



2019 CROSS COUNTRY NATIONAL TEAM PROGRAM

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 the International Association of Athletics Federations (“IAAF”) and the North American, Central American and Caribbean Athletics Association (“NACAC”) rules and regulations that will always take precedence should there be any contradictions contained within the Selection Criteria (the “Criteria”). 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 2019 NACAC Cross Country Championships and 2019 IAAF World Cross Country Championships. Selected athletes will be expected to compete at both Championships.

1 GENERAL INFORMATION

1.1 Event Location

- Port of Spain, Trinidad – NACAC XC Championships
- Aarhus, Denmark – IAAF World XC Championships

1.2 Important Dates

Important Dates		
DATES	DESCRIPTION	LOCATION
Nov. 25, 2017 – Nov. 24, 2018	Qualifying Period	
November 24, 2018	Selection Trials – Canadian Cross Country Championships	Kingston, Ontario
November 24, 2018	Declaration Deadline	Online Form
November 27, 2018	Selection Date	
February 14, 2019	Arrival in Trinidad	
February 16, 2019	Athletics Competition – NACAC XC Championships	Port of Spain, Trinidad
February 17, 2019	Depart Trinidad	
March TBD	Arrival in Denmark	
March 30, 2019	Athletics Competition – IAAF XC Championships	Aarhus, Denmark
March 31, 2019	Depart Denmark	

1.3 Eligibility

To be eligible to participate in the 2019 Cross Country National Team Program, an athlete must meet the following requirements:

- be a registered member of an Athletics Canada Branch at the time of qualification and through the 2019 IAAF World Cross Country Championships;
- hold Canadian Citizenship by the Selection Date (November 27, 2018);
- 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 2019 NACAC Cross Country



Championships and 2019 IAAF World Cross Country Championships;

- have a Canadian passport valid for at least 6 months after the 2019 IAAF World Cross Country Championships (September 30, 2019); and
- U20 athletes must be born in 2000, 2001, 2002.

1.4 Events

Athletics Canada intends to enter four teams – Senior Women, Senior Men, U20 Women, U20 Men (maximum of 6 athletes per team) to compete at the 2019 NACAC Cross Country Championships and the 2019 IAAF World Cross Country Championships. At this time, a relay team will not be selected. If the NTC decides to add a relay team, those criteria will be communicated at a later date.

1.5 Declaration Deadline

Athletes are required to declare their interest to participate by completing the online form no later than November 24, 2018. **Failure to complete declaration by the deadline will render the athlete ineligible for selection.**

1.6 Selection Date and Team Announcement

The NTC will make team selections on November 27, 2018. 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

This team will be 100% funded by Athletics Canada.

2 TEAM OBJECTIVES

- To repeat as NACAC Champions in the Women's races and improve upon the team scoring finish from 2017 in the Men's NACAC races.
- 2017 NACAC Championships Team Results: Senior Women – 1st, Senior Men – 2nd, U20 Women – 1st, U20 Men – 3rd.
- To improve upon the team scoring finish from the 2017 IAAF World Cross Country Championships
- 2017 IAAF World XC Team Results: Senior Women – 9th, Senior Men – 12th, U20 Women – 6th, U20 Men – 15th

3 SELECTION PROCESS

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

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 Senior Team Selection Process

The Selection Process for the Senior Teams will involve three steps. These steps will be followed until a maximum of 6 athletes have been selected or Step 3 has been completed. This means it is possible that a full team may not be selected.

3.2.1 Step 1 – Automatic Selection

The top 4 placing athletes at the Selection Trials will be selected, provided they have met the eligibility requirements of section 1.3.

3.2.2 Step 2 – Standards

Athletes who achieve an Average Top 32 World Ranking Standard (see below) in the following events (3000m SC, 5000m, 10,000m and Marathon) during the Qualifying Period (see Section 1.2) will be ranked by how many points they are away from the standard using the IAAF Point Scores.

*The Average Top 32 World Ranking Standards are pulled from the Athletics Canada CAPP Selection Policy 2018/2019.

Worked example

Jill is a 5000m runner who has a best eligible performance of 15:15.32, which has an IAAF points value of 1134 points. The Average Top 32 World Ranking Standard in the Women’s 5000m is 15:22.12, which has an IAAF points value of 1121 points.

Jill’s “Athlete Score” will be $(1134 - 1121) = +13$ points. Jill will be ranked against the other eligible athletes based on her “Athlete Score” of +13 points.

The Average Top 32 World Ranking Standards

Event	Women’s	Men’s
3000m SC	9:37.28	8:27.54
5000m	15:22.12	13:21.12
10,000m	32:14.22	28:05.42
Marathon	2:28:55	2:11:07

3.2.3 Step 3 – Additional Selections

If any spots remain, they will be filled in order of finish by the athletes placing 5th



through 10th at the Selection Trials, provided they have met the eligibility requirements of section 1.3.

3.3 U20 Team Selection Process

The top 10 placing athletes at the Selection Trials will be placed in the eligibility pool, provided they have met the eligibility requirements of section 1.3.

Athletes will be selected in priority order based on their finish at the selection trials until a maximum of 6 athletes have been selected, or until the eligibility pool has been exhausted.

4 FINAL PHASE PREPARATION REQUIREMENTS

4.1 Injury or Illness

Athletes who arrive at 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 2019 NACAC Cross Country Championships and 2019 IAAF World Cross Country 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 the Interim Athlete Services Manager, Nicole Clarke at nicole.clarke@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 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.

4.2 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. Appeals must be submitted to the following e-mail address Commissioner@athletics.ca within five (5) days of the publication of the selected team.

Contact the Chief Financial Officer Sylvie King (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.