

2197 prom. Riverside Dr., Suite 300
Ottawa, ON K1H 7X3
☎(613) 260-5580 🖨(613) 260-0341
athcan@athletics.ca
www.athleticscanada.com



Athletics Canada
Athlétisme Canada

SELECTION CRITERIA

2006 Melbourne Commonwealth Games

Commonwealth Overview and Quadrennial Objectives

Following the IAAF World Championships in Helsinki in 2005, the Commonwealth Games in Melbourne are the second of three major championships in the Olympic cycle. The third and last major Championships leading to Beijing in 2008 are the IAAF World Championships in 2007 in Osaka.

Athletics Canada's overarching objective in selecting National Teams is to select athletes who are committed to annual and long term training and competition plans and who are capable of achieving, year after year increasingly better performances. National Team standards and criteria will be reviewed annually with the view to adjust them to accurately reflect performance readiness leading to Beijing. In order to identify athletes on course for top results at the Olympic Games, the selection criteria and standards identified in this document (hereafter referred to as 'Selection Criteria') for Melbourne are designed to select as large a team as possible within the allowable quota established by Commonwealth Games Canada (CGC). Particular to these criteria is the selection of athletes considered "rising stars" who can compete successfully in Beijing and beyond. All nominations must also be consistent with AC's high performance strategy as set out in Section 2.2 of the Selection Criteria and that can be supported within AC's budgetary and other resource constraints. Please see separate selection criteria document for the selection of Paralympic events:

<http://www.athletics.ca/article.asp?id=4717>

The implementation of these Selection Criteria is the responsibility of the National Team Committee (referred to as 'NTC').

Commonwealth Games Association of Canada (CGC) – Team Quota Calculation

The Commonwealth Games Association of Canada (CGC) Board of Directors has approved a "percentage depth of Commonwealth field" as a determinant for eligible Canadian athletes to achieve *positions for subsequent NSO selection*. The CGC decision on team size quota was based on the intent to be equitable across all sports when providing a team size quota to an NSO. The CGC Board of Directors has approved CGC funded positions for the 2006 Canadian Commonwealth Games Team based on athlete results that achieved a standing within the top forty five percent (45%) depth of Commonwealth field in at least one (1) of three (3) qualifying events. The three (3) most recent qualifying events were chosen to provide performance results that could be related to performances at the XVIII Commonwealth Games, while also providing the highest level of competition with the largest depth of Commonwealth field. The three events used for the purpose of calculating the quota for able bodied athletes were the 2002 Manchester Commonwealth Games and 2004 Olympic Games, plus the results of the 2005 Helsinki World Championships will be used as part of the final calculation.

1.0 GENERAL INFORMATION

1.1 Location and Dates:

Melbourne, Australia, March 19-25, 2006

1.2 Travelling Dates and Team Member Travel Obligations

Dates	Arrival Location	Note
September 2, 2004	Start of the Marathon and 50km RW Qualifying Period	Please see Appendix B for the Repeat Performance Schedule
April 1, 2005	Start of the Qualification Period – Combined Events, 10,000m and 20km RW	
Sunday May 22	Start of the Qualification Period	
Saturday June 17	National Team Trials (10,000m) Abbotsford, B.C.,	Please contact the National Head Office to Declare your intent to be selected.
July 15-17	National Team Trials, Winnipeg	Please see Appendix B for the Repeat Performance Schedule
Saturday Sep 10, 2005	End of the Qualifying Period	
Monday Sep 19, 2005	Athlete Declaration Deadline for all events including Marathon and 50km RW	Athletes are required to submit via fax, email the mandatory Athlete Declaration Deadline http://www.athletics.ca/article.asp?id=3459
October 14, 2005	Internal Deadline for Athletics Canada to submit Completed Application for Accreditation Forms to CGC (photo required)	
October 23, 2005	End of the Marathon and 50m km RW Qualifying Period	Please see Appendix B for the Repeat Performance Schedule
Dec 12, 2005	Mandatory Deadline for Nominated athletes to provide an update to the event group directors on their training and competition plan. See Competitive Readiness requirements, Section 5.0.	
January 15, 2006	Final Entry Deadline to CGC - Athlete Entry by Name	
Friday March 3	Team Departure Date to Melbourne	
Sunday March 5	Team Arrival Date – Melbourne – straight into athlete's village. Mandatory last arrival date for all 4x100m relay team members.	14 days before start of the athletics competition
Thursday March 9	Melbourne Tune-up competition TBC	
	Second Team arrival date. Mandatory last arrival date.	Depart from N.A. Tuesday March 7. 10 days before start of athletics competition
Mon March 13	Third and Last Team Arrival Date <u>ONLY</u> for athletes traveling from Moscow, RUS	6 days before start of athletics competition. Note : IAAF World Indoors: Wed March 8 – Mon March 13
March 14	Commonwealth Games Canada Team Reception	Location TBD
Wednesday March 15	Opening Ceremonies	
Sun Mar 19 – Sat Mar 25	Commonwealth Games	Athletics Competition
Sun Mar 26	Closing Ceremonies	Arrive same day and time to original N.A. point of departure. For IAAF World Cross Team arrive Fukoka, JPN same day (start of camp) competition April 1-2
	Team Departure	
Mon Mar 27 This seems to be a mistake	Second Team Departure Date	Arrive same day and time to original N.A. point of departure.
April 26, 05	Australian Visa entitlement with accreditation expires	

