



## 2007 NACAC Cross Country Championships (North America, Central America, and Caribbean)

### SELECTION CRITERIA

#### 1.0 GENERAL INFORMATION

##### 1.1 Event Location and Dates

- USA National Training Centre – Clermont, Florida (near Orlando)
- For more information, visit <http://www.usat-ntc.com>
- Saturday, March 3, 2007

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

Dates	Event	Location
Saturday, December 2, 2006	Canadian Cross Country Championships	Vancouver, BC
Friday, December 8, 2006	Final Declaration and \$200 Deposit Date	
Friday, December 15, 2006	Final Selection Date	
<del>2007</del> Tuesday, February 27, 2007	Team Travel Date	Clermont, FL, USA
<del>2007</del> Feb 28 – March 2, 2007	Acclimatization Period	Clermont, FL, USA
Saturday, March 3, 2007	Competition Date	Clermont, FL, USA
Sunday, March 4, 2007	Team Departure Date	

Athletics Canada will handle all travel bookings for this team. If an athlete wishes to make his/her own arrangements, a request must be made **in writing** no later than December 31, 2006 to Scott MacDonald ([smacdonald@athletics.ca](mailto:smacdonald@athletics.ca)) stating that he/she will be responsible for his/her travel arrangements. Details of the flights must be communicated to Melissa Dowling ([mdowling@athletics.ca](mailto:mdowling@athletics.ca)) and must comply with the team arrival and departure dates/times

#### 1.0 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 2007 NACAC Cross Country Championships

#### 1.3 Funding

This team is being considered a partially-funded team. Exact details regarding the payment schedule and costs will be communicated prior to the national championships (estimated costs based on the 2006 team are \$1,000.00 per athlete).

All athletes will be required to make a \$200 deposit to confirm their commitment to the Team. The deposit must be received by **3:00 p.m. EST on December 8, 2006**. Payments made by cheque should be made payable to "Athletics Canada" and can be handed to an Athletics Canada representative at



nationals or be mailed to the National Office - Attention: Melissa Dowling, National Team Coordinator, 300-2197 Riverside Drive, Ottawa ON K1H 7X3. Other forms of payment include Visa, MasterCard or American Express.

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.

#### 1.4 Events

- Junior Women's 4 km
- Junior Men's 6 km
- Senior Women's 6 km
- Senior Men's 8 km

#### 1.5 Maximum per Event

Maximum of 6 athletes per event, with the top 4 counting towards team score

#### 1.6 Qualifying Trials

Canadian Cross Country Championships in Vancouver, BC on December 2, 2006.

Note: participation at the 2006 National Cross Country Championships is mandatory for all athletes wishing to be considered for selection in any of the four races at the NACAC Cross Country Championships.

#### 1.7 Final Selection Date

The Final Team Selection will be made by Friday, December 15, 2006.

#### 1.8 Final Declaration Date

Athletes are required to submit the **Athlete Travel and Declaration Form** by **Friday, December 8, 2006**. Failure to submit this form AND the \$200 deposit 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 and deposit 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.

#### 1.9 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.

#### 1.10 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

- Canada is participating in this event for the second time, with the goal of winning the team competitions.
- 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.



### **3.0 SELECTION PROCESS FOR SENIOR TEAMS**

The Canadian Cross Country Senior Championships in Vancouver, BC on December 2, 2006 will serve as the Selection Trials for this team. Selection will be based solely on placing at the Trials and **will not go deeper than the top 24 ELIGIBLE finishers**.

The first 6 finishers at the trials who are interested (i.e. have declared and paid the deposit) in competing at the 2007 NACAC Cross Country Championships will be selected.

### **4.0 SELECTION PROCESS FOR JUNIOR TEAMS**

The Canadian Cross Country Junior Championships in Vancouver, BC on December 2, 2006 will serve as the Selection Trials for this team. Selection will be based solely on placing at the Trials and **will not go deeper than the top 16 ELIGIBLE finishers**.

The first 6 finishers at the Trials who are interested (i.e. have declared and paid the deposit) in competing at the 2007 NACAC Cross Country Championships and who will be in the Junior age category throughout 2007 but at least 17 years old as of December 31, 2007 (i.e. born in 1988, 1989 or 1990) will be selected.

### **5.0 COMPETITIVE READINESS REQUIREMENTS**

All athletes selected to the 2007 NACAC Cross Country Championships Team must make a personal commitment to be fit for the race and inform 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 Florida. 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 Florida. 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 to March 2007. In addition to this, all athletes and their personal coaches will be required to work with the assigned staff or National Program Director for program monitoring for the period of December 2006 to March 2007. 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. We are of course keeping in mind that for the majority of these athletes the 2007 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 NACAC Championship cross country race on March 3, 2007.

#### **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**

Appeals will only be accepted under exceptional circumstances specifically related to the running of the trials. The affected athlete may appeal to the National Team Committee for consideration.

