



## 2018 NACAC U18 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, is an Appendix. 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 U18 Championships. There may be team size limitations from organizing partners or budget constraints.

### 1 GENERAL INFORMATION

#### 1.1 Event Location Costa Rica

#### 1.2 Important Dates

DATES	DESCRIPTION	LOCATION
TBD	Qualifying Period	
TBD	Declaration Deadline	<a href="#">Online Form</a>
TBD	Selection Date	
TBD	Depart Canada	
TBD	Athletics Competition	TBD
TBD	Depart Costa Rica	

#### 1.3 Eligibility

To be eligible to participate in the 2018 NACAC U18 Championships, an athlete must meet the following requirements:

- be a registered member of an Athletics Canada Branch at the time of qualification and through the 2018 NACAC U18 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 U18 Championships;
- have a Canadian passport valid for at least 6 months after the 2018 NACAC U18 Championships; and
- be born in 2001 or 2002.



#### 1.4 Events

100m, 200m, 400m, 800m, 1500m, 3000m, 2000mSC, 110mH (men 36" Hurdles), 100mH (women 30" Hurdles), 400mH (men 33" Hurdles / women 30" Hurdles), HJ, PV, LJ, TJ, SP (men 5kg / women 3kg), DT (men 1.5kg / women 1kg), HT (men 5kg / women 3kg), JT (men 700g / women 500g, 5,000m RW (women)

#### 1.5 Maximum per Event

NACAC allows a maximum of two (2) athletes per country per individual event.

#### 1.6 Declaration Deadline

Athletes are required to declare their interest to participate by completing the online form no later than TBD. **Failure to complete declaration by the deadline will render the athlete ineligible for selection.**

#### 1.7 Selection Date and Team Announcement

The NTC will make team selections on TBD. AC will announce the team through established communication channels (Branches, AC website, bulletin); athletes selected to the team will be contacted directly.

#### 1.8 Funding

This team will be 100% funded by Athletics Canada.

### 2 TEAM OBJECTIVES

Special emphasis will be put on learning optimum preparation by ensuring athletes are able to illustrate specific and well-planned practices, training plans, and recovery regime for optimum performance. Constructing and implementing a positive, competitive and international experience will be in the forefront of Team Canada's staff planning.

### 3 SELECTION PROCESS

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

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

#### 3.1 The National Team Committee (NTC)

The NTC is comprised of the following:

- **Chair**
- **Voting Members** – Athletics Canada 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** – Can be asked to be present at parts of an NTC Selection Meeting



depending on expertise and input required, but might include: Athletics Canada coaching and Integrated Support Team (“IST”) staff, statistician, legal advisor, as required.

### 3.2 Selection Process

The top two (2) ranked eligible athletes (see section 1.3) who have achieved the Qualifying Standard (see Appendix A) during the Qualifying Period (see section 1.2) may be selected.

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

- 1) Second best performance within the Qualifying Period
- 2) Head-to-head results within the Qualifying Period
- 3) Most recently achieved standard

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

## 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 TBD to the Manager, Athlete Services, Corey Dempsey at [cdempsey@athletics.ca](mailto:cdempsey@athletics.ca) on or before TBD.

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 an international competition injured or ill consume a disproportionate amount of IST time and resources that should be spent on preparing healthy athletes to compete at their best. 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.

Once selected, and ongoing until the NACAC U18 Championships, athletes are required 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. Notification must be sent immediately to Corey Dempsey at [cdempsey@athletics.ca](mailto: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 at their best. 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) and who have achieved the Qualifying Standard (see Appendix A) during the Qualifying Period (see section 1.2) 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 following e-mail address [athleticscanadacommissioner@gmail.com](mailto:athleticscanadacommissioner@gmail.com).

Contact the Chief Financial Officer Sylvie King ([sylvie.king@athletics.ca](mailto:sylvie.king@athletics.ca)) for payment options of the \$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 altered) 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; 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 U18 CHAMPIONSHIPS**  
**ATHLETICS CANADA (AC) SELECTION STANDARDS**

<b>Men</b>	<b>Event</b>	<b>Women</b>
10.85	<i>100m</i>	12.15
22.05	<i>200m</i>	25.15
49.25	<i>400m</i>	57.00
1:54.25	<i>800m</i>	2:13.50
3:58.50	<i>1500m</i>	4:33.00
8:42.00	<i>3000m</i>	9:46.00
22:25.00	<i>5000m Race Walk</i>	25:20.00
14.15	<i>100/110m Hurdles</i>	14.25
54.75	<i>400m Hurdles</i>	1:02.25
6:05.00	<i>2000m SC</i>	7:14.00
2.06m	<i>High Jump</i>	1.77m
4.65m	<i>Pole Vault</i>	3.80m
7.25m	<i>Long Jump</i>	6.00m
14.80m	<i>Triple Jump</i>	12.50m
18.20m	<i>Shot Put</i>	15.40m
55.50m	<i>Discus</i>	44.00m
67.00m	<i>Hammer</i>	60.00m
66.00m	<i>Javelin</i>	49.00m

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