* All required forms can be found through the Athletics Canada Website at: <http://www.athletics.ca/article.asp?id=4967#National>

** Travel Routing for athlete's travelling direct from N.A. / Canada → L.A. → to New Zealand → Melbourne
 Time Zone differences : traveling west from Toronto (10 hours) Vancouver (7 hours); traveling east from Moscow (6 hours); traveling west from Melbourne to Fukoka (1 hour)

1.3 Eligibility:

- Must be a current registered member (athlete) of Athletics Canada
- Must hold Canadian Citizenship by the Final Selection Date
- Must comply with Athletics Canada rules concerning Canadian residency (Please refer to Athletics Canada By Laws, Appendix A, Rule 016)
- Must submit an Athlete Declaration form on or before Sep 19, 2005
- Must submit a Training and Competition Plan on or before Sep 19, 2005 (as per Section 5.0)
- Must otherwise be eligible to participate in the 2006 Commonwealth Games as determined by CGF and IAAF rules.

1.4 Funding:

This team will be 100% funded. Once final quota numbers are determined there may be an opportunity for shared funding for a limited number of additional spots.

1.5 Events:

Men: 100, 200, 400, 800, 1500, 5000, 10000, Marathon, 3000mSC, 110mH, 400mH, HJ, PV, LJ, SP, DT, HT, JT, DEC, 20kRW, 50kRW

Women: 100, 200, 400, 800, 1500, 5000, 10000, Marathon, 3000mSC, 100mH, 400mH, HJ, PV, LJ, SP, DT, HT, JT, HEP, 20kRW

Relays: M & W 4x100m and 4x400m

Paralympic Events: Women : 100m T37, EAD - 800m T54, EAD - Shotput Wheelchair

Men : EAD - 100m T12, EAD - 200m T46, EAD - Discus Wheelchair

See separate selection criteria at <http://www.athletics.ca/article.asp?id=4717>

1.6 Maximum Per Event:

Up to three (3) athletes per event may be selected with any combination of "A", "or B standards. Each Country is entitled to enter one relay team per event.

1.7 Qualifying Trials:

10,000m Canadian 10,000m Championships, Abbotsford, B.C., June 17, 2005

Marathon, Relays, 50kRW No Trials

All Other Events 2005 Canadian Senior Outdoor Championships (including combined events)

July 15-17, 2005, Winnipeg, MB, Canada.

1.8 Qualifying Period(s):

The Qualifying Period to achieve the "A", "B" standards is determined as per the Repeat Performance Schedule (Appendix B).

1.9 Final Selection Date

Athletics Canada will make all athlete nominations to Commonwealth Games Canada (CGC) shortly following the athlete Declaration Deadline (Sept 19, 2005) and after any appeals have been decided, as per Section 6.0. The final team nominations for selection to Commonwealth Games Canada will be made no later than the required final CGC entry deadline for this competition.

