

## 2008 NACAC U-23 CHAMPIONSHIPS

### SELECTION CRITERIA

#### 1.0 OVERVIEW

The 2008 NACAC U-23 Championships represents an integral part of Athletics Canada (AC)'s international competition program. The competition gives the selected athletes who are not yet at the World Championship or Olympic level an opportunity to compete internationally and gain the much needed experience to prepare for the next level of international competition.

Competing well and winning at this level provides the direction for the athletes and for the program to be successful at future World Championships and Olympic Games.

#### 1.1 Location and Dates:

- Toluca, Mexico
- July 18<sup>th</sup> - 20<sup>th</sup>, 2008

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

Dates	Location	Note
April 1 <sup>st</sup> , 2008		Qualifying Period Begins
May 15 <sup>th</sup> , 2008		Final Phase Begins
June 15 <sup>th</sup> , 2008		Final Declaration Date
July 4 <sup>th</sup> – 6 <sup>th</sup> , 2008	Windsor, Ontario	Selection Trials
July 6 <sup>th</sup> , 2008		End of Qualifying Period
July 14 <sup>th</sup> , 2008 (TBC)	Team Departure Date to Mexico	(Staging in Toronto)
July 18 <sup>th</sup> - 20 <sup>th</sup> , 2008	Toluca, Mexico	Athletics competition dates
July 21 <sup>st</sup> , 2008	Team returns home	

#### 1.3 Eligibility:

- Must **NOT** be selected to compete at the Olympic Games
- Must be a registered member (athlete) of Athletics Canada (AC)
- Must hold Canadian Citizenship by the Final Selection Date.
- Must comply with Canadian residency rules (refer to AC By Laws, Appendix A, Rule 016)
- Must submit an Athlete Declaration form as per the dates outlined in Section 1.2
- Must be born in 1986, 1987, or 1988
- Must submit Training and Competition Plan for the Period July 7<sup>th</sup> – July 18<sup>th</sup>, 2008
- Must otherwise be eligible to participate in the 2008 NACAC U-23 Championships

#### 1.4 Funding:

This National Team will be partially self-funded. Although AC will help support the team through its own budget, as well as funds provided by the Local Organizing Committee, all athletes are required to attend to some costs associated with this event. Costs may include, but not limited to: airfare, accommodations, meals, shipping, etc. Expected costs for this event will be communicated once they are known and will be determined upon confirmation of final team size.

#### 1.5 Events:

100m, 200m, 400m, 800m, 1500m, 5000m, 10000m, 3000mSC, 110mH/100mH (W), 400mH, HJ, PV, LJ, TJ, SP, DT, HT, JT, HEP/DEC, 10kRW (W), 20kRW (M), 4x100m and 4x400m

#### 1.6 Maximum Per Event:

Up to two (2) athletes per event with standard may be selected.

#### 1.7 Qualifying Trials:

2008 Canadian Championships	July 4 <sup>th</sup> - 6 <sup>th</sup> , 2008, Windsor, Ontario, Canada.
Exception: 10,000m	June 4 <sup>th</sup> , 2008, Toronto, Ontario (TBC)

#### 1.8 Qualifying Period(s):

The Qualifying Period to achieve the minimum standard is between, April 1<sup>st</sup> and July 6<sup>th</sup>, 2008, with the Final Phase between May 15<sup>th</sup> and July 6<sup>th</sup>, 2008.

#### ON-DEMAND PERFORMANCE

Eligible athletes that achieve the applicable standards listed in Appendix A at the Qualifying Trials, and finish among the first 2 eligible athletes will automatically be selected. No additional performances are required.

#### REPEATABILITY

Unless achieved at the Qualifying Trials, athletes must achieve the standards listed in Appendix A twice before July 6<sup>th</sup>, 2008 (once after April 1<sup>st</sup>, 2008 and an additional time after May 15<sup>th</sup>, 2008) in order to be eligible for selection.

#### EXCEPTIONS

10,000m and Race Walks- only one standard is required between Jan. 1<sup>st</sup>, 2008 and July 6<sup>th</sup>, 2008.  
3000mS/C, 5000m, Combined Events- only one standard is required between May 15<sup>th</sup> and July 6<sup>th</sup>, 2008

#### 1.9 Final Selection Date

The AC National Team Committee (NTC) will make its final team selections following the End of the Qualifying Period (July 6<sup>th</sup>, 2008), and after all appeals, if any have been heard, as per Section 6.0. Final team selection will be made no later than the final entry deadline for this competition.

#### 1.10 Final Declaration Date

Athletes are required to submit the Athlete Declaration Form available at <http://www.athletics.ca/page.asp?id=251> by no later than **June 15<sup>th</sup>, 2008**. Failure to submit this form by the deadline may render the athlete ineligible for selection and his/her spot will be made available to the next eligible athlete.

#### 1.11 Team List Announcement

AC will announce the team list through established communication channels (Provincial Branches, AC website, bulletin). Athletes selected to the team will be contacted directly.

## 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 2008 National Team – Selection Rules Book (<http://www.athletics.ca/files//NationalTeamPrograms/NationalTeams/Policy/NATIONALTEAMSELECTIONRULESBOOKFINAL2008.PDF>) which will be updated and published by March 1<sup>st</sup>, 2008.

## 2.0 TEAM OBJECTIVES

The selection criteria objectives are to select athletes capable, according to performance in the final qualification period post May 15<sup>th</sup>, 2008, of competing at their seasonal or personal best levels. These criteria set out to select athletes to the team who meet the following specific objectives:

1. To select the best prepared team of eligible athletes born in 1986, 1987, or 1988 who have achieved the standards and repeatability set out in Appendix A and who are prepared to compete at their peak level in July 2008 at these Championships.
2. To select athletes who have demonstrated ability in 2008 to perform consistently at a level that is equivalent to or greater than qualifying for the finals at these Games.
3. To provide eligible developing athletes a competitive international competition opportunity; and to prepare athletes for future Senior “A” Level National Team assignments.

## 3.0 SELECTION PROCESS

### First Priority Selection

- Eligible athletes that achieve the applicable standard (see Appendix A) at the Qualifying Trials, and finish among the first 2 eligible athletes will automatically be selected.

### Eligibility Pool:

- The Eligibility Pool is defined as all **declared** athletes who have achieved the required 2008 NACAC U-23 Selection Standard and repeatability (Appendix A) during the Qualifying Periods; who made the final at the Qualifying Trials, and finish among the top 4 eligible competitors.
- Top 4 eligible competitors at the Qualifying Trials will be determined by taking only those eligible athletes (as defined in Section 1.3) who are willing, ready and able to compete at the 2008 NACAC U-23 Championships.

### Final Selection Process

- Athletes from the Eligibility Pool will be selected to the team in priority order based on their order of finish at the Qualifying Trials. The top 2 finishing athletes satisfying these criteria will be selected.

## 4.0 EXCEPTIONS TO THE SELECTION PROCESS

- For the 10,000m and RW events, the Qualifying Period to achieve the qualifying standard is January 1<sup>st</sup>, 2008 to July 6<sup>th</sup>, 2008
- For the 3000mS/C, 5000m, and Combined events, only 1 standard is required, but must be achieved after May 15<sup>th</sup>, 2008.
- There are no other exceptions to the selection process, except under circumstances covered under section 6.0 Appeals.

## 5.0 COMPETITIVE READINESS REQUIREMENTS

### 5.1 Training and Competition Plan

Upon selection to the team, athletes and/or their personal coach are required to discuss a training and competition plan for the period July 7<sup>th</sup> - July 18<sup>th</sup>, 2008 with the AC Director of Development programs Hugh Conlin on or before **July 7<sup>th</sup>, 2008** and must inform AC of any and all changes to this plan. This plan must also include planned tapering during the final preparation phase.

## **5.2 Competitive Readiness**

Athletes who do not remain competitive ready by reason of lack of fitness, injury, or illness may be removed from the team. Athletes are required to immediately report any injury, illness or change in training that could affect their ability to compete at their highest level in Mexico. Notification must be sent to the Director of National Team Programs, Scott MacDonald ([smacdonald@athletics.ca](mailto:smacdonald@athletics.ca)).

“Competitive ready” is defined as the ability of the athlete to achieve equal or superior performance(s) onsite at the scheduled event, as compared to the performance(s) the athlete achieved in qualifying. The final decision on competitive readiness will be made by AC Director of Development Programs Hugh Conlin once selection is completed, using all available information at his disposal to come to a decision, including 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, AC Director of Development Programs will consider recommendations made by the Coordinating Physician in making a final decision. Injured or ill athletes may be subject to a proof of readiness test to be determined by the team Head Coach in consultation with the athlete’s personal coach. This test will consist of a controlled performance such as a competition or observed test or trial. These athletes 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.

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

An athlete who fails to respect this mandatory reporting requirement will be de-selected and replaced by the next eligible and competition-ready athlete.

## **6.0 Appeals**

**6.1** Only athletes who have achieved the AC Standards (see Appendix A) outdoors in 2008 may submit an Appeal for Selection.

**6.2** Appeals for Selection are to be submitted only by filling out the official Athletics Canada form Appeals for Selection; please refer to Section 3.0 of 2008 National Team - Selection Rules Book for exact directions (will be updated and published by March 1<sup>st</sup>, 2008).

**APPENDIX A**  
**Standards – 2008 ATHLETICS CANADA NACAC U-23 CHAMPIONSHIPS**

**ON-DEMAND PERFORMANCE**

Eligible athletes that achieve the applicable standards listed below at the Qualifying Trials, and finish among the first 2 eligible athletes will automatically be selected.

**REPEATABILITY**

Unless achieved at the Qualifying Trials, athletes must achieve the standards listed below twice by July 6<sup>th</sup>, 2008 (once after April 1<sup>st</sup>, 2008 and an additional time after May 15<sup>th</sup>, 2008) in order to be eligible for selection.

**EXCEPTIONS**

10,000m and Race Walks- only one standard is required between Jan 1<sup>st</sup>, 2008 and July 6<sup>th</sup>, 2008.  
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<b>2008 NACAC U-23 CHAMPIONSHIP</b>		
<b>Men</b>	<b>Event</b>	<b>Women</b>
10.50	100m	11.75
21.30	200m	24.10
47.00	400m	54.00
01:50.00	800m	02:07.50
03:48.00	1500m	04:26.00
14:15.00	5000m	16:30.00
31:00.00	10,000m	35:00.00
1:39:00/46:00.00	20kRW/10kRW	1:50.00/52:00.00
14.30	110mH / 100mH	13.75
51.00	400mH	60.40
9:03.00	3000mSC	10:45.00
2.15	High Jump	1.80
7.50	Long Jump	6.10
15.60	Triple Jump	12.90
5.05	Pole Vault	3.95
16.50	Shot Put	14.60
50.50	Discus	48.50
58.00	Hammer Throw	56.56
66.50	Javelin	49.50
6875	DEC / HEP	5150

Performances must appear on Athletics Canada's Rankings. It is the responsibility of the athlete to submit eligible performances to AC in order to be considered for selection. Please consult the Rankings section on Athletics Canada's website for further details: <http://www.athletics.ca/page.asp?id=65>.

**Standards must be achieved in accordance with the Performance Regulations outlined in section 2.0 of the 2008 National Team – Selection Rules Book (which will be updated and published by March 1<sup>st</sup>, 2008.)**