in the Elite races. Any additional evidence should be objective and based on results/non-UK ranking. Only information supplied in advance of the final closing date will be considered. Athletes seeded out of the Elite class will automatically be placed on next available course e.g. M21L.

Elite start times will be based on UK Cup; IOF and Future Champions Cup rankings, with top competitors starting last, competitors will not be able to request a later start time.”

1.6.2 Note for the Final Details (adapt as necessary):

“Elite start times are based on seeded groups. Competitors have been grouped based on UK Cup, IOF and Future Champions Cup rankings, with the group containing the top competitors starting last. Start times within each group have been drawn at random.”