



Rio 2016 Olympic Games

SELECTION CRITERIA

OVERVIEW

All nominations will be made in accordance with Athletics Canada's (AC) [National Team – Selection Rules Book](#). AC is also limited in entries by IAAF and International Olympic Committee rules and regulations which will always take precedence should there be any contradictions contained within these criteria. Attached to this document are two appendices which form an integral part of these Selection Criteria

The National Team Committee (NTC) is responsible for the implementation of these criteria and has the sole authority to make all decisions relating to the nomination of the Rio 2016 Olympic Team to the Canadian Olympic Committee

1.0 GENERAL INFORMATION

1.1 Event Location

- Rio de Janeiro, Brazil

1.2 Important Dates

Qualifying Periods		
DATES	EVENTS	NOTES
January 1, 2015 – May 29,2016	Marathon and 50km Race Walk	See Appendix A for Qualifying Standards
January 1, 2015 – July 10, 2016	10,000m, 20km Race Walk, and Combined Events	
May 1, 2015 – July 10, 2016	Qualifying Period for all other events	
Important Dates		
DATES	DESCRIPTION	LOCATION
March 15, 2016	Competitive Readiness Plans due for athletes attaining Qualifying Standard prior to March 1, 2016	
May 29, 2016	Athlete Declaration Deadline for Marathon & 50 km RW	Online Form
July 7 – 10, 2016	Selection Trials (Canadian Championships)	Edmonton, Alberta
July 10, 2016	Athlete Declaration Deadline (Exception Marathon and 50km RW, see above)	Online Form
July 11, 2016	Final Nomination	
July 17, 2016	Training and Competition Plan for July 17-Aug 20,2016 due	
July 29 – Aug 9, 2016	Final Preparation Camp	Juiz de Fora, Brazil
Aug 12 – Aug 21, 2016	Athletics Competition	Rio de Janeiro



1.3 Eligibility

- Must be a registered member of Athletics Canada at time of qualification and through the Rio 2016 Olympic Games
- Must hold Canadian Citizenship by the Final Selection Date
- Must declare interest as per the dates outlined in Section 1.2
- Must comply with Competitive Readiness Requirements as outlined in Section 6.0
- Must otherwise be eligible to participate in the Rio 2016 Olympic Games
- Must have a Canadian passport valid for up to 6 months after the Rio 2016 Olympic Games
- Must have completed all Canadian Olympic Committee forms

1.4 Events

100m, 200m, 400m, 800m, 1500m, 5000m, 10,000m, MAR, 3000m S/C, 100mH (women), 110mH (men), 400mH, HJ, PV, LJ, TJ, SP, DT, HT, JT, HEP/DEC, 20km RW, 50km RW (men), 4 x 100m, 4 x 400m

1.5 Maximum per Event

The IAAF allows a maximum of three (3) athletes per country per event, provided they have achieved the IAAF standard during the qualifying period

1.6 Selection Trials

2016 Canadian Championships, Edmonton, Alberta, July 7 – 10, 2016

Exceptions* 10,000m, Marathon, Race Walk, and Combined Events

*Selection is based on attainment of Qualifying Standard and ranking, but athlete must prove "Competitive Readiness" in an event pre-approved by the Head Coach that may or may not include the National Championships in Edmonton

1.7 Final Declaration Date

Athletes (exception – marathon & 50km RW) are required to declare their interest to participate no later than **July 10, 2016**. For Marathon and 50km Race Walk, athletes are required to declare their interest to participate no later than **May 29, 2016**. **Failure to submit forms by the deadline will render the athlete ineligible for selection**

1.8 Final Nomination Date and Team Announcement

The NTC will make final team nominations immediately following the Selection Trials. AC will announce the team in conjunction with the Canadian Olympic Committee through established communication channels (Branches, AC website, bulletin); athletes selected to the team will be contacted directly

NOTE: The Marathon and 50km Race Walk nominations will be announced immediately following the end of the qualifying period – May 29, 2016

1.9 Funding

This team will be 100% funded including the final preparation camp (within the event specific time frame established by Athletics Canada)



2.0 TEAM OBJECTIVES

- To improve upon our country ranking and the number of medals, top 8, top 12, and top 16 finishes from recent Olympic Games and World Championships
 - Actual 2012 1 Medal 4.3%, Top 8 17%, Top 12 25%, Top 16 38%
 - Target 2016 2 – 3 Medals 7.5%, Top 8 20%, Top 12 30%, Top 16 50%

