

## **Team Composition and Scoring:**

Able Bodied:	Up to 25 males and up to 25 females
	Maximum team size of 50
	<b>NOTE:</b> Substitutions between male and female athletes of plus or minus two (2) is allowed.
Wheelchair:	Up to 3 competitors (2/1 gender split)

The total team component shall not exceed 53 athletes. Including coaching staff -61.

Each event will be scored through 18<sup>th</sup> place:

Place	Points	Place	Points	Place	Points	
1 st	20	7 <sup>th</sup>	13	13 <sup>th</sup>	7	
2 <sup>nd</sup>	18	8 <sup>th</sup>	12	14 <sup>th</sup>	6	
3 <sup>rd</sup>	17	<b>9</b> <sup>th</sup>	11	15 <sup>th</sup>	5	
4 <sup>th</sup>	16	10 <sup>th</sup>	10	16 <sup>th</sup>	4	
5 <sup>th</sup>	15	11 <sup>th</sup>	9	17 <sup>th</sup>	3	
6 <sup>th</sup>	14	12 <sup>th</sup>	8	18 <sup>th</sup>	2	

Relays will be scored through 6<sup>th</sup> place:

Place	Points				
] st	20				
2 <sup>nd</sup>	18				
3 <sup>rd</sup>	16				
4 <sup>th</sup>	14				
5 <sup>th</sup>	12				
6 <sup>th</sup>	10				

## Classification:

Able Bodied: Athletes will be under 21 as of December 31, 2010 (Born in 1990 or later)

Wheelchair: Athletes will be 35 and under as of December 31, 2010.

**NOTE:** The Western Canada Games Council recognizes that an age-dependent criterion may not adequately reflect the entry of an athlete into their sport due to late onset disabilities through injury or medical condition. Therefore, Council may approve age exceptions to Wheelchair Athletics and Wheelchair Tennis athletes over 35 years of age providing the sport can prove to the Technical Committee that the athlete is within the Training to Train level of the sport LTAD. Participants who have participated in 2 previous Western Canada Summer Games will not be eligible to compete in a Western Canada Summer Games; with the exception of the 2011 Western Canada Summer Games as the Games cycle is in progress at the time of the Council decision.

## **Selection Principles:**

- All events at the trials will be in accordance with IAAF rules.
- For the purpose of this document Seniors refers to the Canadian National Championships and INCLUDES the qualifying rounds of competition.
- Each province/territory can enter up to a maximum of three athletes per event and have one relay team per event.
- There is no limit to the number of events that a competitor can enter.
- A province/territory may enter only one relay team in each relay event.
- An athlete is permitted to <u>try out</u> for only one province/territory per Games.
- All athletes seeking selection to the 2011 Western Canada Summer Games Manitoba Team must compete at the Manitoba trials or Seniors and remain 100% competition-ready for the Games.
- Follow up on medical issues will involve a certified Sports Therapist.
- Injury may result in de-selection, should an athlete not be able to compete at 100%.
- Final determination will be made with consultation of Games staff, personal coach(s), a certified Sports Therapist and the athlete.
- If an athlete is unable to compete at the trials due to personal reasons (i.e. death of a family member or friend, exams, transportation breakdown etc.) they must immediately inform the Head Coach of Team Manitoba, John Iwanski of their status/situation. This can be done in person or by phone and must be followed up with a letter of appeal submitted to the Head Coach.

- All appeals must be submitted in writing by 5pm (CST) on Monday, June 27th. Appeals should be sent to the Athletics Manitoba office (145 Pacific Ave) or can be emailed to <u>chris.belof@athleticsmanitoba.com</u>
- Team selection will be finalized by 12 midnight (CST) Thursday, June 30<sup>th</sup>, pending extenuating circumstances.
- All athletes selected to the team will be contacted by the WCSG Staff by email, phone or in person.
- If the roster is not complete with athletes attaining the required standard within the designated time period, it will be at the discretion of WCSG staff to determine if the addition of athletes will be in the best interests of Team Manitoba.
- This principle also applies to extra relay positions and/or relay alternates.

## **Selection Criteria:**

- All athletes must indicate their intent to participate prior to June 15<sup>th</sup>.
- All athletes must compete in the <u>same event</u> at the Trials as they would in the Games.
  - For example: If you wish to compete in the women's 200m at the Games, you must compete in the designated women's 200m final at the Trials.
- Athletes who choose to attend the Canadian National Championships or Qualifying rounds (Seniors) must also compete in the same event as they would in the Games.

Note: Once an athlete has been selected to the team, they can be entered in additional events that they did not compete in at the Trials if, in the opinion of the Games staff, it is in the best interest of the team. This will not deselect another athlete from an event.

## **Selection Process:**

- 1. First place at Trials OR the top WCSG aged Manitoban performance at Seniors\* and has achieved A standard.
- 2. Second place at Trials OR the second best WCSG aged Manitoban performance at Seniors\* and has achieved A standard.
- 3. Third place at Trials OR the third best WCSG aged Manitoban performance at Seniors\* and has achieved A standard.
- 4. Appeals and has achieved A standard.
- 5. First place at Trials OR the top WCSG ages Manitoban performance at Seniors\* and has achieved B standard.
- 6. Second place at Trials OR the second best WCSG aged Manitoban performance at Seniors\* and has achieved B standard.
- 7. Third place at Trials OR the third best WCSG aged Manitoban performance at Seniors\* and has achieved B standard.
- 8. Appeals and has achieved B standard.
- 9. Relay members who would improve a Relay team's potential finish.
- 10. First place at Trials OR the top WCSG aged Manitoban performance at Seniors\* and has achieved minimum standard with preference to athlete who will score highest in one or more events.
- 11. Second place at Trials OR the second best WCSG aged Manitoban performance at Seniors\* and has achieved minimum standard with preference to athlete who will score highest in one or more events.
- 12. Third place at Trials OR the third best WCSG aged Manitoban performance at Seniors\* and has achieved minimum standard with preference to athletes who will score highest in one or more events.
- 13. Appeals and has achieved minimum standard.
- 14. First place at Trials and did not achieve minimum standard, however will benefit Team Manitoba's scoring at the 2011 Western Canada Summer Games
- 15. Second place at Trials and did not achieve minimum standard, however will benefit Team Manitoba's scoring at the 2011 Western Canada Summer Games.
- 16. Third place at Trials and did not achieve minimum standard, however will benefit Team Manitoba's scoring at the 2011 Western Canada Summer Games.

## \*IMPORTANT NOTES:

- 1. As previously mentioned this **includes** the Canadian National Championship qualifying rounds.
- 2. If the situation arises where the Selection Criteria must choose between athletes who placed 1<sup>st</sup> or 2<sup>nd</sup> at the WCSG Trials in Winnipeg and an athlete who competed at Seniors, (both having previously achieved standard) performances from the **highest** round of competition achieved will be used for the purpose of Team Selection.

Possible scenarios:

- Athlete competes in the qualifying rounds but fails to advance to the finals. Their performance from the qualifying rounds will be used for the purpose of team selection.
- Athlete advances out of the 800m qualifying rounds and into the semi-finals, but fails to advance to the finals. Their time from the semi-finals will be used for the purpose of team selection.
- Athlete advances out of the 1500m qualifying rounds into the semi-finals and also advances to the finals. Their time from the finals will be used for the purpose of team selection.

Rationale:

• Performances achieved in the heats at WCSG trials do not count towards the final team selection thus the same standard must be applied to those attempting to qualify at Seniors.

## Note: Final team selection to be approved by the Board of Directors of Athletics Manitoba.



Women	Α	В	С	Men	Α	В	С
100m	12.17	12.62	13.23	100m	10.99	11.09	11.54
200m	24.66	25.55	 26.82	200m	22.19	22.58	23.06
400m	56.70	58.33	1:01.55	400m	48.76	49.69	51.88
800m	2:14.24	2:17.97	2:22.49	800m	1:54.17	1:55.61	2:03.17
1500m	4:45.38	4:49.13	4:53.71	1500m	3:57.12	4:01.22	4:12.59
3000m	9:55.69	10:13.62	10:35.45	3000m	8:28.48	8:37.60	9:02.95
5000m	17:45.15	18:45.00	19:15.00	5000m	15:14.28	15:39.70	16:08.53
100mH	15.42	16.42	16.83	110mH	15.62	16.51	17.29
400mH	1:04.41	1:06.66	1:09.21	400mH	55.56	58.16	1:04.88
3000mSt	12:09.90	12:30.00	13:00.00	3000mSt	9:37.06	9:57.26	10:37.20
HJ	1.63m	1.61m	1.42m	HJ	2.02m	1.87m	1.72m
LJ	5.37m	5.23m	4.83m	LJ	6.77m	6.30m	6.15m
PV	3.45m	3.05m	2.30m	PV	4.65m	4.03m	3.20m
TJ	11.36m	10.60m	9.54m	TJ	13.79m	12.94m	12.28m
SP	11.98m	10.79m	9.51m	SP	14.39m	12.69m	10.90m
Discus	37.14m	33.34m	27.05m	Discus	43.37m	39.05m	34.00m
Hammer	48.12m	41.73m	27.20m	Hammer	50.91m	41.45m	27.25m
Javelin	37.61m	34.62m	26.68m	Javelin	54.53m	48.82m	41.55m
Hept	4176	3461	3093	Dec	6176	5460	4800

# <u>Performances must be achieved between April 2011 and June 26<sup>th</sup> 2011 in order to be considered for</u> <u>team selection</u>

NOTE: These standards were developed based on past games results (2003 and 2007). Due to small competitor fields in certain event areas, subsequent modifications may have been made at the discretion of the coaching staff.

- A Standard Average of 3rd place performances from 2003 and 2007 Games results.
- B Standard Average of 6th place performances from 2003 and 2007 Games results.
- C Standard Average of 10th place performances from 2003 and 2007 Games results.