However, in some cases, nominations for selection may be made as late as the end of February, just prior to the first travel departure date (March 3). Athletics Canada may want to delay the nomination of athletes until closer to the Games, in order to be confident that the athlete complies with the Competitive Readiness requirements outlined in Section 5.0. Athletics Canada also reserves the right to de-select a nominated athlete (and replace them with another eligible athlete) right up until the end of February by reason of lack of fitness or competitive readiness as outlined in Section 5.0.

1.10 Athlete Declaration Deadline

Athletes are required to submit the Athlete Declaration Form (available on the Athletics Canada website at: <http://www.athletics.ca/article.asp?id=3459>) on or before **Sep 19, 2005**. Failure to submit this form by the deadline may render the athlete ineligible for selection and his / her spot may be made available to the next eligible athlete. Athletes attending

the Trials in Winnipeg may hand deliver the form on-site to the National Team Office, or fax (613-260-0341) or email (enteam@athletics.ca) the form to the national head office.

1.11 Team List Announcement

Athletics Canada will announce the team list through established communication channels (Provincial Branches, Athletics Canada web-site, Athletics Canada Bulletin). Athletes selected to the team will be contacted directly by AC.

1.12 National Team - Selection Rules Book

All athlete selections made in accordance with this Selection Criteria are subject to the rules and regulations as outlined in the National Team - Selection Rules Book which is available on the Athletics Canada website at the following link: <http://www.athletics.ca/article.asp?id=4967#Selection>

2.0 TEAM OBJECTIVES

2.1 Objectives for Selection

In selecting athletes to compete at the 2006 Commonwealth Games, Athletics Canada's objectives are to:

- Select athletes who have achieved the IAAF "A" standard and who are capable of finishing in the top 3 and top 1/2 of the field at the Melbourne Commonwealth Games, as demonstrated by their performances at the 2005 IAAF Helsinki World Championships.
- Select athletes identified as "rising stars" who have achieved the Athletics Canada B standard(s) and who have demonstrated by their performance record in 2005 that they are capable of achieving a top 24 or top 1/2 of field placing at future IAAF outdoor World Championships or Olympic Games.
- Provide direction and support to selected athletes in the final period leading to the Commonwealth Games.
- Improve on the number of podium and top 8 finishes from Manchester.
- Improve on country performance ranking from Manchester.
- Establish, with the Helsinki World Championships, these Games and the Osaka World Championships, a systematic and year after year strategic preparation and competition plan for athletes preparing for the Olympic Games in Beijing.
- Set standards of performance, preparation, support and evaluation that will be used as benchmarks for the quadrennial 2005-2008, leading to best results in Beijing.

2.2 Athletics Canada High Performance Principles as they affect selection

In addition to the objectives stated above, Athletics Canada is committed to these principles:

1. Consistency and repeatability
Repeatability of published standards is a fundamental principle of selection. The ability to repeat a selection standard or fitness standard is a requirement for selection. Repeatability indicates consistency of performance and soundness of athlete preparation.
2. Final Phase readiness
The achievement of a published performance or fitness standard in the final qualification phase is a mandatory and fundamental principle for selection. The ability to achieve the standard indicates performance readiness in the main competition period and ultimately for the main competition. A training and competition plan to support final phase readiness as set out in Section 5.0 is mandatory for selection. Failure to submit an acceptable training and competition plan for approval in accordance with the Competitive Readiness Requirements of Section 5.0 may result in the athlete being removed from the team and being replaced with the next eligible and competitive-ready athlete.
3. Rising Stars - Performance progress leading to top 16 in the World
Athletes who achieve the "rising star" criteria (see "B" Standard Selection Process – Section 3.4) are expected to be progressing toward a top 16 performance at world championships or Olympic Games. It is expected that the

athlete will be showing improved results indicative of future world top 16 performances prior to being considered for a "rising star" selection. Athletes may only be selected to a Tier 1 team (including Commonwealth Games, Outdoor World Championships or Olympic Games) teams a maximum total of two (2) times during their career by using the "Rising Star" Standard Selection Process (2005 Helsinki Worlds will be the first year this is counted). Once an athlete has been selected twice (2) to a Commonwealth Games, Outdoor World Championships or Olympic Games team as a "Rising Star" or a combination of two of these competitions they will be expected from that point forward to qualify for a Commonwealth Games, Outdoor World Championships or Olympic Games under the "A" Standard Selection Process. Any athlete who was previously selected to a Commonwealth Games, Olympic Games or Outdoor IAAF World Championship team at the "A" level are not eligible for selection to the 2006 Commonwealth Games (or any subsequent Outdoor World Championships, Commonwealth or Olympic Games) under this "Rising Star" / "B" category.

All selection decisions made under this Selection Criteria document will be consistent with these objectives and principles.

3.0 SELECTION PROCESS FOR ALL EVENTS (Except Relays, Marathon and 50 km racewalk)

3.1 Eligibility Pool

- 3.1.1 The Eligibility Pool is defined as all athletes who meet the eligibility requirements set out in Section 1.3; who have achieved the required combination of "A", and/or "B" Standard(s) as per the Repeat Performance Schedule (Appendix B); who have finished among the Top-4 competitors at the Qualifying Trials; and who comply with the Competitive Readiness Requirements of Section 5.0 of this Document.
- 3.1.2 Only athletes from the Eligibility Pool can be nominated to an event, except under circumstances covered in Sections 6.0 (Appeals). Being in the Eligibility Pool does not guarantee nomination to the team.
- 3.1.3 For the purpose of these Selection Criteria, competitors at the Qualifying Trials who are not eligible for selection as per Section 1.3 or who decline selection to the Commonwealth Games team will be removed from the order of finish results of the Qualifying Trials, thereby allowing the next eligible athlete in order of finish to move up the results list of selectable athletes for this event.

3.2 "Top 24" + top half of the field Standard Selection Process

STAGE 1

- 3.2.1 Athletes from the Eligibility Pool who have placed among the top 24 and top half of the field at the 2005 IAAF World Championships will be nominated to the Commonwealth team in priority order based on their order of finish at the IAAF World Championships. Failure to comply with the Competitive Readiness Requirements of Section 5.0 of this Document will render an athlete ineligible for selection and the athlete's selection will become available to the next eligible athlete from the ranking who has satisfied the requirements of these Selection Criteria. Attendance in pre-Commonwealth Games camp starting on March 5th (for 4x100m relay team members); March 9th (for all athletes except those on the Moscow team who will be expected to arrive March 13th) is a mandatory requirement for selection.
- 3.2.2 Athletes will be nominated for selection in rank order up to the maximum allowable number of athletes as determined by CGC (final quota number to be determined following the Helsinki World Championships).

3.3 "A" Standard Selection Process

STAGE 2 : Athletes who have not finished top 24 or top ½ of the field at the IAAF World Championships in Helsinki

- 3.3.1 Athletes from the Eligibility Pool among the Top-4 finishers at the Qualifying Trials who have achieved the "A" Standard(s) in that same event as per the Repeat Performance Schedule (Appendix "B") and who have

achieved the corresponding "B" Standard(s) as per the Repeat Performance Schedule will be nominated to the team in priority order based on a conversion of the average of their combined required performances as per the Repeat Performance Schedule (Appendix "B") and expressed as a percentage of the "A" standard using the IAAF scoring tables. Attendance in pre-Commonwealth Games camp starting on March 5th (for 4x100m relay team members); March 9th (for all athletes except those on the Moscow team who will be expected to arrive March 13th) is a mandatory requirement for selection.

3.3.2 After athletes have been selected as per 3.2, remaining spots will be filled by athletes nominated for selection in rank order as per Section 3.3.1 up to the maximum allowable number of athletes as determined by CGC (final quota number to be determined following the Helsinki World Championships).

Single "A" Criteria

3.3.3 After athletes have been selected as per the above paragraph (3.3.2), remaining spots will be filled by athletes nominated for selection in rank order as per Section 3.3.1 who may not have achieved the necessary repeat performances as outlined in Appendix "B". Athletes in this category will be nominated to the team (from among the remaining team spots after 3.3.2) in priority order based on their single "A" performance during the Qualifying Period as outlined in the Repeat Performance Schedule (Appendix "B") and expressed as a percentage of the "A" standard using the IAAF scoring tables. Only up to the maximum allowable number of athletes as determined by CGC (final quota number to be determined following the Helsinki World Championships) will be nominated for selection.

3.4 "B" STANDARD SELECTION PROCESS – Rising Star Criteria

STAGE 3

3.4.1 Athletes from the Eligibility Pool among the Top-4 finishers at the Qualifying Trials who have achieved the Athletics Canada "B" standard in that same event as per the Repeat Performance Schedule (Appendix "B") may be nominated to the team subject to the objectives and principles outlined in Section 2.0. The NTC will consider the objectives and principles outlined in Section 2.0 in order to determine, in their sole discretion, whether such athletes may be selected to the team as "Rising Star" / "B" standard achievers.

3.4.2 Rising Star athletes, who are eligible for selection as outlined in Section 3.4.1, will be considered using the following evaluation principles. These principles are not ranked in priority order. The NTC in its expert opinion has full responsibility, sole discretion and final authority for athlete selection under the Rising Star Selection Process.

- Order of finish results within the same event at the Trials
- Evaluation of training environment
- Compliance with the Competitive Readiness Requirements of Section 5.0 of this Document
- World Rank based on the most current IAAF world rankings (top lists) and on a conversion of the average of their required performances as per the Repeat Performance Schedule (Appendix "B") and expressed as a percentage of the "Podium" standard using the IAAF scoring tables.
- Performance relative to age and performance progress will be considered
- Commonwealth rank based on the most current Commonwealth rankings as at September 19 and a conversion of the average of their required performances as per the Repeat Performance Schedule (Appendix "B") and expressed as a percentage of the "B" standard using the IAAF scoring tables.
- Attendance in pre-Commonwealth Games camp starting on March 5th (for 4x100m relay team members); March 9th (for all athletes except those on the Moscow team who will be expected to arrive March 13th) is a mandatory requirement for selection.

3.4.3 After athletes have been selected as per 3.3, remaining spots will be filled by athletes nominated for selection in rank order as determined by the NTC as per Section 3.4.2 up to the maximum allowable number of athletes as determined by CGC (final quota number to be determined following the Helsinki World Championships).

3.5 Other Criteria

- 3.5.1 If after athletes have been selected as per 3.4 and there are still remaining spots on the team, Athletics Canada's National Team Committee reserves the right to rule on an appropriate course of action to select more athletes to fill any remaining team spots.

4.0 SELECTION PROCESS FOR RELAYS, MARATHON AND 50K RACEWALK

4.1 Relays

Team Qualification

- 4.1.1 Teams will be eligible to compete at the 2006 Commonwealth Games based on the same ranking process as outlined in Section 3.0, however placing at Trials is not applicable. In order to qualify, teams must be comprised 100% of eligible athletes (as per Section 1.3) and must achieve the Qualifying standard in approved IAAF competitions during the period January 1, 2004 to Sep 10, 2005.

Relay Eligibility Pool

- 4.1.2 All athletes who have been named to the Athletics Canada National Team Relay Eligibility Pool will be eligible for selection to the Commonwealth Games. See separate Relay Pool Selection Criteria document on the Athletics Canada website : <http://www.athletics.ca/article.asp?id=2816> Only athletes in the Relay Pools may be nominated to a relay team. Being named to the Pools does not guarantee selection to the teams. The list of names of athletes named to the Athletics Canada Relay Pools can be found on the Athletics Canada Website. <http://www.athleticscanada.com/article.asp?id=2898>

Selection of Athletes

- 4.1.3 Athletes will be considered for selection based on the following objective performance-based criteria: order of finish results in the 100m (for the 4x100m) or 400m (for the 4x400m) at the Qualifying Trials; current health and fitness levels in accordance with the Competitive Readiness Requirements of Section 5.0; current performance ranking as determined by 2005 outdoor performances (100m for the 4x100m or 400m for the 4x400m) during the period May 22 – Sep 10, 2005; current commitment to the national relay program as determined by attendance, participation and performance at national team camps, competitions and events; individual athlete performance on previous national team relay teams at a World Championship (including Helsinki) or Olympic Games; and an assessment of athlete relay skills and position suitability. Attendance in pre-Commonwealth Games camp starting on March 5th is a mandatory requirement for selection for 4x100m relay team members.

- 4.1.4 The final nomination for selection of athletes to a team will be made based on an assessment of athletes in the Relays Pool as per Section 4.1.3. The Athletics Canada National Team Relay Leader has full responsibility, sole discretion and final authority for relay team selection.

Final Relay Team Assessment

- 4.1.5 Final assessment of whether Athletics Canada will send a specific team to an event will depend on the number, quality and competitive-readiness of declared athletes. If there are insufficient numbers of competitive-ready athletes to form a relay team, Athletics Canada reserves the right to cancel the team's participation at this event.

4.2 Marathon and 50km Racewalk

- 4.2.1 Athletes in the Marathon and 50 km RW will be ranked for selection based on the same ranking process as outlined in Section 3.0, however placing at Trials is not applicable and different qualifying periods apply as described in the Repeat Performance Schedule (Appendix "B").
- 4.2.2 For the marathon event, only performances achieved during competitions recognized by the IAAF will be accepted (a list of these is available at <http://iaaf.org/WCH05/marathonCourses.html>) and these courses must have been measured after January 1st, 2000 by an IAAF/AIMS "A" or "B" measurer and respect the 1 %/oo

downhill rule. Please see reference to IAAF Rule 260.28 in the National Team - Selection Rules Book (Section 1.12 above)

- 4.2.3 For the Marathon and 50km RW events athletes who have been nominated for selection are not permitted to take part in any marathon or 50km RW race during the period December 12, 2005 to May 22, 2006 unless they make a written request and they receive written approval from Athletics Canada's Program Director for Endurance Events. Failure to follow this rule will render an athlete ineligible for selection and will affect his/her carding status for the current year and the next one.

5.0 COMPETITIVE READINESS REQUIREMENTS

5.1 Training and Competition Plan

It is the mandatory obligation of the athletes (or their personal coach on their behalf) who have been selected to the team to submit to the event group directors on or before **Sep 19, 2005** a training and competition plan for the period Sep 10 to March 25, 2006 and to inform Athletics Canada of any and all changes to this plan.

All submitted plans must address the following:

1. Planned competitions, travel, training locations and a description of the athlete's training environment
2. Training volumes, intensities and periodization including recovery strategies and medical/paramedical interventions
3. Training camps and training camp objectives, if applicable
4. Injury prevention strategy if applicable
5. This plan must also address competitive readiness by identifying measurable test and/or competition targets that would be specific enough to serve as "fitness and competitive readiness indicators" for their scheduled training tests or competition day(s). This is a mandatory component of the training and competition plan and must be agreed to and "signed off" by the event group director.

It is also expected that the athletes will be clearly tapering during the final preparation phase prior to their event in order to be fresh and strong on race day.

For an example of a training and competition plan template please visit the following link on the Athletics Canada website: <http://www.athletics.ca/article.asp?id=2173>. You may use either of the examples provided through the link above or submit your own format.

Submitting Your Plan

Athletes must submit their plans to their respective Event Group Leader (Les Gramantik for Speed Power Events, Martin Goulet for Endurance Events, or Jean Laroche for Paralympic Events) on or before **Sep 19, 2005**. Contact information for the Event Group Directors can be found at the following website <http://www.athleticscanada.com/article.asp?id=1069>.

Mandatory Update – Dec 12, 2005

Athletes who have been nominated for selection must provide an update of their training and competition plan to the respective Event Group Director by no later than Dec 12, 2005.

Failure to Submit your Plan

An athlete who fails to submit their plan on Sep 19, 2005 or who fails to submit their detailed updated plan on Dec 12, 2005 may be removed from the team and replaced with the next eligible and Competitive-ready athlete. **This is a mandatory requirement for selection.**

5.2 Competitive Readiness

Final **Phase** **Readiness**
Selected athletes must be preparing for peak performance at the Commonwealth Games Athletes who do not remain performance ready (**during the period mid-January to mid-March, 2006**) by reason of lack of fitness, injury, or illness may be removed from the team and replaced by the next selectable and competitive ready athlete. It is the obligation of the athlete to immediately report any injury, illness or change in training that could affect their ability to compete at their highest level at this national team event. (notification must be sent to the team Head Coach, Event Area Leader or to the National Office, Attention National Team Department at enteam@athletics.ca).

“Competitive ready” is defined as the ability of the athlete (at 100% effort) to achieve equal or superior performance(s) onsite at the scheduled event, as compared to the performance(s) the athlete achieved in making the team in the first place. The final decision as to whether an athlete is Competitive-ready will be made by the National Team Committee (NTC) based on its expert opinion on the athlete’s probability of being competitive ready. The NTC will use all available information at its disposal to come to a decision, including the athlete’s training and competition plan, “fitness and competitive readiness indicators”, submitted medical documentation, consultation with the athlete’s personal coach and any other relevant performance related information.

In the case of injuries or illnesses, the NTC will consider recommendation made by the Athletics Canada Coordinating Physician, or designate, in making a final decision as to the athlete being Competitive-ready. Injured or ill athletes will be subject to a final proof of readiness test to be determined by the team Head Coach in consultation with the athlete’s personal coach. At a minimum, this test will consist of a controlled performance such as a competition or observed test or trial. Athletes who are injured or ill will not travel with the team until this requirement has been satisfied. If it is determined that the athlete is not competitive ready once onsite at the event, he or she may be asked to return home immediately.

6.0 Appeals

6.1 Only athletes who have achieved the “B” standard once during the Qualifying Periods as outlined in the Repeat Performance Schedule (Appendix B) or who were selected to the 2004 Athens Olympic Team in an individual event may submit an appeal for selection to the National Team Committee (NTC). Please refer to the National Team - Selection Rules Book for complete instructions. This document is available on the Athletics Canada website at the following link:

<http://www.athletics.ca/article.asp?id=4967#Manual-policies>

An exception to the National Team – Selection Rules Book for this event will be that the deadline to submit an appeal should be submitted on or before the Athlete Declaration Deadline or at the very latest within 10 business days of the public Team List Announcement as per Section 1.11 of this Selection Criteria document.

6.2 In the case of an appeal related to an athlete’s inability to complete all necessary “A” or “B” Standard(s) as per the Repeat Performance Schedule (Appendix “B”), the athlete who is making the appeal must substantiate in writing objective proof that shows the athlete is able to compete at a level that is in keeping with the stated standards. Such objective proof must include a record of improving performances during the 2005 Qualifying Period; a record of performance success at past national and international competitions; and a detailed competition and training plan that shows how the athlete will prepare during the period **September 19, 2005 to March 25, 2006** to fulfill the objectives and principles stated in Section 2.0. The NTC will have full discretion to determine whether or not the athlete has substantiated a case that the athlete is able to compete at a level consistent with these standards.

6.3 All appeals accept by the NTC as per 6.1 and 6.2 under the regulations outlined in the National Team Selection – Rules Book will be ranked in priority order within the overall team quota number at the sole discretion and expert opinion of the NTC.

APPENDIX A – 2006 Commonwealth Games - Selection Standards

Athletes achieving the following standards during the respective qualifying periods as per the Repeat Performance Schedule (Appendix B) at IAAF/Athletics Canada sanctioned competitions will be eligible for selection to the Melbourne Commonwealth Games team, subject to the Selection Process outlined in the Selection Criteria.

Event	MEN		WOMEN	
	A	B	A	B
100m	10.21	10.35	11.30	11.53
200m	20.59	20.90	22.97	23.43
400m	45.55	46.31	51.50	52.97
800m	1:45.40	1:47.39	02:00.00	02:02.65
1500m	3:36.20	3:39.77	04:05.80	04:11.28
5000m	13:21.50	13:34.92	15:08.70	15:36.43
10000m	27:49.00	28:39.03	31:40.00	32:46.64
Marathon	2:14:20	2:18:00	2:31:00	2:42:00
110m / 100m H	13.55	13.74	12.96	13.29
400m H	49.20	50.29	55.60	57.27
3000m SC	8:24.60	8:37.12	9:50.00	10:09.24
20km RW	1:23.00	1:26:50	1:33:30	1:40:42
50km RW	3:55:46	4:11:50		
High Jump	2.30	2.25	1.95	1.87
Long Jump	8.20	7.91	6.75	6.47
Triple Jump	17.10	16.50	14.30	13.75
Pole Vault	5.75	5.50	4.45	4.25
Shot	20.50	19.50	18.55	16.36
Discus	65.00	61.05	62.00	58.15
Javelin	81.80	76.35	62.00	55.97
Hammer	78.65	69.20	69.50	64.26
Dec/Hep	8050	7612	6100	5782
4x100m	39.00		44.00	
4x400m	3:04.00		3:31.00	

Notes:

- [1] Results from any round of competition may be used, to a maximum of one result per event per competition.
- [2] Indoor performances will not be accepted.
- [3] For the 1500m event, converted mile performances to 1500m, based on IAAF Scoring Tables equivalencies, will be accepted for the purpose of achieving repeated "A" or "B" standards. Converted standard performances are acceptable regardless of any electronic performance which may be recorded at the 1500m mark.
- [4] For the 5000m event, a converted 3000m performance, based on IAAF Scoring Tables equivalencies, will be accepted for the purpose of achieving repeated "A" or "B" standards.
- [5] Relay standards must be achieved at approved IAAF/AC competitions.
- [6] For marathon, only performances achieved during competitions recognized by the IAAF will be accepted (a list of these is available at <http://iaaf.org/WCH05/marathonCourses.html>) and these courses must have been measured after January 1st, 2000 by an IAAF/AIMS "A" or "B" measurer and respect the 1 °/oo downhill rule.
- [7] Please refer to the National Team - Selection Rules Book for complete Selection Rules available on the Athletics Canada website at the following link: <http://www.athletics.ca/article.asp?id=4967#Selection>

APPENDIX B – 2006 Melbourne Commonwealth Games - Repeat Performance Schedule

Events	May 22 – Sep 10, 2005 (see exceptions below)
100m, 200m, 400m, 100mH, 110mH, 400mH, HJ, LJ, TJ, PV, SP, DT, JT, HT	→ Achieve "A" standard once in this period and achieve "B" standard twice in this period for a total of 3 performances; and must comply with the Competitive Readiness Requirements of Section 5.0
800m, 1500m, 3000mSC, 5000m	→ Achieve "A" standard once in this period and achieve "B" standard once in this period for a total of 2 performances; and must comply with the Competitive Readiness Requirements of Section 5.0
10,000m, Combined Events, 20kRW	→ Achieve "A" standard once in the period April 01, 2005 – Sept 10, 2005; and must comply with the Competitive Readiness Requirements of Section 5.0
All Events (except Marathon, 50kRW and Relays)	→ or → Achieve "A" standard once in the period July 15 – Sep 10, 2005. No additional repeat performances are required. Athletes must also comply with the Competitive Readiness Requirements of Section 5.0
Marathon and 50km RW	→ Qualifying Period for the Marathon and 50kRW is Sep 2, 2004 to Oct 23, 2005. Performances achieved before May 29, 2005 will require a proof of fitness to be achieved on or after May 29, 2005. Athletes must also comply with the Competitive Readiness Requirements of Section 5.0
4x100m, 4x400m	→ The relay qualifying standard must be achieved once in IAAF approved competitions during the period January 1, 2004 – Sep 10, 2005; and must comply with the Competitive Readiness Requirements of Section 5.0
3.4 B Standard Selection Process – Rising Star	
100m, 200m, 400m, 100mH, 110mH, 400mH, HJ, LJ, TJ, PV, SP, DT, JT, HT	→ Achieve "B" standard twice in this period; and must comply with the Competitive Readiness Requirements of Section 5.0
800m, 1500m, 3000mSC, 5000m	→ Achieve "B" standard once in this period; and must comply with the Competitive Readiness Requirements of Section 5.0
10,000m, Combined Events, 20kRW	→ Achieve "B" standard once in the period April 01, 2005 – Sept 10, 2005; and must comply with the Competitive Readiness Requirements of Section 5.0
Marathon and 50kmRW	→ Qualifying Period for the Marathon and 50kRW is Sep 2, 2004 to Oct 23, 2005 Performances achieved before May 29, 2005 will require a proof of fitness to be achieved on or after May 29, 2005. Athletes must also comply with the Competitive Readiness Requirements of Section 5.0