

2010 CROSS COUNTRY NATIONAL TEAM PROGRAM SELECTION GUIDELINES MARCH 2010

Revised October 20, 2009 – changes are highlighted in yellow

OVERVIEW

Over the last few years, Athletics Canada has worked to build a comprehensive National Cross Country team concept focused on high performance team results. This year that trend will continue with participation at the World Cross Country Championships dependant on success at the regional level. In 2010, Trinidad & Tobago will play host to an expanded regional championships including all of the Americas, although it will be scored as a NACAC competition. Bydgoszcz, Poland hosts the World Cross Country Championships and AC looks to send only teams that are ready to take on the World.

Dates	Location	Event
Saturday, November 28, 2009	Guelph, ONT	Trials – 2009 National XC Championships
January - February, 2010	TBD	Individual select competitive and training opportunities
Saturday, March 6, 2010	Trinidad & Tobago	Americas XC Championships
Saturday, March 27, 2010	Bydgoszcz, Poland	IAAF World Cross Country Championships

QUALIFYING TRIALS

Participation at the Canadian Cross Country Championships in Guelph, Ontario on November 28, 2009 is mandatory for all athletes wishing to be considered for the 2010 National Cross Country Team.

OBJECTIVES for the Americas XC Championships

- To enter full teams (at least the scoring number plus 1 alternate) capable of winning the Americas Championship
- To give individual **NACAC** champions who are committed to Cross Country in 2010 as part of their overall program an opportunity to qualify for the IAAF World Cross Country Championships
- To give an international competitive opportunity for developing endurance athletes entering, or part of Athletics Canada's High Performance stream
- 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 for the Americas XC Championship

- **Athletes finishing in the top 8 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;
- In order for a team to be selected, a minimum of 5 ELIGIBLE finishers must declare for the team;
- A minimum of 4 of the top 6 finishers MUST declare for a team to be selected in each event;

- Individual National Champions ONLY are still selectable in the event a team is not selected;
- Junior athletes must be born in 1991, 1992 or 1993 and **must compete in the Junior Championship race at the trials** to be considered eligible

***Developing senior athletes who finish 9th – 12th at the trials and have not previously competed internationally on an Athletics Canada senior team will be considered for selection in order to complete teams**

OBJECTIVES for the IAAF World XC Championships

- To enter world class teams in the 2010 IAAF World Cross Country Championships (at least the scoring number plus 1 alternate) capable of finishing in the top ½ of the field as a team
- To have teams finish in the top ½ of the field at the IAAF World Championships
- To enter individual Americas Champions capable of finishing in the top ½ of the field
- To provide international exposure to current and future Senior High Performance athletes

SELECTION PROCESS for the IAAF World XC Championships

+NOTE - Teams are not guaranteed to attend the IAAF World XC Championships

- Athletes **MUST** compete at the Americas Championships March 6, 2010 in Trinidad & Tobago
- **Teams MUST finish in the top 2 among NACAC countries** at the Americas Championship in order to be selectable
- Teams must be deemed capable of finishing in the top ½ of teams at the World Championship
- **NACAC winners at the Americas Championships** are eligible for selection on an individual basis if a full team is not selectable based on their competitive readiness and ability to perform at the world level

RATIONALE

In keeping with Athletics Canada's High Performance mandate and to ensure that a standard of excellence is expected and achievable by all teams and individuals representing Canada at international events, athlete **MUST** have a minimum standard to achieve. Winning the Americas Championships is seen as the first step and an achievable team goal. Teams and individuals will be selected to the World Cross Country Championships based on their readiness to compete at the world level.

TRAVEL

AC will coordinate and book all travel for this team. Please refer to the Athletes Manual for additional information.

FUNDING

While team fundraising initiatives are being considered, athletes will be responsible for some self-funding. The Cross Country National Team Program will be partially funded by Guelph sponsor AGSI. Significant funding towards this project can be earned through top 3 placing at the Trials. Individual and team champions at the Americas Championship are also eligible to receive additional IAAF funding towards the World Cross Country Championships.

