

## 2009 CROSS COUNTRY NATIONAL TEAM PROGRAM

**MARCH, 2009**

Athletics Canada had a very positive experience in 2008 in Florida and Edinburgh, particularly from our Junior Team performances, and we hope to continue that momentum in 2009. Again, we will focus on the NACAC and World Championships and the plan is to go to these events ready to compete with the best in the World. Canada has plenty of talented athletes and we look to show that talent in Jordan.

Dates	Location	Event
Saturday, November 29 <sup>th</sup> , 2008	Guelph, ONT	Trials – 2008 National XC Championships
Saturday, March 7 <sup>th</sup> , 2009	Orlando, Florida	NACAC XC Championships
Sunday, March 28 <sup>th</sup> , 2009	Amman, Jordan	World Cross Country Championships

### QUALIFYING TRIALS

Participation at the Canadian Cross Country Championships in Guelph, Ontario on November 29<sup>th</sup>, 2008 is expected for athletes wishing to be considered for the 2009 National Cross Country Team. Team Members are expected to participate in the entire Cross Country program, including the NACAC Championships, unless they have a pre-approved competitive conflict. Significant funding towards this project can be earned through placing at the Trials.

### TEAM OBJECTIVES & EVENTS

- AC will only enter teams for a given event (at least the scoring number plus 1 alternate)
- The general objective is to be competitive as a team internationally.
- To use this project as a strong long-term development and strategic planning tool for Canada's middle and long distance running program.

### SELECTION PROCESS

- Athletes MUST finish in the top 12 ELIGIBLE places at the Trials to be considered for selection.
- Team selections will be based on order of finish at the Trials with the top 6 being automatically selected. Others will be in the selection pool should any of the first 6 be unable to participate.
- Teams must finish in the top 3 at NACAC in order to compete at the World Championships.
- Junior athletes must be born in 1990, 1991 or 1992 to be considered eligible.

### TRAVEL

AC will coordinate and book all travel for this team. Athletes coming from or returning to a city outside of Canada will need to cover amounts beyond the costs of a reasonable domestic ticket.

### FUNDING

The Cross Country National Team Program will be partially funded by Guelph sponsor AGSI and Athletics Canada, but athletes will be responsible for some self-funding. AGSI has made funds available to top performers at the Trials for the NACAC event. It is also important to note that the individual Champions and team Champions at the NACAC Championships may receive funding towards the World Cross Country Championships, so athletes must commit to compete at both.