3.0 HIGH PERFORMANCE PRINCIPLES

3.1 On-Demand Performance

Success at the Olympic Games requires the ability to compete on-demand at a level equal to or better than the Qualifying standards. The ability to perform at specific high performance competitions is a principle for selection

3.2 Final Phase Readiness

The achievement of a published Qualifying standard or Competitive Readiness program in the final qualification phase is a fundamental principle for selection. The ability to achieve the standard indicates performance readiness in the main competition period and ultimately for the targeted competition

All athletes having achieved the Qualifying standard will be required to demonstrate Competitive Readiness. A Competitive Readiness program is designed to provide evidence to the Head Coach (periksson@athletics.ca) and NTC that an athlete is progressing towards peak performance at the Games

Athletes who achieve the necessary Qualifying standard before March 1, 2016 will be required to generate and attain their Competitive Readiness targets to maintain eligibility for selection

4.0 SELECTION PROCESS

4.1 All Events except Relays, Marathon, 10,000m, Race Walk and Combined Events

Qualification System: *The following steps will be followed until a maximum of 3 athletes have been nominated to the NTC in each event*

Automatic Qualification:

1. The top 2 finishers at the 2016 Canadian National Championships, provided they have achieved the necessary Qualifying Standard within the qualifying window for the event

Additional Qualification:

1. The highest ranked* non-automatic qualifier who finishes in the top 8 or top half of their field (whichever is smaller) of their event at nationals having achieved the necessary Qualifying Standard within the qualifying window and has achieved their Competitive Readiness program **may also** be nominated for selection
2. If additional spots remain, nomination will be determined by the following order:
 - a. The next highest ranked* non-automatic qualifier who finishes in the top



- 8 or top half of their field (whichever is smaller) of their event at nationals having achieved the necessary Qualifying Standard within the qualifying window and has achieved their Competitive Readiness program **may also** be nominated for selection
- b. Athletes with the Qualifying Standard within the qualifying period for their event may be included in the eligibility pool for nomination by the NTC at the sole discretion of the Head Coach **
3. Any ties will be broken in the following order:
1. 2nd best performance within the qualifying period
 2. Head-to-head results within the qualifying period
 3. Most recently achieved standard

* Ranking is based on best performances in each event within the qualification period and shall appear on the Athletics Canada Olympic Tracking List (to be updated frequently)

** Head coach's discretion may include: likeliness to achieve Competitive Readiness at the Games (see Competitive Readiness Section 6), and athlete development

5.0 NOMINATION FOR RELAYS, MARATHON, RACE WALK, AND COMBINED EVENTS

5.1 RELAYS

Team Qualification – General Requirements

The Top 8 placing teams at the 2015 IAAF Relay World Championships and the next 8 teams from the Top Lists (Average of the teams 2 best times during the qualifying period) will be invited to compete at the Rio 2016 Olympic Games. Teams must be comprised 100% of eligible athletes (as per Section 1.3)

NOTE: At least **2** athletes on each relay team must meet an individual Qualifying standard for an Olympic event in order for the NTC to nominate the relay team for the Olympic Team

Relay Eligibility Pool

All athletes who have been named to the AC National Team relay eligibility pool will be eligible for nomination. Athletes must sign the Relay Team Athlete Agreement (Appendix B) to be eligible. Being named to the relay eligibility pool does not guarantee nomination to a relay team

Final Relay Team Nomination

Notwithstanding these Criteria or the provisions of the Relay Team Athlete Agreement, whether AC will enter a specific relay team will depend on the number, quality and competitive readiness of eligible athletes. If there are insufficient numbers of high level athletes to form a relay team that will be capable of making the final at the Rio 2016 Olympic Games, or if there are not at least 2 athletes from the relay team that are individually qualified in an event, the NTC reserves the right not to select a given relay team



Selection of Individual Athletes

Once a Relay Team is nominated, individual athlete nomination will follow the guidelines outlined in the Athletics Canada National Relay Team Athlete Agreement (Appendix B)

5.2 MARATHON, RACE WALK EVENTS, COMBINED EVENTS, AND 10,000m

Selection Process

Athletes who have achieved the Qualifying Standard (Appendix A), are ranked in the top 3 in Canada within the Qualifying Period (Section 1.2), and meet the competitive readiness elements outlined in Section 6.0 will be nominated to the Rio 2016 Olympic Team. Any ties will be broken in the following order:

1. 2nd best performance within the qualifying period
2. Head-to-head results within the qualifying period
3. Most recently achieved standard

Failure to achieve competitive readiness requirements will render an athlete ineligible for nomination. Nomination to the team will become available to the next eligible athlete in the rankings who has satisfied the requirements of these Selection Criteria

Athletes nominated in the Marathon or 50km Race Walk are not permitted to take part in any other Marathon or 50km Race Walk race during the period **May 29, 2016 to August 20, 2016** unless they make a written request and receive written approval from AC's Head Coach

6.0 COMPETITIVE READINESS REQUIREMENTS

Nominated athletes are expected to demonstrate competitive readiness for the Olympic Games and nomination will not be confirmed until they submit their plan and complete the process outlined below. "Competitive Readiness" is defined as the ability of the athlete to achieve equal or superior performance(s) on site at the scheduled event (either through their performance or through improving their ranking in terms of placing), as compared to the performance(s) the athlete achieved in qualifying for nomination to the team

6.1 COMPETITIVE READINESS PLAN

Athletes who achieve the necessary qualification standard in their event are expected to be able to generate a peak performance for the Olympic Games

Athletes who have achieved standard before March 1, 2016 will negotiate a Competitive Readiness plan with the Head Coach (periksson@athletics.ca) on or before March 15, this plan will run up to July 10 and must include:

- Tentative racing schedule
- Evidence of periodization and tapering in their training plan for Rio
- IST evaluation and plan
- Performance targets that specifically address peak performance preparation



6.2 Training and Competition Plan

Nominated athletes and/or their personal coach are required to present a training and competition plan for the period July 17th, 2016 (June 5th, 2016 for Marathon and 50km RW) – August 20th, 2016 to the Head Coach (periksson@athletics.ca) on or before July 17th, 2016 (June 5th, 2016 for Marathon or 50km RW), and thereafter must inform AC of any changes to the plan. The plan must also address competitive readiness by identifying a specific measurable test and/or competition targets, as well as planned tapering during the final preparation phase. Intentions regarding the Olympic pre-camp must also be addressed in the delivered plan

All plans must address the following:

1. The schedule and list of planned competitions, travel and training locations. (NOTE: plans must follow AC published event specific time frames for the final preparation camp in Brazil)
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

6.3 Competitive Readiness – Injury or Illness

Once selected, athletes with questionable competitive readiness because of lack of fitness, injury, or illness may be removed from the team at any time, including at the final preparation camp. Athletes are required to immediately report any injury, illness, or change in training that could affect their ability to compete at their highest level in Rio de Janeiro. Notification must be sent to Head Coach (periksson@athletics.ca). **Failure to properly report injury or illness prior to the event will result in the athlete being deselected and financially responsible for all costs associated with the event**

An athlete's competitive readiness will be evaluated in 2 distinct steps before their entry in the Rio 2016 Olympic Games will be confirmed. The final decision on competitive readiness will be made by the Head Coach (periksson@athletics.ca) by July 28th, 2016 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 competitive readiness indicators, consultation with the National Event Group Coach, AC National IST leads, 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 competitive readiness, the NTC **may** nominate the next eligible athlete, provided they have proven competitive readiness and meet all event specific requirements in regards to qualifying standards and timelines. The COC will make the final decision in regards to athlete substitutions in accordance with their Late Athlete Replacement Policy. No substitutions can be made after the Rio 2016 technical meeting - TBD

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 National Event Group Coach, and the Head Coach
- The Performance Test will vary according to the event, injury or illness, but ideally will be performed at or around July 20th, 2016
- The Performance Test will be objective, measurable, fair, realistic, specific to the event, and challenging

If readiness cannot be established by July 28th, 2016 the athlete's selection and entry will not be confirmed and he/she will not travel with the team. Should a competitive readiness situation arise onsite at the training camp, a similar process will be implemented at the training camp and may result in the athlete's entry not being confirmed and they will be returned home. The focus of personnel and resources in Rio de Janeiro will be on athletes who are competitive ready for peak performance at the Rio 2016 Olympic Games

6.4 Health Questionnaire and Anti-Doping

Upon nomination, 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 nomination

7.0 APPEALS

Only athletes who are eligible to be considered for nomination (as per Section 1.3) and who have achieved the standard (as per Appendix A) in 2016 may submit an appeal for nomination to the NTC. Please refer to the National Team - Selection Rules Book for instructions at: [National Team – Selection Rules Book](#)



Due to the extremely short time frame between Team nomination and final submission to COC (July 17, 2016), Appeals will only be considered if they have been received in writing by Head Coach Peter Eriksson within **48** hours of the official announcement of the Team nomination

8.0 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



Appendix A
Rio 2016 Olympic Games
AC Qualifying Standards (Outdoor Only)

Women's A	Events	Men's A
11.32	100m	10.16
23.20	200m	20.50
52.00	400m	45.40
2:01.00	800m	1:45.80
4:06.00	1,500m	3:36.00
15:20.00	5,000m	13:25.00
32:15.00	10,000m	28:00.00
2:29:50	Marathon	2:12:50
13.00	100m /110m H	13.47
56.20	400m H	49.40
9:45.00	3,000m S/C	8:28.00
1:31:35	20km RW	1:21:55
-	50km RW	3:54:20
1.94	High Jump	2.29
6.70	Long Jump	8.15
14.20	Triple Jump	16.90
4.50	Pole Vault	5.70
17.80	Shot Put	20.50
71.00	Hammer	78.00
61.00	Discus	66.00
62.00	Javelin	83.00
6200	Heptathlon/Decathlon	8100
Top 8 at IWR plus 8 from top lists	4 x 100m Relay	Top 8 at IWR plus 8 from top lists
Top 8 at IWR plus 8 from top lists	4 x 400m Relay	Top 8 at IWR plus 8 from top lists

For Marathon and Race Walk – Athletes will enter the selection pool with a top 15 finish at the 2015 IAAF World Championships, provided they meet the IAAF Olympic standards and the above qualifying periods. Please [click here](#) for the original IAAF Rio Standards

***Standards must be achieved in accordance with the Performance Regulations outlined in section 2.0 of the [National Team Selection – Rules Book](#)*



Appendix B

Athletics Canada (AC) National Relay Team Athlete Agreement

Overview

In order to be successful in Rio we must continue the momentum we built with the AC National Relay Program since Beijing in 2008. Again, the relay program's fundamental principles are identified below. Athletes who are part of the National Relay Program are expected to adhere to these principles. Athletes selected for the national relay program must sign and return this agreement by April 1, 2016

Fundamental Principles

1. The relay is a team event and all members are equal
2. A common vision among team members is critical for success
3. Open communication is encouraged among athletes and coaches
4. Full cooperation on and off the track is expected; team cohesiveness is essential
5. Athletes must have an open mind and a willingness to learn and adapt to relay ideas
6. Selection of the team will be at the sole discretion of AC coaching staff
7. Versatility as it pertains to relay running position is a must
8. The goal is to assemble the best possible group of athletes in an order that will best benefit the team. Running order will be determined by the designated AC Relay Coach (in consultation with AC Head Coach) and athletes will be advised of the order in a timely manner
9. Athletes who are placed in an alternate position are expected to fully participate in team practices and competitions, including dressing and warming up with the team on the day of competition, and to be prepared to contribute if needed. Alternates are expected to accompany the four selected athletes to the call room area or as far as Officials will allow
10. Members will attend all National Relay Program mandatory events
11. Punctuality is expected at all relay events; tardiness will not be tolerated

Relay Team Athlete Selection

All of the following factors (not listed in priority order) will be considered in relay team selection:

- Placing at the Selection Trials in his/her individual event
- Health and fitness levels that indicate optimal competitive readiness
- Individual performance ranking as determined by 2016 Athletics Canada rankings
- Commitment to the National Relay program as determined by attitude, attendance, participation, and performance at national team camps, competitions, and events
- Performance on previous relay teams
- Assessment of relay skills and position suitability

The designated AC Relay Coach (in consultation with the AC Head Coach) will make decisions in regards to relay team selection and positioning of relay team members

Athlete Agreement

I have read, understand and accept the National Relay Team's principles and criteria for selection. I understand that my failure to comply with this Agreement may render me ineligible for National Team relay assignments

Athlete Signature:	Coach Signature:
Print name:	Date: