



## 2006 WORLD CROSS COUNTRY CHAMPIONSHIPS

### SELECTION CRITERIA AND PROJECT INFORMATION

#### 1.0 GENERAL INFORMATION

##### 1.1 Event Location and Dates

Fukuoka, Japan

March 27 – April 3, 2006 (mostly confirmed but not yet finalized)

Competition Dates: April 1 and 2, 2006

##### 1.2 Important Dates and Team Member Travel Obligations

Dates	Location	Event
Saturday, December 3, 2005	Vancouver, BC	Trials [2005 National Cross Country Championships]
Friday, December 16, 2005		Declaration Deadline for Junior Teams and Senior Men's Long Course Team \$500.00 Deposit Due
Friday, January 20, 2006		Declaration Deadline for Short Course Teams (men and women) and Women's Long Course Team
Sunday, February 19, 2006		End of Qualifying Period for Short Course Teams and Women's Long Course Team
Monday, March 27, 2006	Canada/ Melbourne, AUS	Departure from Canada Departure from Melbourne (CWG Athletes)
Tuesday, March 28, 2006	Fukuoka, Japan	Arrival
Wednesday, March 29, 2006	Fukuoka, Japan	General and First Team Meeting
Friday, March 31, 2006	Fukuoka, Japan	Course Tour and Team Meeting
Saturday, April 1, 2006 Sunday, April 2, 2006	Fukuoka, Japan	Competition Dates
Monday, April 3, 2006	Departure from Fukuoka, Japan	Return to North America

##### 1.3 Eligibility

- Must be a registered current 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 as per the dates outlined in Section 1.2
- Must comply with Competitive Readiness Requirements as outlined in Section 5.0



- Must otherwise be eligible to participate in the 2006 World Cross Country Championships

#### **1.4 Funding**

If there is no exceptional circumstance or a special/unforeseen situation that would justify proceeding otherwise, Athletics Canada funding will normally be directed only towards individuals selected as members of fully funded teams.

Full funding will be limited to the following two teams only (maximum of six athletes per team): Senior Men's Short Course and Senior Women's Short Course

However, the National Team Committee reserves the right to decide not to fund one of these teams if, after the assessment of the situation as of February 2006, it is established that the objective of finishing among the Top 8 and Top Half nations in Japan is not reasonably within Canada's reach. In this case, Athletics Canada may consider limited individual funding to this event.

All other athletes will normally be considered 100% self-funded.

Athletes who self-fund the entire cost for this project are considered full members of the National Team and are subject to all rules and regulations outlined in the Athletics Canada Red Book and all other Athletics Canada rules, guidelines and regulations as may be the case, as well as to all specific regulations for the Fukuoka 2006 project as outlined in this document to include but not limited to competitive readiness, set traveling dates, etc.

Details regarding the specific costs involved for this team will be released by early December 2005. The expenses will include air-fare, room and board, personal expenses, and overhead, less any rebates that may be allocated to the various teams.

Self-funded athletes will be required to make a \$500 deposit to confirm their commitment to the Team. For Junior athletes and Men's Long Course, the deposit must be received by 3:00 p.m. EST on December 16, 2005. Payments should be made payable to "Athletics Canada" and be mailed to the National Office - Attention: Melissa Dowling, National Team Coordinator, 300-2197 Riverside Drive, Ottawa ON K1H 7X3.

A \$500.00 CAD deposit will be required by the Women's Long Course athletes at a date to be determined (tentatively closer to the event itself). Further information on payment schedule for self-funded athletes will be communicated soon.

Athletics Canada will assist all potential team members with their fundraising efforts by providing a letter of endorsement. Please contact Scott MacDonald, National Team Programs Director at Athletics Canada ([smacdonald@athletics.ca](mailto:smacdonald@athletics.ca), 613-260-5580 x3306) to obtain a letter.

#### **1.5 Events**

- 6000m Junior Women
- 8000m Junior Men
- 4000m ("Short Course") Senior Women Short Race
- 4000m ("Short Course") Senior Men Short Race
- 8000m ("Long Course") Senior Women Long Race
- 12000m ("Long Course") Senior Men Long Race



## **1.6 Maximum per Event**

Athletics Canada aims to enter only teams for a given event i.e. rather than individual entries only. A maximum of six teams (one for each of the six events) will be selected. Where a team is selected, at least one more athlete than the minimum scoring number (4) will be chosen.

In the case of the Junior or Senior Long Course events, if a team of 5 (or 6) athletes cannot be selected from the pool of athletes finishing within the Top 16 at the Trials, the National Team Committee may or may not select - at its discretion - one or more individual athlete. Also, at the National Team Committee's discretion, it may be decided not to enter a team in one or both of the Short Course events (this would be for exceptional circumstances or a special/unforeseen situation that would justify proceeding this way).

