



## 2020 PAN AMERICAN CROSS COUNTRY CUP 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 Association of Panamerican Athletics (APA) 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 2020 Pan American Cross Country Cup.

### 1 GENERAL INFORMATION

#### 1.1 Event Location

Victoria, British Columbia, Canada

#### 1.2 Important Dates

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DATES	DESCRIPTION	LOCATION
November 30, 2019	Selection Trials – Canadian Cross Country Championships	Abbotsford, BC
December 1, 2019	Declaration Deadline	
December 2, 2019	Selection Date	
December 16, 2019	Deadline to submit training and competition plan for the period December 17, 2019 – February 29, 2020	Email to: Nicole.Clarke@athletics.ca
February 27, 2020	Arrival in Victoria	
February 29, 2020	Athletics Competition	Victoria, BC
March 1, 2020	Depart Victoria	

#### 1.3 Eligibility

To be eligible to participate in the 2020 Pan American Cross Country Cup, an athlete must meet the following requirements:

- be a registered member of an Athletics Canada Branch at the time of qualification and through the 2020 Pan American Cross Country Cup;
- hold Canadian Citizenship by the Selection Date (December 2, 2019);
- 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 2020 Pan American Cross Country Cup;
- have a Canadian passport valid for at least 6 months after the 2020 Pan American Cross Country Cup (August 29, 2020);



- compete in the 2019 Canadian Cross Country Championships; and
- U20 athletes must be born in 2001, 2002, 2003.

#### 1.4 Events

Athletics Canada intends to enter four teams – Senior Women – 10k, Senior Men – 10k, U20 Women – 6k, U20 Men – 8k (maximum of 6 athletes per team) to compete at the Pan American Cross Country Cup.

#### 1.5 Declaration Deadline

Athletes are required to declare their interest to participate by completing the online form no later than December 1, 2019. **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 December 2, 2019. AC will announce the team through established communication channels (Branches, AC website, High Performance Newsletter); 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 Pan American Champions in the U-20 races and improve upon the team scoring finish from 2018 in the Senior races.
- 2018 Pan American Championships Team Results: Senior Women – 2nd, Senior Men – 3rd, U20 Women – 1st, U20 Men – 1st.

## 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 Eligibility Pool

The top 10 eligible athletes (Section 1.3) at the selection trials will be placed in the eligibility pool.

### 3.3 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.

## 4 FINAL PHASE PREPARATION REQUIREMENTS

### 4.1 Training and Competition Plan

Selected athletes (and/or their coaches) are required to present a training and competition plan for the period December 17, 2019 – February 29, 2020 to the Athlete Services Manager, Nicole Clarke at [Nicole.Clarke@athletics.ca](mailto:Nicole.Clarke@athletics.ca) on or before December 16, 2019.

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 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 2020 Pan American Cross Country Cup, 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](mailto: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 Head Coach or his/her delegate, 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 select 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** 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

Please refer to the “National Team Selection Rules Book” and the AC Rules and By-laws Section 140.06 & 140.07 for full information on the AC appeals process. The process is also summarised at <http://athletics.ca/wp-content/uploads/2018/05/Process-for-Submitting-Appeals-EN.pdf>

Appeals must be submitted to the following e-mail address: [Commissioner@athletics.ca](mailto:Commissioner@athletics.ca).

Contact [appeals@athletics.ca](mailto:appeals@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, APA, 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.