



2018 NACAC SENIOR CHAMPIONSHIPS

SELECTION CRITERIA

OVERVIEW

All selections will be made in accordance with Athletics Canada’s (“AC”) [National Team – Selection Rules Book](#). AC is limited in entries by NACAC rules and regulations that will always take precedence should there be any contradictions contained within the Selection Criteria (the “Criteria”). Attached to the Criteria, and forming an integral part of it, are two appendices. The National Team Committee (“NTC”) is responsible for the implementation of the Criteria and has the sole authority and discretion to make all decisions relating to the selection of the team for the 2018 NACAC Senior Championships.

1 GENERAL INFORMATION

1.1 Event Location

Toronto, Ontario, Canada

1.2 Important Dates

DATES	DESCRIPTION	LOCATION
January 1, 2017 – July 8, 2018	Qualifying Period for 20k RW and 10,000m	
October 1, 2017 – July 8, 2018	Qualifying Period for all other events	
June 13 th 2018	Selection Trials – 10,000m Canadian Championships	Guelph, Ontario
July 3 – 8, 2018	Selection Trials – Canadian Track & Field Championships	Ottawa, Ontario
July 8, 2018	Declaration Deadline	Online Form
July 9, 2018	Selection Date	
August 7, 2018	Arrival in Toronto	
August 10 – 12, 2018	Athletics Competition	Toronto, Canada
August 13, 2018	Depart Toronto	

1.3 Eligibility

To be eligible to participate in the 2018 NACAC Senior Championships, an athlete must meet all of the the following requirements:

- be a registered member of a provincial branch of AC (“Branches”) at the time of qualification and through the 2018 NACAC Senior Championships;
- hold Canadian citizenship by the Selection Date;
- declare interest via the Online Form as per the dates outlined in section 1.2;
- comply with the Final Phase Preparation Requirements as outlined in section 4;
- be otherwise eligible to participate in the 2018 NACAC Senior Championships;
- have a Canadian passport valid for at least 6 months after the 2018 NACAC Senior Championships; and
- compete in the 2018 Canadian Championships*. (*exception: 20k Race Walk)



1.4 Events

100m, 200m, 400m, 800m, 1500m, 5000m, 10,000m*, 20k RW, 110mH (men), 100mH (women), 400mH, 3000m SC, HJ, PV, LJ, TJ, SP, DT, HT, JT, 4x100m Relay, 4x400m Relay.
*10,000m will only be contested if there are at least 6 competitors representing at least 3 countries

1.5 Maximum per Event

See Appendix A for a list of the maximum number of athletes that can be entered per country per event.

1.6 Declaration Deadline

Athletes are required to declare their interest to participate by completing the Online Form no later than July 8, 2018. **Failure to complete the Online Form by the deadline will render the athlete ineligible for selection.**

1.7 Selection Date and Team Announcement

The NTC will make team selections on July 9, 2018. AC will announce the team through established communication channels (including Branches, the AC website, bulletins). Additionally, athletes selected to the team will be contacted directly.

1.8 Funding

This team will be 100% funded by Athletics Canada.

2 TEAM OBJECTIVES

- To win the most medals ever won by a Canadian team at a NACAC Senior Championships. Previous best = 3 medals.

3 SELECTION PROCESS

All selections will be made in accordance with AC's [National Team – Selection Rules Book](#).

NOTE: It is the responsibility of the athlete to submit eligible performances to Athletics Canada at results@athletics.ca in order to be considered for selection.

3.1 The National Team Committee (previously defined as the NTC)

The NTC is comprised of the following members:

- **Chair**
- **Voting Members** – AC Technical Staff (two), Event Specialists (two), Branch Representatives (two, as designated by Branch Council), and Athlete Representatives (two, as designated by the Athlete Directors). In the case of a tie, the Chair of the NTC has the tie-breaking vote.
- **Non-Voting** – At the discretion of the Chair, individuals may be asked to be present at parts of an NTC Selection Meeting depending on expertise and input required, which might include: any AC coaching staff and Integrated Support Team (“IST”) staff, a statistician, a legal advisor or any other individual as required.



3.2 Selection Process for Individual Events

Step 1 - Automatic Qualification:

The first Canadian finisher at the Selection Trials (see section 1.2) will automatically be selected, provided they meet the eligibility requirements outlined in section 1.3.

*Exception: The winner of the 20,000m Race Walk at the Canadian Championships will not be automatically selected.

For the avoidance of doubt, automatic qualifiers do NOT need to achieve a Qualification Standard.

NOTE: Ties will be broken in the following order of priority.

- 1) Best performance during the 2018 outdoor season;
- 2) Second best performance during the 2018 outdoor season; and
- 3) Head-to-head results during the 2018 outdoor season.

If athletes remain in a tie, the NTC may apply its discretion to break the tie.

Step 2 - Additional Qualification:

Eligible athletes (see section 1.3) who do not automatically qualify in Step 1 but achieve the necessary Qualifying Standard (see Appendix A) during the Qualifying Period (see section 1.2); **may be selected** at the discretion of the NTC.

Factors considered by the NTC (but not necessarily in order):

- 2018 Selection Trials placing in order of finish.
- Athlete progression in their focus event during the 2017 & 2018 seasons with more emphasis placed on the 2018 season.
- NACAC ranking (based on maximum entries per country per event – see Appendix A) during the 2018 season.
- Other relevant competition results during the 2018 season if applicable.
- Other factors as may be deemed relevant by the NTC.

3.3 Canadian Championships Requirement:

Race Walk athletes are not required to compete at the Canadian Championships.

10,000m athletes must compete at a Canadian Championships in 2018 (eligible events include the Half Marathon Championships in Calgary, the 10k championships in Ottawa, the 10,000m Championships in Guelph or the 5,000m at the Track and Field Championships in Ottawa).

All other events must compete at the Track and Field Championships in Ottawa.



3.4 Selection for Relays

Relay Eligibility Pool

Athletes will be selected to the AC National Team relay eligibility pool (the “Eligibility Pool”) based upon nomination by the AC Head Coach in consultation with the Team Relay Coach, if one is appointed (using their joint discretion) after considering the principles and criteria set out in Appendix B.

All athletes who are included in the Eligibility Pool will be eligible for selection to the relay team. Athletes must sign the Relay Team Athlete Agreement (Appendix B) to be eligible for selection to the team for the event. Being named to the Eligibility Pool does not guarantee selection to a relay team.

Canadian Championships Automatic Qualifier

The first three Canadian finishers in the 100m and 400m finals at the 2018 Canadian Track and Field Championships, provided that they are included in the Eligibility Pool and have signed the Relay Team Athlete Agreement (Appendix B), will be automatically selected.

Final Relay Team Selection

Selection of athletes from the Eligibility Pool to the Relay Team will be made by the NTC based upon the recommendation of the AC Relay Coach and an assessment of the principles and criteria set out in Appendix B. It is expected that 6 athletes will be selected to each relay team.

Relay Position Assignments

Once a Relay Team is selected, individual athlete selection and running position for the actual event will be at the discretion of the AC Head Coach in consultation with the Team Relay Coach, if one is appointed.

For the avoidance of doubt, four relay teams (M4x100m, W4x100m, M4x400m, and W4x400m) will be selected.

IMPORTANT NOTE:

All athletes, if requested by the team head coach, must be prepared to compete in relays.

4 FINAL PHASE PREPARATION REQUIREMENTS

4.1 Training and Competition Plan

Selected athletes (and/or their coaches) are required to present a training and competition plan for the period July 16 – August 12, 2018 to the Manager, Athlete Services, Corey Dempsey at cdempsey@athletics.ca on or before July 16, 2018.

All plans must address the following:

1. The schedule and list of planned competitions, travel and training locations.
2. Present a training cycle for the final phase showing patterns of training load



and recovery on a weekly basis.

3. Injury prevention and medical intervention strategies if applicable. Athletes must notify AC in **WRITING** of any changes to their plans.

4.2 Injury or Illness

Athletes who arrive at competition injured or ill take a disproportionate amount of IST time and resources that should be spent on preparing athletes that are healthy and ready to compete. It is therefore AC's intention to work with the selected athletes that have been injured or ill to help them recover in time for the competition with a minimal impact to training, or (in the event that full recovery is not possible for this competition) to ensure full recovery so that full training can resume and long-term potential is optimized. With this in mind, the NTC reserves the right to deselect injured/ill athletes who are not sufficiently healthy/fit to perform at their best at the competition.

From the moment of selection, and ongoing until the NACAC Senior Championships, athletes have an obligation to immediately report any injury, illness, or change in training status that could affect their ability to compete at their highest level. Failure to properly report injury or illness prior to the event may result in the athlete being deselected and held financially responsible for all the athlete's costs associated with the event. Any notification must be sent immediately to Corey Dempsey at cdempsey@athletics.ca.

Once notified of an athlete's injury, illness or change in training status that could affect their performance, AC team staff will work with the athlete, coach and local/national team IST resources to ensure that a complete injury and illness assessment has occurred and a recovery plan is in place. This assessment will include a determination of the athlete's potential for recovery and ability to compete. This determination will comprise of two steps:

STEP 1: Medical Clearance

Generally done by local IST in collaboration with AC's national IST and consists of 2 phases:

- a) An initial medical evaluation and paramedical assessment(s) to confirm the diagnosis and determine if/when the athlete is fit to return to full training or competition.
- b) A functional evaluation by IST with experience specific to the event demands (and injury or illness if applicable). This may include assessment of the athlete's movement pattern, for example, during a run, hurdle, jump, walk, or throw to identify dysfunctional movement patterns that may be contributing to the injury and potentially increase the risk of re-injury or undermine their competition performance.

STEP 2: Specific Evaluation



Following medical clearance by the medical team, a more comprehensive physical readiness test (the “Performance Test”) to compete will be established as follows:

- Determination of the Performance Test will involve the AC national event group coach, the event head coach, and the personal coach.
- The Performance Test will vary according to the event, injury or illness.
- The Performance Test will be objective, measurable, fair, realistic, specific to the event, and challenging.

In the case that the athlete is deemed unfit to resume training/competition, or does not meet the Performance Test standard, the athlete would be declared unready for competition and the results of the two steps will be forwarded to the NTC for a decision.

The NTC will use all available information at their disposal including performance results and progress in the final phase, suitability of the training and competition plan, fitness and other final phase indicators, consultation with the AC national event group coach, AC national IST leads, the athlete’s personal IST, and any other performance related information (ie Performance Test results when applicable) to determine if the injured/ill athlete will be deselected and will not travel with the team.

The NTC may nominate the next eligible athlete, provided that the alternate athlete has proven their preparation during the final phase and meets all event specific requirements in regards to qualifying standards and timelines.

4.3 Health Questionnaire and Anti-Doping

Upon selection, all athletes will be required to complete a Medical Information Form. These questionnaires will ask athletes to declare all supplements and medications that are being used prior, during and after the event. Athletes who need to take medications while competing **must** ensure they have a completed and approved IAAF Therapeutic Use Exemption (TUE), if required, prior to selection. **Note:** It is not the responsibility of the AC team physicians to complete the documents for TUEs on behalf of the athlete. This should be done by the physician who prescribed the medication that requires the TUE. AC team physicians are available, however, for questions related to whether or not a TUE is required. Information regarding the TUEs for IAAF events can be found here:

<https://www.iaaf.org/about-iaaf/documents/anti-doping>.

5 APPEALS

Only athletes who are eligible to be considered for selection (see sections 1.3 and 3) may submit an appeal for selection to the Commissioner’s Office. Please refer to the [National Team Selection](#)



– [Rule Book](#) and the [AC Rules and By-laws](#) Section 140.06 & 140.07 for further information. An appeal has to be submitted to the Commissioner’s Office at athleticscanadacommissioner@gmail.com.

Contact the Chief Financial Officer Sylvie King (sylvie.king@athletics.ca) for payment of the applicable \$250 appeal fee. The appeal will not be reviewed until the appeal fee has been paid.

6 AMENDMENTS TO THE CRITERIA

The NTC reserves the right to amend the Criteria prior to the Selection Date. The NTC may amend the Criteria under the following circumstances:

1. When additional (or new) information that is deemed relevant by the NTC to the Criteria is provided by external parties, such as (but not limited to) an event organizing committee, Sport Canada, the Canadian Olympic Committee, IAAF, or any other relevant organization, as applicable; and
2. To correct, clarify or amend any inconsistencies, errors or omissions in the Criteria.

Any amendments made by the NTC are deemed to come into effect immediately upon publication on the AC website. The NTC will publish the amended Criteria by whatever means and wherever the original Criteria were published.



APPENDIX A
2018 NACAC SENIOR CHAMPIONSHIPS
AC SELECTION STANDARDS (OUTDOOR ONLY)

Women's	Events	Men's	Max Entry
11.26	100m	10.12	2
23.10	200m	20.44	2
52.10	400m	45.50	2
2:01.00	800m	1:45.90	2
4:07.50 (4:26.70)	1,500 (mile)	3:36.00 (3:53.40)	3
15:22.00	5,000m	13:22.60	3
32:15.00	10,000m	27:45.00	3
12.98	100m /110m H	13.48	2
56.10	400m H	49.35	2
9:42.00	3,000m S/C	8:32.00	3
1:36:00	20km RW	1:24:00	3
1.94	High Jump	2.30	2
6.75	Long Jump	8.15	2
14.10	Triple Jump	16.80	2
4.55	Pole Vault	5.70	2
17.75	Shot Put	20.50	2
71.00	Hammer	76.00	2
61.20	Discus	65.00	2
61.40	Javelin	83.00	2
No Standard	4 x 100m Relay	No Standard	6
No Standard	4 x 400m Relay	No Standard	6

****Standards must be achieved in accordance with the Performance Regulations outlined in section 2 of the National Team Selection – Rules Book***

In the case of Race Walks, performances achieved at Race Walk Events staged at International Competitions defined under IAAF Rule 1.1 (a), (b), (c), (d), (e), (f), (g) or (j) are valid towards the achievement of the Entry Standards providing the following conditions (where applicable) are respected:

- ***The course is (or will be) measured by an IAAF/AIMS Grade “A” or “B” International Road Race Course Measurer***
- ***A minimum of 3 International or Area Race Walking Judges are on duty***



Appendix B

Athletics Canada (AC) National Relay Team Athlete Agreement

Overview

In order to be successful in London we must continue the momentum we built with the AC National Relay Program since Beijing in 2008. Again, the relay program's fundamental principles are identified below. Athletes who are part of the National Relay Program are expected to adhere to these principles. Athletes selected for the national relay program must sign and return this agreement by July 8, 2018.

Fundamental Principles

1. The relay is a team event and all members are equal.
2. A common vision among team members is critical for success.
3. Open communication is encouraged among athletes and coaches.
4. Full cooperation on and off the track is expected; team cohesiveness is essential.
5. Athletes must have an open mind and a willingness to learn and adapt to relay ideas.
6. Selection of the team will be at the sole discretion of AC coaching staff with approval by the NTC.
7. Versatility as it pertains to relay running position is a must.
8. The goal is to assemble the best possible group of athletes in an order that will best benefit the team. Running order will be determined by the designated event Relay Coach and athletes will be advised of the order in a timely manner.
9. Athletes who are placed in an alternate position are expected to fully participate in team practices and competitions, including dressing and warming up with the team on the day of competition, and to be prepared to contribute if needed. Alternates are expected to accompany the four selected athletes to the call room area or as far as Officials will allow.
10. Members will attend all National Relay Program mandatory events.
11. Punctuality is expected at all relay events; tardiness will not be tolerated.

Relay Team Athlete Selection

All of the following factors (not listed in priority order) will be considered in relay team selection:

- Placing at the Selection Trials in his/her individual event.
- Health and fitness levels that indicate optimal competitive readiness.
- Individual performance ranking as determined by 2018 Athletics Canada rankings.
- Commitment to the National Relay program as determined by attitude, attendance, participation, and performance at national team camps, competitions, and events.
- Performance on previous relay teams.
- Assessment of relay skills and position suitability.

The designated event Relay Coach will make decisions in regards to relay team selection and positioning of relay team members.

Athlete Agreement

I have read, understand and accept the National Relay Team's principles and criteria for selection. I understand that my failure to comply with this Agreement may render me ineligible for National Team relay assignments.

Athlete Signature:	Coach Signature:
Print name:	Date: