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| **SELECTION CRITERIA 2023/2024** |
| **Interprovincial selection** |
| - 1 x league meeting |
| - u.8 to u.19 - 15 boys and 15 girls |
| - Junior to Master 70+ - all above 1 800 points |
| **SA Championships** |
| - 4 x league meeting (can include Highgate Interprovincial and WP Championship |
| - u.9 to u.19 - 5 boys and 5 girls |
| - Junior to Master 70+ - all above 1 800 points |
| **Other** |
| First 4 athletes on season rankings |
| Next athletes / athletes on discretion of selectors |
| If schools team athlete is not selected with above criteria, the athlete can be in the schools team for the Interprovincial or SA Championships to have a full team |
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| The selectors can deviate from above criteria if needed |  |