## **1.7 Qualifying Trials**

Canadian Cross Country Championships in Vancouver, BC on December 3, 2005.

There are no exceptions, other than appeals (refer to Section 6.0).

Note: participation at the 2005 National Cross Country Championships is mandatory for all athletes wishing to be considered for selection in any of the six races at the World Cross Country Championships; this does include the senior men's short course team.

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

For the Senior Men's long course as well as for both junior events, the qualifying process ends 3:00 p.m. EST on Friday, December 16, 2005. Athletes must complete and sign a declaration form and submit a deposit by this date.

For the Senior Men's short course race and for both Senior Women's races, the qualifying process ends no later than midnight on Sunday, February 19, 2006. However, athletes who have demonstrated the ability to compete at the world level, including those nominated to the 2006 Commonwealth Games team, and who have proven current fitness may be selected earlier – at the discretion of the National Team Committee. Also, and only for the Senior Women's races, other factors may lead the NTC to nominate athletes at an earlier date.

## **1.9 Final Selection Date**

The Athletics Canada National Team Committee will make its final team selections shortly following the end of the respective Athlete Declaration Deadline (see Section 1.2) 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 World Cross Country Championships entry deadline (TBD).

## **1.10 Final Declaration Date**

Athletes are required to submit the Athlete Travel and Declaration Form (available on Athletics Canada website <http://www.athletics.ca/article.asp?id=3459>) by the respective deadlines (refer to Section 1.2). 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 Vancouver must hand-deliver the form on-site to the National Team Office staff member; if not attending the Trials in Vancouver, athletes 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 website, Athletics Canada bulletin); athletes selected to the team will be contacted directly by Athletics Canada.

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

## **2.0 TEAM OBJECTIVES**

### **2.1 Objectives**

- The general objective is to provide an international competitive opportunity for Canadian middle and long distance runners in a team competition environment.
- A second general objective is to use this project as a strong long-term development and strategic planning tool for Canada's middle and long distance running program.
- More specifically for our Senior Women's and Men's Short Course squads, the following selection criteria has been designed with the objective of allowing for a link between this project and the ongoing preparation of our current or future "A Level" middle distance and distance athletes for upcoming top events within the current quadrennial (Osaka 2007 and Beijing 2008) and beyond.

### **2.2 Athletics Canada High Performance Principles as they affect selection**

The performance objective for these two teams (#3 above) is minimally to finish Top 8 and Top Half of the field in Fukuoka. Focus is clearly on high performance results and on this basis, these two groups are fully funded.

## **3.0 SELECTION PROCESS FOR JUNIOR TEAM (men and women), SENIOR MEN'S LONG COURSE and SENIOR MEN'S SHORT COURSE TEAM**

### **3.1 "Automatic Criteria" for Junior and for Senior Men "Long Course" races**

To be considered, athletes must participate in the 2005 National Cross Country Championships, must declare their interest in participating on the team by Friday, December 16, 2005 and provide all required background information, including fitness / readiness to compete indicators. Declaration should be faxed (613-260-0341) or emailed ([enteam@athletics.ca](mailto:enteam@athletics.ca)) to the National Head Office – Attention: Alicia Broeders.

JUNIOR AGE CATEGORY - the first 5 finishers at the Trials who are interested (i.e. must declare in writing and pay the deposit) in competing at the 2006 World Cross Country Championships and who will be in the Junior age category throughout 2006 but at least 17 years old as of December 31, 2006 (i.e. born in 1987, 1988 or 1989) shall be considered eligible. If there is no appeal, the first 6 will be considered eligible for selection. Athletes who do not finish in the top 16 ELIGIBLE places at the Trials shall not be considered eligible for selection under this automatic criterion. Finally, athletes shall be considered eligible for selection under this automatic criterion upon delivering their written declaration, the required deposit, payments, etc.



SENIOR MEN AGE CATEGORY LONG COURSE (men's 10 Km) - the first 5 finishers at the Trials (over 10 km) who are interested (must declare in writing and pay the deposit) in attending the 2006 World Cross Country Championships shall be considered eligible. If there is no appeal, the first 6 will be considered eligible for selection. Athletes who do not finish in the top 16 places at the Trials shall not be considered eligible for selection under this automatic criterion.

### 3.2 "Non-Automatic Criteria" for Senior Men "Short Course" race

To be considered, athletes must participate in the 2005 National Cross Country Championships, must declare their interest in participating on the team by Friday, January 20, 2006 and provide all required background information, including fitness / readiness to compete indicators. Declaration should be faxed (613-260-0341) or emailed ([enteam@athletics.ca](mailto:enteam@athletics.ca)) to the National Head Office – Attention: Alicia Broeders.

SENIOR MEN SHORT COURSE RACING DISTANCE - a Selection Pool will be created to fill this team with a minimum of 5 and a maximum of 6 senior men. The pool will consist of:

- Top five (5) finishers at the 2005 National Cross Country Senior Men's 10 Km race
- Athletes carded under the 2005/06 Athlete Assistance Program (except development cards), only in the following eligible events: 1500m, 3000s/c, 5000m, 10000m
- Helsinki 2005 World Championships Team members, only in the same eligible events
- 2005 Chiba Ekiden Team members (if applicable)
- Athletes who have achieved one of the standards listed in Section II 05 and under the timelines described.
- Athletes showing excellent form and high quality result during the Winter 2006 International Cross Country Series/Races (January 1 to February 19, 2006).

#### Standards for Men 4km - "Short Course"

For standard indoor track meets between Jan 1 to Feb 19, 2006 (or oversized indoor tracks):

DISTANCE	MEN	DISTANCE	MEN
3000m	8:09.00 (OIT: 8:07.00)	2miles	8:40.00 (OIT: 8:37.50)

Standards achieved in an outdoor competition in the year 2005 (or in 2006 only):

DISTANCE	MEN	DISTANCE	MEN
1500m	3:39.00 (2006: 3:43.00)	5000m	13:40.00 (2006: 14:00.00)
3000m	7:52.00 (2006: 8:05.00)	3000steeple	8:38.00 (2006: 8:50.00)

The National Team Selection Committee (NTC) will use its expertise to rank athletes from the "Short Course" Selection Pool based on the following:

More weight assigned:

- Early 2006 competitive record (cross country, road, outdoor or indoor)
- Current level of fitness towards a 4 km cross country race

Also considered:

- 2005 World Outdoor ranking, World Lists and results at the 2005 Helsinki WC
- Best ranked 2005 outdoor performance, expressed as IAAF tables points



- Finish place at the 2005 National Cross Country Championships (over 10km)
- Past results at recent World Cross Country Championships and other major International Championships/Games
- Results on National Team over the last 12 month period to include Ekiden

The NTC shall use its best efforts to use all objective criteria available for ranking athletes within the Selection Pool, but reserves the right to weigh each element described above using their expert judgment with the objective of selecting the strongest team possible. The National Team Selection Committee reserves the right to select athletes on the Senior Men Short Course Team at an earlier date than the February 19, 2006 deadline as deemed appropriate.

#### **4.0 SELECTION PROCESS FOR SENIOR WOMEN'S SHORT & LONG COURSE TEAMS**

##### **4.1 Selection system for Senior Women "Short Course" and "Long Course" races**

To be considered, athletes must participate in the 2005 National Cross Country Championships, must declare their interest in participating on the team by Friday, January 20, 2006 and provide all required background information, including fitness / readiness to compete indicators. Declaration should be faxed (613-260-0341) or emailed ([enteam@athletics.ca](mailto:enteam@athletics.ca)) to the National Head Office – Attention: Alicia Broeders. A \$500 deposit will be required for Women's Long Course Team athletes at a date to be determined.

SENIOR WOMEN SHORT & LONG COURSE RACING DISTANCE – a Selection Pool toward either the Short or Long Course for Fukuoka 2006 will be created. The pool will consist of:

- Top 16 finishers of the Senior Women's 6 km race at the 2005 National Cross Country Championships in Vancouver.
- An athlete that may have her appeal accepted under Section III below.
- On an application basis only and at the discretion of the NTC: an athlete who competed in Vancouver at the 2005 National Cross Country Championships but did not finish among the Top 16 in the race, may be entered in the Selection Pool if she can show a high level of fitness based on an early 2006 competitive record (indoor, outdoor, cross country or road). In her application, the athlete will need to explain the rationale for consideration.

From the Selection Pool - and based on the objectives outlined on Page 1 above – the National Team Selection Committee will use its expertise to determine selection to a specific race e.g. either the short or the long course. Several factors will be used to rank athletes (not listed in any particular order of priority):

- Finish place at the Trials (2005 National Cross Country Championships)
- 2005 World Outdoor rankings, World Lists and results at the Helsinki 2005 WC
- Early 2006 competitive record (cross country, indoor, outdoor or road)
- Best 2005 outdoor performances, expressed as IAAF tables points in relevant events
- Current level of fitness towards a 4 km or a 8 km cross country race
- Results on National Team over the last 18 month period to include WCCC



The National Team Committee shall use its best efforts to use all objective criteria available to rank athletes from the Selection Pool, but reserves the right to weigh each element described above using their expert judgment with the objective to select in priority the best possible group of 5 or 6 athletes to race the **short** course event and - with the other available athletes within the pool - to assemble the strongest team possible to compete in the **long** course race.

