



2017 NACAC ROAD RACE 10K CUP SELECTION CRITERIA

OVERVIEW

Athletics Canada views the NACAC Road Race 10k Cup as an opportunity to give some of Canada's top Road Running/Distance athletes valuable international racing experience. The following shall serve as the selection criteria should Canada receive an invitation to compete at the 2017 NACAC Road Race 10k Cup in San Juan, Puerto Rico

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

- San Juan, Puerto Rico

1.2 Important Dates

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DATES	DESCRIPTION	LOCATION
April 1, 2016 to January 29, 2017	Qualifying Period	
January 29, 2017	Declaration Deadline	Online Form
January 30, 2017	Team Selection Date	
February 26, 2017	Competition Dates	San Juan, Puerto Rico

1.3 Eligibility

- Must be a registered member of an Athletics Canada Branch at the time of qualification and through the 2017 NACAC Road Race 10k Cup
- 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 Requirements as outlined in Section 4
- Must otherwise be eligible to participate in the 2017 NACAC Road Race 10k Cup
- Must have a Canadian passport valid for up to 6 months after the 2017 NACAC Road Race 10k Cup

1.4 Final Declaration Date

Athletes are required to declare their interest to participate no later than **January 29, 2017**. **Failure to complete declaration by the deadline will render the athlete ineligible for selection**

1.5 Final Selection Date and Team Announcement



The NTC will make final team selections by **January 30, 2017**. AC will announce the team through established communication channels (Branches, AC website, bulletin) athletes selected to the team will be contacted directly

1.6 Funding

The 2017 NACAC Road Race 10k Cup team will be fully funded by Athletics Canada

2 TEAM OBJECTIVES

- To enter a team (maximum of 4 athletes) to compete at the 2017 NACAC Road Race 10k Cup
- To repeat the performance from 2016 - NACAC 10k team champions

3 SELECTION PROCESS

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

NOTE: Net downhill courses will not be accepted for qualifying purposes

Four athletes (two males and two females) will be selected to compete in Puerto Rico. Selection standards are 31:00 for men and 34:00 for women in a 10k road or 10,000m track event during the Qualifying Period. The top two ranked athletes who have declared and meet this standard may be selected

4 FINAL PHASE PREPARATION REQUIREMENTS

Athletes are expected to demonstrate final phase preparation and be able to deliver a peak performance at the NACAC Road Race 10k Cup. An athlete's selection will not be confirmed until they complete the process outlined below and they will be deselected if the process is not completed.

4.1 TRAINING AND COMPETITION PLAN

Selected athletes (and/or their coaches) are required to present a training and competition plan for the time period between February 6 – 26, 2017 to the Corey Dempsey (cdempsey@athletics.ca) on or before February 6, 2017.

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 the competition injured consume a disproportionate amount of IST time and resources that should be spent on preparing healthy athletes to compete



at their best. Those whose fitness has suffered due to injuries or illness are not ready to perform at their best, nor are they able to help attain the team's high performance goals. It is therefore AC's intention to work with injured or ill athletes 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, athletes are required to immediately report any injury, illness, or change in training 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 financially responsible for all the athlete's costs associated with the event. Notification must be sent immediately to Corey Dempsey (cdempsey@athletics.ca).

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

STEP 1: Medical Clearance

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

- a) 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; and,
- b) 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, walk, or throw, for example, to better identify dysfunctional movement patterns that could increase the risk of re-injury or undermine a competition performance.

STEP 2: Specific Evaluation

Following functional 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 that



dysfunctional movement patterns are identified in either steps, 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 to determine if the 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** 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) 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 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 change 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.