

2009 FRANCOPHONE GAMES
(JEUX DE LA FRANCOPHONIE)
SELECTION CRITERIA

OVERVIEW

The Jeux de la Francophonie (JDLF) in Beirut is an important 2009 competitive opportunity providing quality international competition deeper into our athletes' pool - beyond our "A" team athletes. The selection criteria standards identified in this document for the JDLF are designed to select as large a team as possible that is consistent with AC's high performance strategy and the parameters set by Sport Canada for the Athletics delegation (current quota is 50 athletes).

Competing well and winning at this level in a Games environment provides the direction for the athletes and for the program to be successful at future international competitions. Athletes selected to this team are expected to be prepared to perform at a high level despite the timing of the Games, and should discuss their plans for this event with their event group leader. The implementation of this criteria and final selection is the responsibility of the National Team Committee (NTC).

1.0 GENERAL INFORMATION

1.1 Event Location and Dates

- Beirut, Lebanon
- Travel Dates: September 24th/25th - October 7th, 2009

1.2 Important Dates and Team Member Travel Obligations

Date	Event/Note	Location/Notes
May 25 th , 2008 - May 24 th , 2009	Marathon Qualifying Period	
May 1 st - July 26 th , 2009	Qualifying Period for all other events	
June 25 th - 28 th , 2009	National Championships - Toronto	SELECTION TRIALS
June 28th, 2009	Declaration Deadline	
Sept 20 th - 25 th , 2009	Team staging/preparation Camp	Ottawa (TBC)
Sept 24 th /25 th , 2009	Depart Canada	Canada -> Lebanon
October 7 th , 2009	Return to Canada	Lebanon -> 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 comply with Competitive Readiness Requirements as outlined in Section 4.0
- La Federation Quebecoise d'Athletisme and Athletics New Brunswick will field teams independant from AC's Team. Separate selection processes will exist for each team.

1.4 Funding

This National Team will be fully funded.

1.5 Events

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

1.6 Maximum per Event

Up to three (3) athletes per event with standard may be selected.

1.7 Qualifying Trials

Marathon - Ottawa, Ontario - May 24th, 2009

National Championships - Toronto, Ontario - June 25th - 28th, 2009

1.8 Qualifying Period(s)

Track/Field Events	May 1 st , 2009 - July 26 th , 2009
Marathon	May 25 th , 2008 - May 24 th , 2009
Racewalk	July 4 th , 2008 - July 26 th , 2009

1.9 Final Selection Date

The AC National Team Committee (NTC) will make its final team selections following the completion of the Qualifying Period, and after all appeals, if any have been heard, as per Section 6.0. The 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 declare their interest no later than **June 28th, 2009**. Failure to declare by the deadline will render the athlete ineligible for selection. The declaration form can be found on the event website: <http://www.athletics.ca/page.asp?id=340>.

1.11 Team List Announcement

AC will announce the team list through established communication channels (Provincial Branches, AC website, bulletin, etc.); 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](#).



2.0 TEAM OBJECTIVES

Within the scope of Athletics Canada's Strategic Plan and overall High Performance Directions, these criteria are set out to select athletes who meet the following specific objectives:

- To select the most competitive athletes available who are prepared to achieve seasonal best performances at the 2009 JDLF;
- To provide a positive international competitive and cultural experience for first year and returning national team athletes in a Games situation, and to prepare them for future Senior National Teams

3.0 SELECTION PROCESS

Eligibility Pool

3.1 The top 3 eligible, **declared** finishers at the National Championships achieving standard (Appendix A) during the Qualifying Period (Section 1.8) (minimally finishing in the top 8 overall) will be placed in the eligibility pool. It is the responsibility of the athlete to submit eligible performances to Athletics Canada in order to be considered for selection. Being in the eligibility pool does not guarantee selection.

Final Selection Process

3.2 The first eligible finisher achieving standard onsite at the National Championships in each event will automatically be selected.

3.3 All first eligible finishers without standard onsite at the National Championship from the Eligibility Pool in each event will be ranked along with all second and third eligible finishers based on their best performance within the qualifying period using the steps below:

STEP 1:

AC Top 12 Standards (Appendix A) and performances are converted to points using IAAF tables

STEP 2:

Points from performances are expressed as a percentage of the Top 12 standard.

STEP 3:

% from Step 2 is then scaled up using the following formula:(((% from Step 2) x 100)-80) x 10)

IMPORTANT NOTE:

Athletes will be selected in priority order based on their finish at the National Championships. An athlete cannot be selected if someone who beat them at Nationals does not qualify.

4.0 COMPETITIVE READINESS REQUIREMENTS

4.1 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 13th - October 6th to the Head Coach (or designate) on or before July 26th, 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 final phase training cycle showing patterns of training load and recovery on a weekly basis.
3. Injury prevention and medical intervention strategies if applicable.

4.2 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 Beirut. Notification must be sent to the Director of National Team Programs, Scott MacDonald (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, 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.

IMPORTANT NOTE:

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

3.1 Health Questionnaire

All athletes will have to fill out a Medical Information form 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.

4.0 APPEALS

- 4.1 Only athletes who have achieved the minimum standards (see Appendix A) outdoors in 2009 may submit an Appeal for Selection.
- 4.2 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.



APPENDIX A – JEUX DE LA FRANCOPHONIE SELECTION STANDARDS

MEN Top 12	MEN Standard	EVENT	WOMEN Standards	WOMEN Top 12
10.14	10.54	100m	11.94	11.14
20.49	21.24	200m	24.24	22.84
45.29	46.64	400m	54.94	50.92
1:45.24	01:49.00	800m	02:08.50	1:59.97
3:36.82	03:45.00	1500m	04:24.00	4:05.77
13:16.59	14:00.00	5000m	16:40.00	14:48.55
27:48.56	29:20.00	10,000m	34:30.00	31:22.57
1:21:07	1:35:00	20kRW/10k RW	1:50:00	1:30:36 (20k)
13.41	14.34	110mH / 100mH	14.34	12.83
48.52	51.54	400mH	59.64	55.08
8:19.04	08:45.00	3000mSC	10:40.00	9:37.67
2:11:31	2:25:00	Marathon	2:55:00	2:27:35
2.28	2.15	High Jump	1.75	1.93
8.09	7.60	Long Jump	6.10	6.64
16.98	15.90	Triple Jump	12.75	14.33
5.66	5.00	Pole Vault	3.70	4.54
20.36	15.80	Shot Put	13.50	18.68
64.02	52.00	Discus	45.00	61.84
77.79	60.00	Hammer Throw	48.00	70.44
81.58	69.00	Javelin	46.00	61.66
7993	7000	DEC / HEP	5000	6121

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: <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](#).

3. Only performances from REGISTERED members of 2009 will be accepted for rankings.

The rules read:

[AC By-Laws, Section II, 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 selection standard is achieved.

