

Guidelines and criteria for the selection process of the National team of Iceland in trail- and ultra running.

These guidelines and criteria are set out by the *Long Distance Running committee* (LDR) within the *Icelandic Athletic Association* (FRI). The purpose is to define the criteria for selection of individuals that compete on behalf of Iceland National team in trail- and ultra running on an international level.

The prearrangement can be split into two. Either a request comes from the board of FRI that LDR is to select individual runners to compete on behalf of FRI/Iceland in a competition, or individual runners contact FRI to express their interest to compete for FRI/Iceland on an international level.

- * If the board of FRI decides to send runner(s) to compete in trail- and ultra running on behalf of FRI/Iceland they will ask the LDR to finalize the selection process of the runner(s).
- * Runners who express their interest in competing for FRI/Iceland in an international event organized by example IAAF, ITRA, IAU, EAA or WMRA shall submit a written application via email to the LDR before 15.th of January. The application shall include full name, ID number, running club, local athletic association and list of personal results over a period of 12 months. The list of personal results shall contain the name of the event, result and if possible link to the official race result.

During the selection process the LDR committee shall take into consideration the professional expertise of it's members and use the below criteria for their selection. The LDR can furthermore seek consultation from a third party if it finds such necessary.

The LDR committee shall use the following guideline and criteria for the selection of runner(s).

- Runners position on the ITRA (International Trail Running Association) performance index (General ranking). ITRA issues a performance index where runners get certain points based on their results in various trail- and ultra competitions. Several Icelandic competitions score points on the ITRA index, but not all. The performance index is accessible on <http://www.i-tra.org/>. The LDR uses this performance index as a base with following criteria when selecting the runners for the national team of Iceland:
 - The top women who have reached 570 points and the top men who have reached 700 points on the performance index (General ranking) are strongly considered as competitors for FRI/Iceland in trail and ultra running.
 - It is desirable that the runner has participated in a trail- or ultra run that gives ITRA points 12 months prior to the selection.
 - Criteria in paragraph 2 above does not exclude a runner with fewer points or one with no points to be selected. If that is the case the runner must provide results that are considered equal or better than standards given in paragraph 2. In such circumstances the committee may take into consideration runners result in off-road races that are not mentioned on the ITRA list, results in road races or any significant performance improvements and other factors that may justify selection. Furthermore the runner needs to be free of any injury.
 - If a selected runner becomes injured during the preparation period, and his ability of competing is under risk, he must inform the LDR committee in writing as soon as possible.
- The LDR committee is entitled, if desired, to host a national championship in trail running in and use the results in such circuit as a base for the selection of the national team. Such championship result would then replace the general rules for selection above (paragraph 2). If the LDR is hosting a national championship it shall be advertised in timely manner and along with all other national championship events held by FRÍ according to their general criteria. Top three women and top three men in the national championship in trail- and ultra running would be the candidates for the National team.
- The selection process of the National team shall be neutral in all respects. If members of the LDR committee establish themselves eligible for the National team they shall leave the selection meeting while decision on selection takes place, both regarding the methodology used and or the selection of the runners. This includes all their family members as well.
- The LDR committee appoints a team manager for the National team and shall he, in consultation with the committee, evaluate the ability of the runners to compete considering their injury status or any other medical conditions that can inhibit participation in the upcoming event.

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- The selection of women's and men's National team must take place no later than 1 February 2017 and the years after, no later than 15 January.
- Otherwise, refer to the regulations FRI (Icelandic Athletic Association).

Comments regarding the above should be sent in writing to the Long Distance Running committee of FRÍ, email address: langhlaupanefnd@fri.is