

## 2009 IAAF World Championships in Athletics

### SELECTION CRITERIA

#### OVERVIEW

This is the first World Championship of a new Olympic cycle leading to the 2012 London Games. Athletics Canada (AC) has established the Selection Criteria to accurately reflect peak performance in the final phase of preparation. Our intention is to compete with the best in the World in August in Berlin.

Attached to this document are three appendices, which form an integral part of this Selection Criteria. All athlete selections made in accordance with this Selection Criteria are also subject to AC's general rules and regulations for team selection outlined in the [National Team – Selection Rules Book](#).

The National Team Committee (NTC) is responsible for the implementation of these criteria and has the sole authority to make all decisions relating to the selection of the World Championship Team.

#### 1.0 GENERAL INFORMATION

##### 1.1 Event Location and Dates

- Berlin, Germany
- August 15<sup>th</sup> – 23<sup>rd</sup>, 2009

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

Dates	Description	Location/Notes
April 15 <sup>th</sup> - June 24 <sup>th</sup> , 2009	First Qualifying Period	Please see Appendix B
June 25 <sup>th</sup> - July 26 <sup>th</sup> , 2009	Final Phase	Repeat Performance Schedule
June 25 <sup>th</sup> - 28 <sup>th</sup> , 2009	Selection Trials (Canadian Championships)	Toronto, Ontario
July 6 <sup>th</sup> , 2009	Athlete Declaration Deadline	Online form
August 3 <sup>rd</sup> – 16 <sup>th</sup> , 2009	Final Preparation Camp	Kamen-Kaiserau, Germany
August 15 <sup>th</sup> - 23 <sup>rd</sup> , 2009	Athletics competition	Berlin, Germany

##### 1.3 Eligibility

- Must be a current registered member of Athletics Canada
- Must hold Canadian Citizenship by the Final Selection Date
- Must comply with AC rules concerning residency (AC By-Laws, Section I, 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 7.0
- Must otherwise be eligible to participate in the IAAF Championships in Athletics.

##### 1.4 Funding

This team will be 100% funded including the training camp in Kamen-Kaiserau, Germany.

##### 1.5 Events

100m, 200m, 400m, 800m, 1500m, 5000m, 10,000m, Marathon, 3000m S/C, 100mH / 110mH, 400mH, HJ, PV, LJ, TJ, SP, DT, HT, JT, HEP / DEC, 20km RW, 50km RW (m), 4 x 100m, 4 x 400m.

## 1.6 Maximum per Event

The IAAF allows a maximum of three (3) athletes per country per event. Athletics Canada may select up to three (3) athletes who have achieved the IAAF "A" standard. If less than 3 athletes in a given event achieve the IAAF "A" standard, the IAAF allows for a maximum of one (1) athlete who has achieved the IAAF "B" Standard to be selected. **Only 'Rising Stars' (as defined in Section 6.0) may be selected using this scenario.** The only exception is the Marathon which is a World Cup team event allowing a maximum of 5 women and 5 men who achieve the minimum standards.

## 1.7 Qualifying Trials

2009 Canadian Championships - Toronto, Ontario on June 25<sup>th</sup> - 28<sup>th</sup>, 2009  
Marathon & 50km Race Walk will not have qualifying trials

## 1.8 Qualifying Period(s)

The Qualifying Period is determined as per the Repeat Performance Schedule (Appendix B).

## 1.9 Final Selection Date and Team Announcement

The NTC will make final team selections immediately following the end of the Qualifying Period on July 26<sup>th</sup>, 2009. AC will announce the team by August through established communication channels (Branches, AC website, bulletin); athletes selected to the team will be contacted directly.

## 1.10 Final Declaration Date

Athletes are required to submit the Athlete Declaration Form (<http://www.athletics.ca/page.asp?id=297>) no later than July 6<sup>th</sup>, 2009. Failure to submit this form by the deadline will render the athlete ineligible for selection.

## 2.0 TEAM OBJECTIVES

AC's objectives for team selection for the 2009 IAAF World Championships in Athletics are as follows:

- Select individual athletes capable of finishing in the top 12 **and** top ½ of the field, and select relay teams capable of finishing in the top 6 **and** top ½ of the field at the 2009 IAAF World Championships in Athletics.
- Select athletes identified as "rising stars" who have demonstrated **each** of the following:
  - Achievement of AC "B" standard(s) (as per Appendix B)
  - Success at international competitions to the satisfaction of the NTC
  - Competitive progress and detailed program planning in the main competition period and the final phase in 2009
  - The competitive abilities to achieve a top 24 and top ½ of field placing in Berlin, **and** a top 8 finish in a future Olympic Games.
- Ensure optimal high performance direction and support to selected athletes in the final period leading up to, and including the 2009 IAAF World Championships in Athletics.
- Improve on our country ranking and the number of podium, top 8, top 12, top 16 and top ½ of field finishes from the recent Olympic Games in Beijing in 2008.

