

2009 PAN AM JUNIOR CHAMPIONSHIPS

SELECTION CRITERIA

1.0 GENERAL INFORMATION

1.1 Event Location and Dates

- Trinidad & Tobago
- Competition Dates: July 31st – August 2nd, 2009
- Travel Dates: July 28th-August 3rd, 2009

1.2 Important Dates and Team Member Travel Obligations

Date	Event/Note	Location/Notes
May 15 th , 2009	Beginning of Qualifying Period*	*for exceptions, see section 4.0
July 19th, 2009	Athlete Declaration Deadline	
July 19 th , 2009	End of Qualifying Period	
July 28 th , 2009	Depart Canada	Canada -> Trinidad
Jul 31 st -Aug 2 nd , 2009	Competition Dates	Trinidad & Tobago
August 3 rd , 2009	Return to Canada	Trinidad -> Canada

1.3 Eligibility

- Must be a registered current member (athlete) of Athletics Canada (AC)
- Must hold Canadian Citizenship by the Final Selection Date
- Must comply with AC rules concerning residency (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 1990 or 1991
- Must comply with Competitive Readiness Requirements as outlined in Section 5.0
- Must otherwise be eligible to participate in the 2009 Pan Am Junior Championships

1.4 Funding

This National Team will be partially self-funded. Although AC will help support the team, 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, 3000m (w), 5000m, 3000mSC, 110mH (m), 100mH (w), 400mH, HJ, PV, LJ, TJ, SP, DT, HT, JT, HEP/DEC, 10kRW

1.6 Maximum per Event

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

1.7 Qualifying Trials

The Canadian Junior Championships in (TBC) from July 17th - 19th will serve as the Selection Trials for this team. EXCEPTION - Racewalk events which will take place at the National Senior Championships in Toronto on June 25th - 28th. For events not contested at the Canadian Junior Championships, athletes must prove fitness in the event closest to the event for which they are being selected (Women's 3000m S/C must run the 2000m S/C, Women's 5000m must run the 3000m, and Men's 10,000m must run the 5000m).

1.8 Qualifying Period(s)

The Qualifying Period to achieve AC standards (Appendix A) is between May 15th, 2009 and July 19th, 2009. Only athletes that have met the standard and have submitted a declaration form by **July 19th, 2009** (as per Section 1.10) will be eligible for selection. See Section 4.0 for exceptions.

1.9 Final Selection Date

The AC National Team Committee (NTC) will make its final team selections immediately following the completion of the Qualifying Period.

1.10 Final Declaration Date

Athletes are required to submit the Athlete Declaration Form available at (<http://www.athletics.ca/page.asp?id=330>) no later than **July 19th, 2009**. Failure to submit this form by the deadline will render the athlete ineligible for selection. Athletes must fax (613-260-0341), email (enteam@athletics.ca) or hand-deliver the form to the National Head Office or an AC staff member at the National Junior Championships.

1.11 Team List Announcement

AC will announce the team list through established communication channels (Provincial Branches, AC website, bulletin); selected athletes 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 National Team – Selection Rules Book (<http://www.athletics.ca/files/NationalTeamPrograms/NationalTeams/Policy/NATIONALTEAMSELECTIONRULESBOOKFINAL2008.PDF>).

2.0 TEAM OBJECTIVES

2.1 Objectives

These criteria are set out to select athletes who meet the following specific objectives:

- To select the most competitive athletes born in 1990 or 1991 available who are prepared to achieve seasonal best performances at the Pan Am Junior Championships;
- To provide a positive international competitive and cultural experience for first year and returning national team athletes, and to prepare them for future National Teams with particular focus on preparing for the Moncton World Junior Championships in 2010.
- Team Goal: to match or improve upon the 13 medal performance of the 2007 team.



3.0 SELECTION PROCESS

(all events except Combined Events, Racewalk, and Steeplechase)

3.1 Eligibility Pool

- 3.1.1 Athletes who represent Canada at the International level must be prepared to be competitive late in the summer season. While early season and last year's performances are indicators of ability, it is more important to demonstrate fitness in the final preparation phase leading up to the trials.
- 3.1.2 Selection standards (see Appendix A) are based upon final phase readiness as well as the IAAF standards. Athletes must achieve standard after May 15th, 2009 in order to be included in the eligibility pool.
- 3.1.3 Athletes must finish in the Top 4 overall at the National Junior Championships in order to be included in the eligibility pool.

3.2 Final Selection Process

- 3.2.1 The ability to compete on demand will be a selection criterion; therefore, athletes finishing first and second at the National Junior Championships with a standard achieved between May 15th, 2009 and the completion of the National Junior Championships will automatically be selected.
- 3.2.2 Of those athletes finishing in the Top 4 in an event at the National Junior Championships, the top 2 performers ON THAT DAY that have achieved the required standard during the Qualifying Period will be selected.

- 3.3 See the National Team – Selection Rules Book, Section 2.0 for Performance Regulations. (<http://www.athletics.ca/files/NationalTeamPrograms/NationalTeams/Policy/NATIONALTEAMSELECTIONRULESBOOKFINAL2008.PDF>).

4.0 SELECTION PROCESS FOR OTHER EVENTS

(Combined Events, Racewalk, Steeplechase, Women's 5000m, and Men's 10,000m)

- 4.1 Due to more limited competitive opportunities IN THESE SPECIFIC EVENTS ONLY, standards achieved outdoors in 2009 prior to May 15th, 2009 in the Combined Events, Steeplechase and Race Walks will be considered.
- 4.2 For Racewalk, both road and track results will be accepted.
- 4.3 For Combined Events, wind-assisted performances meeting standard at the Selection Trials may be considered.
- 4.4 For Women's 3000m Steeplechase, Women's 5000m, and Men's 10,000m, athletes will be ranked based on their best performance (in these events ONLY) within the Qualifying Period. The top 2 athletes based on that ranking will be selected provided they prove fitness through performance in the closest event to the one they are being selected for as outlined in Section 1.7.

5.0 COMPETITIVE READINESS REQUIREMENTS

5.1 Training and Competition Plan

Upon official selection to the team, it is the obligation of the selected athletes **and** their personal coach to submit a training and competition plan for the period of July 20th - July 31st, 2009 and to inform team Head Coach, Hugh Conlin (hconlin@athletics.ca) immediately of any and all changes to this plan. 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 competition day.



All submitted plans must address the following:

- Planned competitions, travel and training locations.
- Training volumes, intensities and periodization including recovery, injury prevention strategies and medical/paramedical interventions

Submitting Your Plan

Athletes must submit their plans to Director of Development Programs, Hugh Conlin (hconlin@athletics.ca) upon official selection to the team. Athletes who fail to submit a plan may be removed from the team and replaced with the next eligible and competitive-ready athlete.

5.2 Competitive Readiness

Injury or illness following fulfillment of the selection criteria may result in the athlete being de-selected from the team and replaced by the next eligible and competition-ready athlete. It is the obligation of the athlete to immediately report any injury or illness that could affect their ability to train or compete. AC's Medical Director (or designate) will determine the probability of optimal readiness which is defined as the ability of the athlete to be competitive and achieve equal or superior performances (as compared to the qualifying performance achieved) at 100% effort at the 2009 Pan Am Junior Championships. The final decision will be made by the NTC based on the recommendation made by AC's Coordinating Physician (or designate). Injured and or ill athletes will be subject to a final proof of readiness test to be determined by the team Head Coach in conjunction with the personal coach but minimally will consist of a controlled performance such as a competition or observed test or trial. Athletes in this category will not travel with the team until this requirement has been satisfied.

IMPORTANT NOTE:

All athletes, if requested by the Head Coach, must be prepared to compete in relays.

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 be asked to obtain a statement from their physician stating that they are in good health and not at risk to travel and compete.

6.0 APPEALS

6.1 Only athletes who have achieved the AC Standards (see Appendix A) outdoors in 2009 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 National Team - Selection Rules Book for exact directions:
(<http://www.athletics.ca/files/NationalTeamPrograms/NationalTeams/Policy/NATIONALTEAMSELECTIONRULESBOOKFINAL2008.PDF>) - will be updated and published by March 1st, 2009.



APPENDIX A – ATHLETICS CANADA (AC) SELECTION STANDARDS

Men	Event	Women
10.60	100m	11.90
21.34	200m	24.10
48.20	400m	55.57
1:52.00	800m	2:11.00
3:58.00	1500m	4:35.00
	3000	9:40.00
15:00.00	5000m	17:30.00
31:00.00	10,000m	
9:30.00	3000m SC	10:50.00
	100m Hurdles	14.10 (0.84m)
14.84 (0.99m)	110m Hurdles	
53.90 (0.914m)	400m Hurdles	62.50 (0.762m)
2.05m	High Jump	1.75m
7.15m	Long Jump	5.95m
14.80m	Triple Jump	12.45m
4.58m	Pole Vault	3.65m
17.00m (6 kg)	Shot Put	13.50m (4 kg)
50.50m (1.75 kg)	Discus	41.00m (1 kg)
59.25m (800g)	Javelin	43.00m (600g)
57.00m (6 kg)	Hammer	52.00m (4 kg)
6200 pts	Decathlon	
	Heptathlon	4600 pts
47:46.00	10km RW	52:00:00

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 on AC's website for further details: <http://www.athletics.ca/page.asp?id=65>.
2. Standards must be achieved in accordance with Performance Regulations outlined in Section 2.0 of the National Team – Selection Rules Book: (<http://www.athletics.ca/files/NationalTeamPrograms/NationalTeams/Policy/NATIONALTEAMSELECTIONRULESBOOKFINAL2008.PDF>) - will be updated and published by March 1st, 2009.
3. Only performances from REGISTERED members of 2009 will be accepted for rankings. The rules read:

Rule 19

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

