



2017 Cross Country National Team Program

SELECTION CRITERIA

OVERVIEW

Athletics Canada continues to build a comprehensive National Cross Country team concept focused on high performance Cross Country team results. In keeping with our High Performance mandate, AC looks to send only teams and/or individuals to the IAAF World Cross Country Championships and NACAC Cross Country Championships who have committed to cross country as the focus for their winter season. The individual athletes selected to World Cross Country and NACAC XC will be expected to compete at BOTH championships

All selections will be made in accordance with Athletics Canada's (AC) [National Team Selection – Rule Book](#). The National Team Committee (NTC) is responsible for the implementation of these criteria and will exercise its authority to make all decisions relating to the selection of these teams

1 GENERAL INFORMATION

1.1 Event Location

- NACAC XC Championships – TBD
- IAAF World XC Championships – Kampala, Uganda

1.2 Important Dates

Important Dates		
DATES	DESCRIPTION	LOCATION
November 26, 2016	Canadian Cross Country Championships – Selection Trials	Kingston, ON
November 26, 2016	Declaration Deadline	Online Form
November 29, 2016	Team Selection Date	
TBD	NACAC Cross Country Championship	TBD
March 26, 2017	IAAF World Cross Country Championships	Kampala, Uganda

1.3 Eligibility

- Must be a registered member of an Athletics Canada Branch at the time of qualification and through the 2017 IAAF World Cross Country Championships
- Must hold Canadian Citizenship by the Final Selection Date
- Must declare interest as per the dates outlined in Section 1.2
- Must comply with Final Phase Preparation as outlined in Section 4.0
- Must otherwise be eligible to participate in the 2017 NACAC XC Championships and the 2017 IAAF World XC Championships
- Must have a Canadian passport valid for up to 6 months after the 2017 IAAF World XC Championships
- Junior athletes must be born in 1998, 1999, 2000



1.4 Selection Trials

2016 Canadian Cross Country Championships, Kingston, ON – November 26, 2016

1.5 Final Declaration Date

Athletes are required to declare their interest to participate no later than **November 26, 2016**. **Failure to complete declaration by the deadline will render the athlete ineligible for selection**

1.6 Final Selection Date and Team Announcement

The NTC will make final team selections by **November 29, 2016**. AC will announce the team through established communication channels (Branches, AC website, bulletin); athletes selected to the team will be contacted directly

1.7 Funding

The Cross Country teams for 2017 will be fully funded by Athletics Canada

2 TEAM OBJECTIVES

- To enter four teams – Senior Women, Senior Men, Junior Women, Junior Men (maximum of 6 athletes per team) to compete at the IAAF World Cross Country and NACAC Championships
- To improve upon the team scoring finish in 2015: (IAAF – Senior Women 10th, Senior Men 17th, Junior Women 13th, Junior Men 16th)

3 SELECTION PROCESS

3.1 Eligibility Pool

All eligible athletes (Section 1.3) who finish in the top 10 at the selection trials will be placed in the eligibility pool

3.2 Selection Process

Athletes will be selected in priority order based on finish at the selection trials until a maximum of 6 athletes have been selected

3.3 RELAY SELECTION

NOTE: Team Canada will only compete in the Mixed Gender Relay at the IAAF XC Championships if a team can be created from willing athletes selected under Section 3.2

- The relay pool will be comprised of the selected athletes from Section 3.2
- The Event Head Coach will determine the team composition and running order from those wanting to compete in the relay



4 FINAL PHASE PREPARATION REQUIREMENTS

4.1 Training and Competition Plan

Selected athletes (and or their coaches) will be required to present a training and competition plan for the period December 5, 2016 to March 26, 2017 to the CTO/Head Coach (periksson@athletics.ca) on or before December 5, 2016 and thereafter must inform the CTO/Head Coach of any changes to the plan. The plan must also address final phase preparation by identifying a specific measurable test and/or competition targets, as well as planned tapering during the final phase

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

4.2 Injury or Illness

Once selected, athletes whose preparation is in question during the final phase due to a lack of fitness, injury, or illness may be removed from the team at any time. Athletes are required to immediately report any injury, illness, or change in training that could affect their ability to compete at their highest level. Notification must be sent to CTO/Head Coach (periksson@athletics.ca). **Failure to properly report injury or illness prior to the event may result in the athlete being deselected and financially responsible for all costs associated with the event**

An athlete's final phase preparation will be evaluated in 2 distinct steps before their entry will be confirmed. The final decision will be made by the CTO/Head Coach (periksson@athletics.ca) using all available information at his 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 Event Coach, AC National IST leads, the athlete's personal IST and any other relevant performance related information gathered in the 2-step process:

Note: Should an athlete be removed from the team due to lack of final phase preparation, the NTC **may** select the next eligible athlete, provided they meet all event specific requirements

STEP 1: Medical Clearance

Generally done by local IST in collaboration with National IST and consists of 2 phases:

- An initial medical evaluation and paramedical assessment(s) to determine if



the athlete is fit to return to full training or competition. This would occur once stabilization of health has been achieved and may include a functional evaluation of movement patterns

- A dynamic functional evaluation will be carried out by IST that would be specific to the event (and injury or illness if applicable). This would assess the athlete's movement pattern during a run, hurdle, jump or throw, for example, to better identify dysfunctional movement patterns that could increase the risk of re-injury or undermine a championship performance

In the case that the athlete is deemed unfit to resume training/competition or that dysfunctional movement patterns are identified in either phases of Step 1, the athlete would be declared unready for competition

STEP 2: Specific Evaluation

Following functional clearance by the medical team, a more comprehensive physical and psychological readiness test to compete will be established as follows:

- Determination of the Performance Test will involve the Event Coach, the CTO/Head Coach and the Personal Coach
- The Performance Test will vary according to the injury or illness
- The Performance Test will be objective, measurable, fair, realistic, specific to the event, and challenging

If it cannot be established that the athlete is fully prepared during the final phase, selection and entry will not be confirmed and he/she will not travel with the team

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** have a completed and approved IAAF Therapeutic Use Exemption prior to selection

5 APPEALS

Only athletes who are eligible to be considered for selection (as per Section 1.3 and 3.0) may submit an appeal for nomination 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

Contact the Director of Finance Sylvie King (Sylvie.king@athletics.ca) for payment options of the \$250 appeal fee



6 AMENDMENTS TO THIS DOCUMENT

The NTC reserves the right to amend this document at any time up to the Selection Date for changes imposed by parties external to the NTC or for changes that, in the opinion of the NTC would improve or enhance the selection process

Any changes made by the NTC are deemed to come into effect immediately upon publication on the AC website. Additional publication of the amended Selection Criteria will be made by whatever means and wherever the original Selection Criteria was published