## 3.0 HIGH PERFORMANCE PRINCIPLES

### 3.1 Consistency and Repeatability

Repeatability of published standards is a fundamental principle of selection. The ability to repeat a selection or fitness standard is a requirement for selection. Repeatability indicates consistency of performance and soundness of athlete preparation necessary to compete at the World Championships and Olympic Games.



### **3.2 Final Phase Readiness**

The achievement of a published performance or fitness standard in the final qualification phase is a fundamental principle for selection. The ability to achieve the standard indicates performance readiness in the main competition period and ultimately for the main competition.

## **4.0 STANDARD SELECTION PROCESS (Except Relays, Marathon and 50K Race Walk)**

### **4.1 Eligibility Pool**

- 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 standard(s) as per the Repeat Performance Schedule (Appendix B); who finished among the Top 3 competitors at the Qualifying Trials; and who comply with the Competitive Readiness Requirements of Section 7.0 of this document.
- Only athletes from the Eligibility Pool can be nominated to the team. Being in the Eligibility Pool does not guarantee nomination to the team.
- For the purpose of these Criteria, competitors at the Qualifying Trials who are not eligible for selection as per Section 1.3 (or who are otherwise unable to compete at the IAAF Championships in Athletics) will be removed from the order of finish at the Qualifying Trials, thereby allowing the next eligible athlete in order of finish to move up the list of selectable athletes for this event.

### **4.2 Selection**

- Athletes among the Top 3 finishers at the Qualifying Trials who have achieved the required standard(s) in that same event as per the Repeat Performance Schedule (Appendix "B") will be nominated to the team in priority order, based on their order of finish at the Qualifying Trials. Failure to achieve the necessary repeat performances outlined in Appendix "B" will render an athlete ineligible for nomination and a position on the team will become available to the next eligible athlete from the Qualifying Trials who has satisfied the requirements of these Criteria.
- Athletes will be selected to compete in events for which they qualified under these Selection Criteria. Athletes may not compete in secondary events in Berlin, unless the Head Coach, in his sole discretion, decides otherwise, and they meet IAAF minimum requirements.

## **5.0 SELECTION FOR RELAYS, MARATHON, AND RACEWALK**

### **5.1 Relays**

#### **Team Qualification – General Requirements**

Only teams that have qualified as per IAAF regulations and have satisfied the criteria as per the Repeat Performance Schedule (Appendix "B") will be eligible to compete at the IAAF World Championships. Teams must be comprised 100% of eligible athletes (as per Section 1.3).

#### **Relay Eligibility Pool**

All athletes who have been named to the AC National Team relay eligibility pool will be eligible for selection. Only athletes in the relay eligibility pool who have signed the Relay Team Athlete Agreement (Appendix C) may be nominated to a relay team. Being named to the relay eligibility pool does not guarantee selection to a relay team.



### **Final Relay Team Selection**

Notwithstanding these Criteria or the provisions of the Relay Team Athlete Agreement, whether AC will enter a specific relay team to an event will depend on the number, quality and competitive readiness of eligible and selected athletes. If there are insufficient numbers of athletes to form a relay team that will be competitive as per team objectives at the World Championships, or if none of the relay team athletes are individually qualified in the specific event (100m for 4 x 100m, 400m for 4 x 400m), the NTC reserves the right not to select a given relay team.

### **Selection of Athletes**

Athlete selection will follow the guidelines outlined in the Relay Athlete Agreement (Appendix C).

## **5.2 50km Race Walk**

### **Eligibility Pool**

The eligibility pool for 50km Race Walk is defined as all athletes who meet the eligibility requirements set out in Section 1.3; who have achieved the required combination of standard(s) as per the Repeat Performance Schedule (Appendix B); and who comply with the competitive readiness requirements of Section 7.0 of this document.

Competitors who are not eligible for selection as per Section 1.3 (or who are otherwise unable to compete in Berlin) will be removed from the order of ranking performances, thereby allowing the next eligible athlete in order of ranking to move up the results list of selectable athletes for this event.

### **Selection**

Athletes who have achieved the required standard(s) and corresponding proof of fitness as per the Repeat Performance Schedule (Appendix "B") will be nominated to the World Championship team in priority order based on their performance ranking on the AC rankings for the period September 1<sup>st</sup>, 2007 – May 24<sup>th</sup>, 2009. Failure to achieve the necessary proof of fitness will render an athlete ineligible for nomination. Selection to the team will become available to the next eligible athlete in the rankings who has satisfied the requirements of these Selection Criteria.

Athletes nominated for selection in the 50KM Race Walk are not permitted to take part in any 50km Race Walk race during the period **May 25<sup>th</sup>, 2009 to September 30<sup>th</sup>, 2009** unless they make a written request and receive written approval from AC's Head Coach. Failure to follow this rule will render an athlete ineligible for selection and will affect his/her carding status for 2008-09 and/or 2009-10.

## **5.3 Marathon**

The Marathon World Cup provides AC with an opportunity in the first year of a new Olympic cycle to build depth in the event and to support two of Canada's internationally recognized marathons. The Marathon athletes will be a 'team within the team' and will therefore be expected to adhere to the same expectations as all other events, including participation in the training camp and competitive readiness. This is considered a pilot project which will be assessed post-event.

Marathon athletes will be selected based on the process outlined at: [Marathon World Cup](#).

Marathon athletes nominated for selection are not permitted to take part in any Marathon during the period **May 25<sup>th</sup>, 2009 to September 30<sup>th</sup>, 2009** unless they make a written request and receive written approval from AC's Head Coach. Failure to follow this rule will render an athlete ineligible for selection and will affect his/her carding status for 2008-09 and/or 2009-10.



## 6.0 "RISING STAR" SELECTION PROCESS

Notwithstanding the Criteria contained in this document and its appendices, and in exceptional circumstances, the NTC may, in its sole discretion, identify athletes as 'rising stars' and may select them to the World Championship team.

### 6.1 Eligibility Pool

**IMPORTANT NOTE:** Being in the "Rising Star" Eligibility Pool does not guarantee selection.

The 'Rising Star' Eligibility Pool will consist of athletes who have not competed at an IAAF World Championships in Athletics (Senior aged) or Olympic Games and who are not otherwise selectable (as per the Repeat Performance Schedule in Appendix B), but have minimally achieved two (2) "B" standards one after April 14<sup>th</sup> and one more after June 24<sup>th</sup> (as per the Repeat Performance Schedule) **and** finished in the Top 3 at the Qualifying Trials (where applicable) and beat all athletes not selected through the standard selection process.

### 6.2 Exceptions

Athletes in Combined Events, 10,000m, and 20k RW must achieve the IAAF 'B' standard only once between April 1<sup>st</sup>, 2009 and June 28<sup>th</sup>, 2009 but must prove fitness between July 1<sup>st</sup> and July 26<sup>th</sup> as determined by the NTC and communicated to the athlete and coach by June 30<sup>th</sup>.

### 6.3 Selection

From the 'Rising Star' Eligibility Pool, selection of 'rising stars' is determined by the NTC in its sole discretion. The NTC also reserves the right to not select any 'rising stars' regardless of the number of athletes in the eligibility pool. 'Rising Star' selections will be guided by the elements outlined in **Section 2.0 TEAM OBJECTIVES**.

## 7.0 COMPETITIVE READINESS REQUIREMENTS

### 7.1 Training and Competition Plan

Upon selection to the team, athletes and/or their personal coach are required to present a training and competition plan for the period July 26<sup>th</sup> - August 23<sup>rd</sup> to the Head Coach (or designate) on or before July 27<sup>th</sup>, and thereafter must inform AC of any changes to this plan. The plan must also address competitive readiness by identifying specific measurable test and/or competition targets, as well as planned tapering during the final preparation phase.

All plans must address the following:

1. The schedule and list of planned competitions, travel and training locations.
2. Present a five week training cycle for the final phase showing patterns of training load and recovery on a weekly basis.
3. Injury prevention and medical intervention strategies if applicable.

### 7.2 Competitive Readiness

Once selected, athletes who do not remain competitive ready because of lack of fitness, injury, or illness may be removed from the team at any time, including at the final preparation camp. 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 Berlin. 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 the Head Coach once selection is completed. The Head Coach will use all available information at his disposal to come to a decision, including as a first priority performance results and progress in the final phase, June 25<sup>th</sup>-July 26<sup>th</sup>, suitability of the training and competition plan, fitness and other competitive readiness indicators, submitted medical documentation, consultation with the athlete's personal coach and any other relevant performance related information.

In the case of injury or illness, the Head Coach will consider medical recommendations in making a final decision. Injured or ill athletes will 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. This trial will have a predetermined expected outcome, and will take place in Canada. 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, or has not disclosed an injury or illness, he/she may be asked to return home immediately.

### **7.3 Health Questionnaire and Anti-Doping**

Upon selection, all athletes will be required to complete a Medical Information Form. These questionnaires will ask athletes to declare all supplements and medications that are being used prior, during and after the event. Athletes who need to take medications while competing **must** have a completed and approved IAAF Therapeutic Use Exemption prior to selection.

***NOTE: THIS INCLUDES ASTHMA MEDICATIONS.***

## **8.0 APPEALS**

Only athletes who are eligible to be considered for selection (as per Section 1.3) and who have achieved 'A' standard in 2009, or 'Rising Star' eligible athletes with 'B' standard in 2009 may submit an appeal for selection to the NTC. Please refer to the National Team - Selection Rules Book for instructions at: [National Team – Selection Rules Book](#).



## APPENDIX A

### 2009 IAAF World Championships in Athletics Qualifying Standards (Outdoor Only)\*

Women's A	Women's B	Events	Men's A	Men's B
11.30	11.40	100m	10.21	10.28
23.00	23.30	200m	20.59	20.75
51.50	52.30	400m	45.55	45.95
2:00.00	2:01.30	800m	1:45.40	1:46.60
4:06.00	4:09.00	1,500m	3:36.20	3:39.20
15:10.00	15:25.00	5,000m	13:20.00	13:29.00
31:45.00	32:20.00	10,000m	27:47.00	28:12.00
2:43:00		Marathon	2:18:00	
12.96	13.11	100mH/110mH	13.55	13.62
55.50	56.55	400m H	49.25	49.80
9:40.00	9:48.00	3,000m S/C	8:23.00	8:33.50
1:33:30	1:38:00	20km Walk	1:22:30	1:24:20
		50km Walk	3:58:00	4:09:00
1.95	1.91	High Jump	2.31	2.28
6.72	6.62	Long Jump	8.15	8.05
14.20	14.00	Triple Jump	17.10	16.65
4.45	4.35	Pole Vault	5.70	5.55
18.20	17.20	Shot Put	20.30	19.90
70.00	67.50	Hammer	77.50	74.30
62.00	58.50	Discus	64.50	62.50
61.00	59.00	Javelin	81.00	78.00
6100pts	5900pts	HEP/DEC	8000pts	7730pts
43.90		4 x 100m	39.10	
3:31.00		4 x 400m	3:03.30	

***\*Non-Canadian Altitude performances will not be accepted for selection to this team***

#### IMPORTANT NOTES ON MEMBERSHIP & RANKINGS:

1. 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 of AC's website](#) for further details.
2. Standards must be achieved in accordance with Performance Regulations outlined in Section 2.0 of the [National Team - Selection Rules Book](#).
3. Only performances from REGISTERED members of 2009 will be accepted for rankings.

The rules read:

#### **AC By-Laws, Section I, Rule 019**

To be eligible for AC National Team selection, an athlete must hold a current Athletics Canada/Branch competitive Membership at the time the team selection standard is achieved



## APPENDIX B - 2009 World Championships – Athletics Canada Repeat Performance Schedule\*

Events		April 15 <sup>th</sup> to June 24 <sup>th</sup> , 2009	June 25 <sup>th</sup> to July 26 <sup>th</sup> , 2009
All Events	→	<b>Achieve "A" standard once in this period. No additional repeat performances are required.</b>	
	<u>OR</u>	Achieve "A" standard once in this period (starting January 1 <sup>st</sup> for 10000m, 20kRW and C/E)	<u>AND</u> Achieve "B" standard once in this period (proof of fitness for Combined Events, 10,000m, and 20kRW)
50km Racewalk	→	Qualifying Period - Sept. 3 <sup>rd</sup> , 2007 to May 25 <sup>th</sup> , 2009. Athletes must achieve "A" Standard. Standards achieved prior to 2009 require proof of fitness between April 1 <sup>st</sup> and June 28 <sup>th</sup> , 2009.	
Marathon	→	See <a href="http://www.athletics.ca/files//NationalTeamPrograms/Events/2009/MARATHONSELECTIONFEB08FINAL.PDF">http://www.athletics.ca/files//NationalTeamPrograms/Events/2009/MARATHONSELECTIONFEB08FINAL.PDF</a> for selection process. Standards achieved prior to 2009 require proof of fitness between April 1 <sup>st</sup> and June 28 <sup>th</sup> , 2009.	
Relays	→	Achieve IAAF standard in 2009 by July 26 <sup>th</sup> , 2009	
<b><u>RISING STAR</u></b>		<ul style="list-style-type: none"> <li>Must finish in the top 3 and beat all athletes not selected through the standard selection process at the Qualifying Trials</li> <li>Must not have been on a World Championship or Olympic Games team previously</li> <li><b>AND</b> must achieve two "B" standards: one between April 15<sup>th</sup> - July 26<sup>th</sup>, 2009 and one more between June 25<sup>th</sup> – July 26<sup>th</sup></li> </ul>	
To be eligible, athletes minimally:	→	<p><i>EXCEPTIONS – Combined Events, 10,000m, and 20k RW must achieve "B" standard only once between April 1<sup>st</sup>, 2009 and June 28<sup>th</sup>, 2009 but must prove fitness between July 1<sup>st</sup> and July 26<sup>th</sup> as determined by the NTC and communicated to the athlete and coach by June 30<sup>th</sup>.</i></p> <p style="text-align: center;"><b><u>IMPORTANT NOTE: Being eligible for "Rising Star" does not guarantee selection</u></b></p>	

*\*IAAF RESTRICTIONS SUPERCEDE ALL SELECTION CRITERIA*

*With the exception of long endurance events (10,000m and longer), qualifying for this World Championship will require at least one performance be achieved at the following competitions:*

*IAAF or IAAF Area Permit Meets, European IAAF Members National Permit meets; Pan Am Juniors, Summer Universiade, World Youth, any additional and official Canadian National Team Junior, U-23 or Senior competitions, PacificCanada or Eastern Canada Series, USATF Outdoor series (VISA), NCAA National Championships and Regional Championships, NAIA National Championships, IAAF designated and approved meets for relays, Athletics Canada National Junior and Senior Championships, as well as Mt Sac, Kansas, Penn and Modesto Relays, Chinook Throws Gala and any additional North American meets for the period May 15<sup>th</sup> – June 24<sup>th</sup> as designated by AC by April 15<sup>th</sup> and for the period June 29 – July 26 by May 15<sup>th</sup>.*



## **APPENDIX C**

### **Athletics Canada (AC) National Relay Team Athlete Agreement**

#### **Overview**

We are now beginning a new Olympic cycle starting with the World Championships in Berlin in 2009. In order to be successful in London we must continue the momentum we built with the AC National Relay Program in its preparations for Beijing. Again, the relay program's fundamental principles are identified below. Athletes who are part of the National Relay Program are expected to adhere to these principles.

Athletes selected for the national relay program must sign and return this agreement by April 1<sup>st</sup>, 2009.

#### **Fundamental Principles**

- 1) The relay is a team event and all members are equal.
- 2) A common vision among team members is critical for success.
- 3) Open communication is encouraged among athletes and coaches.
- 4) Full cooperation on and off the track is expected; team cohesiveness is essential.
- 5) Athletes must have an open mind and a willingness to learn and adapt to relay ideas.
- 6) Selection of the team will be at the sole discretion of AC coaching staff.
- 7) Versatility as it pertains to relay running position is a must.
- 8) The goal is to assemble the best possible group of athletes in an order that will best benefit the team. Running order will be determined by AC Relay Coordinator (in consultation with AC Head Coach) and athletes will be advised of the order in a timely manner.
- 9) Athletes who are placed in an alternate position are expected to fully participate in team practices and competitions, including dressing and warming up with the team on the day of competition, and to be prepared to contribute if needed. Alternates are expected to accompany the four selected athletes to the call room area or as far as Officials will allow.
- 10) Members will attend all National Relay Program mandatory events.
- 11) Punctuality is expected at all relay events; tardiness will not be tolerated.

#### **Relay Team Athlete Selection**

All of the following factors, which are not listed in priority order, will be considered in relay team selection:

- Placing at the Qualifying Trials in his/her individual event;
- Health and fitness levels that indicate optimal competitive readiness;
- Individual performance ranking as determined by 2009 Athletics Canada rankings;
- Commitment to the National Relay program as determined by attitude, attendance, participation, and performance at national team camps, competitions, and events;
- Performance on previous relay teams; and,
- Assessment of relay skills and position suitability.

The decision on relay team selection and positioning of relay team members will be made by the AC Relay Coordinator (in consultation with AC Head Coach).

#### **Athlete Agreement**

I have read, understand and accept the National Relay Team's principles and criteria for selection. I understand that my failure to comply with this Agreement may render me ineligible for National Team relay assignments.

Athlete Signature:	Coach Signature:
Print name:	Date:

