



2019 NACAC U23 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 these 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 NACAC U23 Championships.

1 GENERAL INFORMATION

1.1 Event Location

Santiago de Querétaro, Mexico

1.2 Important Dates

Important Dates		
DATES	DESCRIPTION	LOCATION
Jan 1, 2019 – June 9, 2019	Qualifying Period	
June 9, 2019	Declaration Deadline	Online Form
June 10, 2019	Selection Date	
July 3, 2019	Depart Canada	
July 5 – 7, 2019	Competition Dates	Querétaro, Mexico
July 8, 2019	Depart Mexico	

1.3 Eligibility

To be eligible to participate in the 2019 NACAC U23 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 NACAC U23 Championships;
- hold Canadian Citizenship by the Selection Date – June 10, 2019;
- declare interest 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 NACAC U23 Championships;
- have a Canadian passport valid until at least January 7, 2020;
- be born in 1997, 1998 or 1999;
- the NTC will consider requests to compete on any other National Team event on a case-by-case basis.



1.4 Events

100m, 200m, 400m, 800m, 1500m, 5000m, 10,000m, 3000m S/C (M – 0.914m, W – 0.762m), 110mH (M – 1.067m), 100mH (W – 0.838m), 400mH (M – 0.914m, W – 0.762m), HJ, PV, LJ, TJ, SP (M – 7.26k, W – 4k), DT (M – 2k, W – 1k), HT (M – 7.26k, W – 4k), JT (M – 800g, W – 600g), 5000m RW (W), 10,000m RW (M), 4x100m Relay and 4x400m Mixed Relay.

1.5 Maximum per Event

Up to two (2) athletes per event with standard may be selected.

1.6 Selection Trials

There will be no Selection Trials for the 2019 NACAC U23 Championships.

1.7 Declaration Deadline

Athletes are required to declare their interest to participate by completing the online form no later than June 9, 2019. **Failure to complete declaration by the deadline will render the athlete ineligible for selection.**

1.8 Team Quota

The maximum team size for the 2019 NACAC U23 Championships is 25 athletes.

1.9 Selection Date and Team Announcement

The NTC will make team selections by June 10, 2019. AC will announce the team through established communication channels (Branches, AC website, bulletin); athletes selected to the team will be contacted directly.

1.10 Funding

This team will be 100% funded by Athletics Canada.

2 TEAM OBJECTIVES

- To improve upon the number of medals from the most recent NACAC U23 Championships.
- 2016 medals = 14

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 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 as necessary, statistician, legal advisor, as required.

3.2 Selection for Individual Events

- a) Athletes who have met the eligibility requirements of section 1.3 and achieved the necessary Qualifying Standard (see Appendix A) during the Qualifying Period (see section 1.2) will be known as “Qualified Athletes”.
- b) All Qualified Athletes will be ranked using the number of IAAF points that they are away from the qualifying standard (to the nearest whole number).
- c) Qualified Athletes will be nominated in this ranking order until the Team Quota is filled (see section 1.8) or until no more Qualified Athletes remain.
- d) If, using this ranking order, a number of Qualified Athletes tie for the remaining Team Quota spots then the NTC will rank them in the order that, in their sole opinion, they consider that they are likely to finish at the 2019 NACAC U23 Championships in the corresponding event. Athletes will be selected in this ranking order until the Team Quota is full. The NTC may consider any factors that they consider relevant, in any order that they consider relevant, to rank athletes. These factors will include, but may not be limited to:
 - i. World and domestic ranking;
 - ii. Current form and fitness;
 - iii. Proven ability to perform on demand;
 - iv. Head-to-head record against each other during the Qualifying Period if applicable

3.3 Relay Selection

Depending on available athletes, Team Canada will compete in both women’s and men’s 4x100m and the 4x400m mixed relay with the goal of top 8 performances or better in each event.

- The relay pool will be comprised of athletes who are competing in individual events.
- Relay alternates will not be selected.
- Full cooperation on and off the track will be expected. Athletes must have a willingness to learn and adapt to relay fundamentals.
- The appointed Team Relay Coach, in consultation with the team’s Head Coach, will determine which team members make up the relay team and the running order. Any team member may be asked to run in the relay. Potential athletes will be notified in a timely manner.
- All notified potential athletes will be expected to fully participate in team practices, including dressing and warming up with the team on the day of competition ready to contribute if needed.
- All potential athletes will be expected to sign a “Relay Agreement”, which outlines responsibilities of selected relay team members, which includes expectations and



commitments to the team. Athletes who fail to sign the agreement will be removed from the relay pool.

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 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 U23 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 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, 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.

4.2 Health Questionnaire and Anti-Doping

Upon selection, all athletes will be required to complete a Pre-Participation Medical Questionnaire (“PPMQ”).

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 Rules 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 commissioner@athletics.ca

Contact the AC Appeals email address (appeals@athletics.ca) for payment options of the \$250 appeal fee. The appeal will not be reviewed until the appeal fee has been paid.

Due to the final team submission date, appeals must be received within 24 hours from when the team is announced.

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
ATHLETICS CANADA (AC) SELECTION STANDARDS
NACAC U23 CHAMPIONSHIPS

Men	EVENTS	Women
10.50	100m	11.80
21.40	200m	24.30
48.00	400m	54.00
1:49.00	800m	2:06.00
3:45.00	1500m	4:22.00
13:50.00	5000m	15:50.00
29:30.00	10,000m	34:00.00
14.35	110mH/100mH	13.75
52.00	400mH	59.00
8:45.00	3000m S/C	10:10.00
-	5000m RW	24:15.00
43:30.00	10,000m RW	-
2.15	High Jump	1.80
5.15	Pole Vault	4.00
7.65	Long Jump	6.10
15.70	Triple Jump	13.20
16.80	Shot Put	15.20
55.00	Discus Throw	50.00
63.50	Hammer Throw	55.50
69.00	Javelin Throw	51.20

Standards must be achieved at outdoor competitions in accordance with the Performance Regulations outlined in section 2 of the [National Team Selection Rules Book](#)