## **5.0 COMPETITIVE READINESS REQUIREMENTS**

All athletes selected to the 2006 World Cross Country Championships Team must make a personal commitment to be fit for the race and inform the National Program Director – Endurance or the National Teams Program Director if they are injured or contract any other medical condition that may prevent them from performing well and with no risk to further injury or to their general health in Fukuoka. Injury, lack of fitness or insufficient competitive readiness following fulfilment of these criteria may result in de-selection should it preclude 100% readiness for competition in Fukuoka. Final decisions on medical issues prior to departing Canada will involve Athletics Canada’s Coordinating Physician, or designate, as well as the athlete and/or personal coach and the National Program Director - Endurance. Final determination will be made by the National Team Selection Committee based on reasonable expectation of 100% readiness to compete.

### **5.1 Training and Competition Plan**

Athletes must also provide an outline of their training and competition program to include “Fitness / Readiness to compete Indicators” for the period of January 1 to late March 2006. These indicators are to be determined by the personal coach and the National Program Director - Endurance. A declaration form must be completed and signed. In addition to this, all Junior athletes and their personal coaches will be required to work with the assigned staff and National Program Director for program monitoring for the period of December 2005 to March 2006. All above elements are mandatory requirements.

### **5.2 Competitive Readiness**

This is to provide clarification of Athletics Canada’s expectations on how the “ready to compete/fitness” concept should be understood within the scope of these selection principles and criteria. For athletes not competing at the 2006 Commonwealth Games, we are of course keeping in mind that for the majority of these athletes the 2006 Outdoor Track Season should be the first priority of their yearly planning. Therefore, speaking in a relative fashion, we want to make it clear that we are looking for fit athletes that are rested and specifically ready to compete and represent Canada at the highest level possible in a World Championship cross country race on April 1 or 2, 2006.

To further clarify, the definitions are explained in detail below:

#### Rested:

- From a racing standpoint: it is expected that athletes who will get selected to the Team, will not race at all for at least eight (8) days prior to their race day at the World Cross Country Championships.
- From a training standpoint: it is expected that athletes will be clearly tapering in order to be fresh and strong for the event.

#### Specifically ready:



- See the remarks above regarding being rested and ready to go.
- The athletes must be ready for an international caliber cross country race pace and potentially for a rather blistering first kilometer pace as well.

For athletes competing at the 2006 Commonwealth Games, a one-on-one monitoring and follow-up will take place in Melbourne. Extraordinary precautions would be needed with a particular focus on recovery, regeneration and proper treatment to include preventive treatment.

### 5.3 Health Questionnaire

All athletes will have to fill out a standard health questionnaire before the trip. Athletes that will be under 18 years of age for the trip will have a section added that will have to be filled out by a physician stating that they are in good health and not at risk to travel and compete.

## 6.0 APPEALS

### 6.1 Appeals for Selection

Only Senior age category athletes who have achieved a 2006 World Cross Country Championships Selection Standard (refer to table below) or are carded athletes for the 2005-06 carding program in relevant events may submit an appeal for selection to the National Team Committee; please refer to the National Team - Selection Rules Book for exact directions (<http://www.athletics.ca/article.asp?id=4967#Manual-policies>).

Notwithstanding athletes reference above, under exceptional circumstances specifically related to the running of the trials an athlete may appeal to the National Team Committee for consideration.

Senior Men and Senior Women Standards (to have been achieved in 2005) in reference to the appeal clause:

<b>DISTANCE</b>	<b>WOMEN</b>	<b>MEN</b>	<b>DISTANCE</b>	<b>WOMEN</b>	<b>MEN</b>
<b>1500m</b>	4:10.00	3:40.00	<b>10000m</b>	33:00.00	28:40.00
<b>3000m</b>	9:00.00	7:52.00	<b>Marathon</b>	N/A	2:13:00
<b>5000m</b>	15:40.00	13:40.00	<b>3000s/c</b>	9:50.00	8:38.00

### 6.2 Appeals for Attendance/Performance at Trials

In the case of an appeal related to an athlete's inability to attend and/or compete at the Trials, the official appeals form must be received on or before 3:00 p.m. EST Friday, December 2, 2005. For an athlete injured or ill while at the Trials, the appeal must be submitted within three (3) hours of the given race. The official Athletics Canada Appeals Form can be found on the website at <http://www.athletics.ca/article.asp?id=4967#Selection>.

