



**ATHLETICS MANITOBA
CANADA GAMES SELECTION PRINCIPLES
(Revised April 24, 2004)**

Canada Games Selection Principles (Revised April 24, 2004)

- Events will be chosen from an event trial in approximately June 2005 in accordance with Athletics Canada/ IAAF rules.
- There is a maximum of two athletes per events and one relay team.
- There is no limit to the number of events a competitor may enter.
- Athletes may only try out for one Province or Territory per Games.
- All athletes seeking selection to the 2005 Canada summer Games Manitoba Team must compete at the Manitoba Trials 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 100%.
- Final determination will be made by Team Staff, personal coach, certified Sport Therapist and the athlete.
- If the athlete is unable to compete in 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 Al Wirth of their status/situation. This can be done in person or by phone (204-822-3131) and must be followed with a hand written letter submitted prior to the selection meeting. (Insert date, location)
- Team selection will be finalized by July (TBD), 2005, pending extenuating circumstances.
- All athletes selected will be informed by phone or in person by Team staff.

Selection Criteria

- Athletes must compete in the same event they would in the Games.
- All athletes must compete in the designated finals at the Trials
- Once an athlete has been selected to the team, they could be entered in an additional event or events that they did not compete in the Trials. This will not de-select an athlete from an event in order to replace them.

Selection Process

1. First Place at the Trails and achieved an A standard.
2. Second Place at the Trails and achieved an A standard.
3. Appeals and achieved an A standard.
4. First Place at the Trails and achieved a B standard.
5. Second Place at the Trails and achieved a B standard.
6. Appeals and achieved a B standard.
7. Relay members who would or have helped a team achieve an A standard.
8. First Place at the Trails and achieved a C standard with preference to athlete who will score highest in one or more events.
9. Second Place at the Trails and achieved a C standard with preference to athlete who will score highest in one or more events.
10. Appeals and achieved a C standard.
11. Relay members who would improve a Relay teams potential finish.
12. First Place at the Trails without a standard, but would potentially score at the Games with preference to athlete who will score highest in one or more events.
13. Second Place at the Trails without a standard, but would potentially score at the Games with preference to athlete who will score highest in one or more events.



**ATHLETICS MANITOBA
CANADA GAMES SELECTION PRINCIPLES
(Revised April 24, 2004)**

Team Manitoba Canada Games Athletics Standards

A standard	possibility of a medal		
B standard	potential to advance to an A Final		
C standard	point scorer		
Women	A	B	C
100m	11.98	12.39	12.82
200m	24.44	25.27	26.10
400m	55.78	57.73	61.20
800m	2:12.04	2:15.60	2:20.48
1500m	4:29.38	4:36.32	4:55.47
5000m	17:16.45	18:01.25	18:50.00
3000m EQ	9:57.29	10:23.56	10:52.21
10000m	37:48.66	40:07.38	45:50.5
100mH	14.18	15.25	16.79
400mH	61.16	64.43	69.37
3000mSC	10:51.7	11:21.41	12:30.00
4 X 100m	46.80	52.26	
4 X 400m	3:48.12	4:05.77	
High Jump	1.74	1.63	1.54
Long Jump	5.80	5.41	4.92
Triple Jump	12.37	11.39	10.73
Pole Vault	3.60	3.30	2.50
Discus	44.82	38.43	28.58
Shot Put	13.65	12.29	10.76
Javelin	44.63	39.92	29.83
Hammer	51.43	41.42	28.44
Heptathlon	4780	3570	3200



**ATHLETICS MANITOBA
CANADA GAMES SELECTION PRINCIPLES
(Revised April 24, 2004)**

Team Manitoba Canada Games Athletics Standards

A standard	possibility of a medal
B standard	potential to advance to an A Final
C standard	point scorer

Men	A	B	C
100m	10.62	10.85	11.24
200m	21.45	21.95	22.98
400m	48.11	49.64	51.86
800m	1:54.09	1:54.09	1:59.74
1500m	3:55.31	3:59.77	4:06.18
5000m	14:47.12	15:20.33	15:44.65
3000m EQ	8:32.65	8:51.75	9:05.74
10000m	30:58.02	32:35.99	33:29.75
110mH	14.35	15.12	17.50
400mH	53.09	56.43	
3000mSC	9:01.58	9:30.95	10:32.32
4 X 100m	40.99	43.30	
4 X 400m	3:14.61	3:26.37	
High Jump	2.10	2.00	1.85
Long Jump	7.30	6.91	6.39
Triple Jump	15.20	13.94	12.82
Pole Vault	4.83	4.55	3.90
Discus	47.21	40.18	34.60
Shot Put	15.45	13.00	11.57
Javelin	60.09	52.61	45.69
Hammer	54.51	43.01	28.57
Decathlon	6677	5996	4390