

## 2010 IAAF WORLD JUNIOR CHAMPIONSHIPS

### SELECTION CRITERIA

#### OVERVIEW

In 2010, Moncton, New Brunswick is hosting the IAAF World Junior Championships! Athletics Canada will be fully funding a team with representation in all events. While we endeavour to field a full team, it is also our mission to ensure a competitive team. The key to this selection criteria will be the need to compete on-demand at the Qualifying Trials in Moncton from July 2<sup>nd</sup> - 4<sup>th</sup>. This is what it takes to compete against the World's best -peak performance at the right time and Athletics Canada will select its team based on this principle.

#### 1.0 GENERAL INFORMATION

##### 1.1 Event Location and Dates

- ◆ Moncton, Canada
- ◆ Competition Dates: July 19<sup>th</sup> – 25<sup>th</sup>, 2010
- ◆ Travel Dates: July 16<sup>th</sup> to July 26<sup>th</sup>, 2010

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

Date	Event/Note	Location/Notes
July 1 <sup>st</sup> , 2009	Beginning of Qualifying Period*	
July 4 <sup>th</sup> , 2010	End of Qualifying Period	
July 2 <sup>nd</sup> - 4 <sup>th</sup>	Qualifying Trials	Moncton
July 5 <sup>th</sup> - 6 <sup>th</sup>	Relay Camp (TBC)	Moncton
July 16 <sup>th</sup> , 2010	Team staging	Moncton
July 19 <sup>th</sup> – 25 <sup>th</sup> , 2010	Competition Dates	Moncton
July 26 <sup>th</sup> , 2010	Return to Home City	

##### 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 1991, 1992, or 1993
- ◆ Must comply with Competitive Readiness Requirements as outlined in Section 5.0
- ◆ Must otherwise be eligible to participate in the 2010 World Junior Championships

##### 1.4 Funding

This team will be fully funded.

## 1.5 Events

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

## 1.6 Maximum per Event

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

## 1.7 Qualifying Trials

July 2<sup>nd</sup> - 4<sup>th</sup>, 2010 Moncton, New Brunswick

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 July 1<sup>st</sup>, 2009 and July 4<sup>th</sup>, 2010.

## 1.9 Final Selection Date

The AC National Team Committee (NTC) will make its final team selections following the completion of the Qualifying Trials, and after all appeals, if any have been heard, as per Section 6.0.

## 1.10 Team List Announcement

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

## 1.11 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 1991, 1992, and 1993 available who are prepared to achieve seasonal best performances at the World Junior Championships;
- To provide a positive international competitive and cultural experience for first year and returning national team athletes;
- To prepare athletes for future success within Athletics Canada High Performance program to include, but not limited to its National Team program;
- To select and prepare appropriately 4 relay teams
- Team Goal: To exceed Canada's best ever performances at the IAAF World Junior Championships for medals (3 in 1992), top 8 (7 in 1994), to achieve seasonal bests onsite in Moncton, and to place all 4 relays in the final.

## 3.0 SELECTION PROCESS

### Eligibility Pool



**3.1** All eligible athletes achieving standard during the Qualifying Period (Section 1.8) AND finishing minimally in the top 3 at the Qualifying Trials will be placed in the eligibility pool.

**3.2** Winners of the Qualifying Trials who have not achieved standard during the Qualifying Period (Section 1.8)

### **Final Selection Process**

**3.3** Qualifying Trials winners will be automatically selected.

**3.4** If the Qualifying Trials winner has not achieved standard during the Qualifying Period, no other athletes will be selected in the given event.

**3.5** If the Qualifying Trials winner has achieved standard during the Qualifying Period, the next eligible athlete will also be selected provided they have achieved standard within the Qualifying Period and finish minimally in the top 3 at the Qualifying Trials.

**3.6** Athletics Canada will enter all 4 relays in the 2010 IAAF World Junior Championships

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

**3.8** For Women's 3000m Steeplechase, Women's 5000m, and Men's 10,000m, athletes will be ranked based on their best performance 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.

## **4.0 Relay Selection**

### 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 Director/Head Coach, Development Programs) 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 Director/Head Coach, Development Programs).

**IMPORTANT NOTE:**

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

## **5.0 COMPETITIVE READINESS REQUIREMENTS**

### **5.1 Training and Competition Plan**

It is the obligation of the selected athletes **and** their personal coach to submit by July 7<sup>th</sup> a training and competition plan for the period of July 7<sup>th</sup> - July 25<sup>th</sup>, 2010 and to inform team AC Director/Head Coach, Development Programs Hugh Conlin ([hconlin@athletics.ca](mailto:hconlin@athletics.ca)), 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](mailto:hconlin@athletics.ca)) on or before July 7<sup>th</sup>. 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 2010 IAAF World 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.

### **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 or 2010 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.



## APPENDIX A – ATHLETICS CANADA/IAAF SELECTION STANDARDS

<b>2010 World Junior Championships</b>		
<b>Women</b>	<b>Event</b>	<b>Men</b>
11.94	100m	10.64
24.54	200m	21.54
55.24	400m	47.94
02:09.00	800m	1:51.00
04:28.00	1500m	3:48.00
09:35.00	3000m	
16:30.00	5000m*	14:15.00 (or 8:15.00)
	10000m	31:00.00
14.14	100m H	
	110mH	14.64 (1.067m) or 14.24 (0.99m)
60.64	400mH	53.34
11:00.00	3000m SC	9:10.00
50:55	10k Walk	44:05.00
1.80m	High Jump	2.14m
3.95m	Pole Vault	5.05m
6.10m	Long Jump	7.50m
12.90m	Triple Jump	15.60m
14.60m	Shot	18.00m (6k) or 16.30 (7.26k)
47.50m	Discus	54.00m (1.75k) or 50.50 (2k)
55.00m	Hammer	66.00m (6k) or 60.00 (7.26k)
49.50m	Javelin	66.50m
5150	Decathlon*/ Heptathlon	6875 (1.067mHdl/7.26kSP/2kDT) 7050 (1.067mHdl/6kSP/1.75kDT) 7090 (0.995mHdl/6kSP/1.75kDT)

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 National Team – Selection Rules Book**

