



## **SELECTION CRITERIA for the 2006 NACAC COMBINED EVENTS CHAMPIONSHIPS**

### **(Senior Men's Decathlon and Senior Women's Heptathlon)**

#### **1.0 GENERAL INFORMATION**

##### **1.1 Location and Date**

1.2 **August 25 and 26 San Juan, Puerto Rico**

##### **1.3 Key Dates**

<b>Dates</b>	<b>Item</b>	<b>Note / Location</b>
January 1 <sup>st</sup> , 2006	Beginning of Qualifying Period	
July 21-23, 06	Trials, Sherbrooke	<a href="http://www.athletics.ca/article.asp?id=7331">http://www.athletics.ca/article.asp?id=7331</a>
July 23, 06	End of the Qualifying Period	Final Selection Date, Declaration Deadline
Aug 23	Team Departure Date	
Aug 25-26	Competition Dates	
Aug 27	Departure Date	

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

##### **1.3 Eligibility**

- Must be a registered member (athlete) of Athletics Canada
- Must hold a Canadian Citizenship by the final selection date
- Must submit an Athlete Declaration form by July 23, 2006
- Must comply with the Competitive Readiness Requirements of Section 5.0
- Must comply with Athletics Canada rules concerning Canadian residency
- Must be otherwise eligible to compete in this event

##### **1.4 Funding**

This is a self-funded team although accommodations and meals will be covered by the host organizing committee.

##### **1.5 Events**

Senior Men's Decathlon  
Senior Women's Heptathlon

## **1.6 Maximum Per Event**

Up to two (2) women and two (2) men may be selected per event.

## **1.7 Qualifying Trials**

National Junior Championships – Sherbrooke July 21-23, 2006

## **1.8 Qualifying Period(s)**

The "Qualifying Period" is January 1<sup>st</sup>, 2006 to the conclusion of the Combined Events at the National Senior Championships (July 21-23, 2006 Sherbrooke).

## **1.9 Final Selection Date**

The Athletics Canada National Team Committee will make its final team selections following the end of the Athlete Declaration Deadline (July 23, 2006) and after any appeals have been decided, as per Section 6.0. The final team selection will be made no later than the required final entry deadline for this competition (TBC).

## **1.10 Final Declaration Date**

Athletes are required to submit the Athlete Declaration Form (available on the Athletics Canada website) on or before July 23<sup>rd</sup> 2006. 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 Sherbrooke must hand deliver the form on-site, if not attending the Trials in Sherbrooke, must fax (613-260-0341) or email ([enteam@athletics.ca](mailto: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/artide.asp?id=4967#Manual-policies>

## **2.0 TEAM OBJECTIVES**

**2.1** To select the best athletes who have achieved the minimum standards and who are prepared to compete at their peak level in late August 2006

**2.2** To provide a positive international competitive and cultural experience for both 1st year and returning national team members; and to prepare athletes for future National Team assignments.

### 3.0 SELECTION PROCESS

#### 3.1 Eligibility Pool

3.1.1 The Eligibility Pool is defined as all eligible athletes (see Section 1.2) who have achieved the Minimum Standard (see Section 3.1.2) during the Qualifying Period (see Section 1.8), have submitted the Athlete Declaration Form (see Section 1.10) by the Final Selection Date; have finished among the Top-4 eligible competitors at the Trials; and who comply with the Competitive Readiness Requirements of Section 5.0 of this Document.

3.1.2 The minimum standards are as follows:

Men	Decathlon	6800 pts.
Women	Heptathlon	4800 pts.

3.1.3 For the purpose of this selection criteria, competitors at the Qualifying Trials who are not eligible for selection as per Section 1.3 or who decline selection to the 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 team.

#### 3.2 Final Selection Process

3.2.1 Athletes from the Eligibility Pool who achieve the Minimum standard **on-site** at the trials will be nominated to the team in first priority order based on their order of finish at the Qualifying Trials.

3.2.2 Once all eligible athletes have been nominated as per Section 3.2.1 and after all appeals have been heard from athletes who achieved the standard on-site at the trials, all remaining spots on the team will be filled from other athletes in the Eligibility Pool in priority order based on their order of finish at the trials.

### 4.0 SELECTION PROCESS FOR OTHER EVENTS

N/A

### 5.0 COMPETITIVE READINESS REQUIREMENTS

5.1 It is the obligation of the athletes (and their personal coach) who have been selected to the team to submit on or before July 23, 2006, a training and competition plan for the period July 23<sup>rd</sup> to August 26<sup>th</sup>, 2006 and to inform Athletics Canada of any and all changes to this plan. 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 competition day(s). 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.

All submitted plans must address the following:

1. Planned competitions if any, travel and training locations.
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

### ***Submitting Your Plan***

Athletes after being selected must submit their plans to the Team Head Coach on or before July 31st, 2005. Contact information for the team Head Coach can be found at <http://www.athletics.ca/article.asp?id=4738>

### ***Failure to Submit your Plan***

An athlete who fails to comply with these requirements may be removed from the team and replaced with the next eligible and Competitive-ready athlete.

## **5.2 Competitive Readiness**

Selected athletes must remain competitive ready leading up to this national team event. Athletes who do not remain competitive ready 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](mailto: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 meet minimum standard during the Qualifying Period 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#Selection>