

## 2009 SUMMER UNIVERSIADE

### SELECTION CRITERIA

#### OVERVIEW

The 2009 Summer Universiade represents an integral part of Athletics Canada's international competition program. It is a competitive Games environment which provides selected athletes with an opportunity to compete internationally and gain much needed experience to progress to the World Championships and Olympic Games.

Competing well and winning at this level 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 perform at peak levels for the season and finish in the top eight or top half of their fields.

#### 1.0 GENERAL INFORMATION

##### 1.1 Event Location and Dates

- Belgrade, Serbia
- Competition Dates: July 6<sup>th</sup> – 12<sup>th</sup>, 2009
- Travel Dates: June 29<sup>th</sup> - July 13<sup>th</sup>, 2009

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

Date	Event/Note	Location/Notes
April 3 <sup>rd</sup> , 2009	Beginning of Qualifying Period*	*for exceptions, see section 4.0
<b>May 15<sup>th</sup>, 2009</b>	<b>Athlete Declaration Deadline / Beginning of Final Phase</b>	Available online
June 16 <sup>th</sup> , 2009	End of Qualifying Period	
June 25 <sup>th</sup> - 28 <sup>th</sup> , 2009	National Championships	MANDATORY PARTICIPATION
June 28 <sup>th</sup> /29 <sup>th</sup> , 2009	Team staging	Toronto (TBC)
June 29 <sup>th</sup> , 2009	Depart Canada	Canada -> Serbia
July 6 <sup>th</sup> – 12 <sup>th</sup> , 2009	Competition Dates	Belgrade, Serbia
July 13 <sup>th</sup> , 2009	Return to Canada	Serbia -> 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 5.0
- Must otherwise be eligible to participate in the 2009 Summer Universiade
- Must compete at the 2009 Canadian National Championships

#### 1.4 Funding

This National Team will be partially self-funded. Although AC will help support the team through its own budget, as well as funds provided by the CIS and Sport Canada, all athletes are required to attend to some costs associated with this event. Costs may include, but not limited to: airfare, accommodations, meals, shipping, CIS fees, 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, 5000m, 10000m, 3000m S/C, 110mH (M), 100mH (W), 400mH, HJ, PV, LJ, TJ, SP, DT, HT, JT, DEC/HEP, 20kRW, 4x100m and 4x400m

#### 1.6 Maximum per Event

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

#### 1.7 Qualifying Trials

There will be no qualifying trials for this national team event.

#### 1.8 Qualifying Period(s)

The Qualifying Period to achieve two (2) standards (Appendix A) is between April 3<sup>rd</sup>, 2009 and June 16<sup>th</sup>, 2009, with 1 standard required after May 15<sup>th</sup>, 2009. Only athletes that have met the required standards and have submitted a declaration form by **May 15<sup>th</sup>, 2009** (as per Section 1.10) will be eligible for selection.

**Exceptions - DEC/HEP, RW, 3000m S/C, 5000m and 10,000m (see section 4.0)**

#### 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 submit the Athlete Declaration Form available at (<http://www.athletics.ca/page.asp?id=328>) no later than **May 15<sup>th</sup>, 2009**. Failure to submit this form by the deadline will render the athlete ineligible for selection.

#### 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](#).



## 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 post-secondary student-athletes available who are prepared to achieve and repeat seasonal best performances at the Summer Universiade;
- 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

(all events except DEC/HEP, RW, 3000m Steeplechase, 5000m and 10,000m)

### Eligibility Pool

**3.1** All eligible, **declared** athletes achieving standard twice during the Qualifying Period (Section 1.8) including once after May 15<sup>th</sup>, 2009 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.

### Final Selection Process

**3.2** Eligible athletes achieving the standards listed in Appendix A will be ranked in their event according to their ***best performance achieved after May 15<sup>th</sup>***. The top two (2) eligible athletes in each event who have achieved the standard within the Qualifying Period will be selected.

**3.3** Any ties will be broken in the following priority order: 1) Head-to-Head result, 2) 2<sup>nd</sup> best performance within the qualifying period, 3) Most recently achieved standard.

**3.4** See Section 2.0 of [National Team – Selection Rules Book](#) for Performance Regulations.

## 4.0 SELECTION PROCESS FOR OTHER EVENTS

(DEC/HEP, RW, 3000m Steeplechase, 5000m and 10,000m)

**4.1** Due to more limited competitive opportunities IN THE RACEWALK EVENTS SPECIFICALLY, standards achieved outdoors (on either road or track) in 2009 prior to April 3<sup>rd</sup> will be considered.

**4.2** For Combined Events, Racewalk events, and 10,000m, only 1 performance achieving standard is required, but it must be after April 3<sup>rd</sup>.

**4.3** For 3000m Steeplechase and 5000m, athletes must achieve standard twice any time after April 3<sup>rd</sup>. In these events, athletes will be ranked by their best performance.

## 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 June 16<sup>th</sup> - July 11<sup>th</sup>, 2009 and to inform team Head Coach, Les Gramantik ([lgramantik@athletics.ca](mailto:lgramantik@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 Les Gramantik ([lgramantik@athletics.ca](mailto:lgramantik@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 Summer Universiade. 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 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.

## **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.



## APPENDIX A – ATHLETICS CANADA (AC) SELECTION STANDARDS

### REPEATABILITY

Athletes must achieve the standards listed below twice before June 17<sup>th</sup>, 2009 (once after April 3<sup>rd</sup>, 2009 and an additional time after May 15<sup>th</sup>, 2009) in order to be eligible for selection.

### FINAL PHASE

Athletes will be ranked based on their best performance achieved in the final phase (after May 15<sup>th</sup>, 2009)

### EXCEPTIONS

20km RW- only 1 standard is required between January 1, 2009 and June 17<sup>th</sup>, 2009.  
 10,000m and Combined Events- only 1 standard is required between April 3<sup>rd</sup> and June 17<sup>th</sup>, 2009.  
 3000m S/C and 5000m- Athletes must achieve 2 standards between April 3<sup>rd</sup> and June 17<sup>th</sup>, 2009.

MEN	EVENT	WOMEN
10.55	100m	11.75
21.20	200m	23.80
47.14	400m	53.30
01:49.00	800m	02:05.00
03:45.00	1500m	04:18.00
14:00.00	5000m	16:15.00
29:30.00	10,000m	34:30.00
1:30:00	20K RW	1:40:00
13.90	110mH / 100mH	13.40
51.00	400mH	57.00
08:45.00	3000mSC	10:20.00
2.15	High Jump	1.80
7.60	Long Jump	6.25
15.70	Triple Jump	13.50
5.30	Pole Vault	4.15
18.00	Shot Put	15.50
58.00	Discus	52.00
69.00	Hammer Throw	62.50
71.00	Javelin	54.00
7350	DEC / HEP	5400

### 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.*

