



# Selection Criteria Canadian Mountain Running 2013 National Teams



## Selection for the 29<sup>th</sup> World Mountain Running Championships September 8<sup>th</sup>, 2013 in Krynica - Zdrój, Poland

### Senior Athletes

#### **Men:**

- ⌚ five men will be selected from the top 5 (or deeper if a spot is declined) at the Canadian Championships on June 1<sup>st</sup>, 2013 at Mt. Sutton, Quebec.
- ⌚ one man will be selected by the committee “at-large” based on performances at the Canadian Championships, USA Championships, NACAC Championships, or other trail/road/track performances.

#### **Women:**

- ⌚ three women will be selected from the top 3 (or deeper if a spot is declined) at the Canadian Championships on June 1<sup>st</sup>, 2013 at Mt. Sutton, Quebec.
- ⌚ one woman will be selected by the committee “at-large” based on performances at the Canadian Championships, USA Championships, NACAC Championships or other trail/road/track performances.

### Junior Athletes

#### **Men:**

- ⌚ the top male finisher in the junior race at the Canadian Championships on June 1<sup>st</sup>, 2013 at Mt. Sutton, Quebec.
- ⌚ up to three additional junior athletes selected from the top 4 (or deeper if a spot is declined), **IF** the athletes demonstrate ‘competitive readiness’

#### **Women:**

- ⌚ the top female finisher in the junior race at the Canadian Championship on June 1<sup>st</sup>, 2013 at Mt. Sutton, Quebec.
- ⌚ up to two additional junior athletes selected from the top 3 (or deeper if a spot is declined), **IF** the athletes demonstrate ‘competitive readiness’

### **Competitive readiness**

Competitive readiness will be determined by the selection committee based on at least the following: distance behind the winner, overall finishing times and potential placing at Worlds. The selection committee **reserves the right not to send any** junior athletes if it believes that no athlete would finish within 25% of the winning time at Worlds.

### **Selection must be accepted or declined by Saturday, July 27<sup>th</sup>, 2013 at noon.**

If any of these athletes decline their selection, the remaining spots will be selected by the committee based on performances during the 2012 mountain running season or other trail/road/track performances in 2013. Declarations for the at-large spots must be made by **Wednesday, July 24<sup>th</sup>, 2013** to [adrian.lambert@mountainrunning.ca](mailto:adrian.lambert@mountainrunning.ca)



## Selection Criteria Canadian Mountain Running 2013 National Teams



### Selection for the 10<sup>th</sup> NACAC Mountain Running Championships July 21<sup>st</sup>, 2013 in Cranmore – North Conway, N.H., USA

#### Senior Athletes

##### ***Men:***

- ⌚ three men will be selected from the top 3 at the Canadian Championships on June 1<sup>st</sup>, 2013 at Mt. Sutton, Quebec.
- ⌚ one man will be selected by the committee “at-large” based on performances results from the 2012 Canadian Mountain Running Championships, 2012 NACAC Championships, 2012 World Mountain Running Championships or other trail/road/track performances in 2013.

##### ***Women:***

- ⌚ three women will be selected from the top 3 at the Canadian Championships on June 1<sup>st</sup>, 2013 at Mt. Sutton, Quebec.
- ⌚ one woman will be selected by the committee “at-large” based on performances results from the 2012 Canadian Mountain Running Championships, 2012 NACAC Championships, 2012 World Mountain Running Championships or other trail/road/track performances in 2013.

Athletes wishing to qualify for the at-large spot **must submit an application** by **Wednesday, June 5<sup>th</sup>, 2013** by email to [adrian.lambert@mountainrunning.ca](mailto:adrian.lambert@mountainrunning.ca)

**Selection must be accepted or declined by Saturday, June 8th, 2013 at noon.**

Eligible athletes from the Canadian Championships will be contacted by email prior to the selection date.

**Note:** See also the requirements for all Canadian national team members at the end of this document.



# Selection Criteria Canadian Mountain Running 2013 National Teams



## Selection for the 10<sup>th</sup> World Long Distance Mountain Running Challenge

**August 3rd, 2013 in Szklarska Poręba, Poland**

### Senior Athletes

#### ***Men:***

- ⌚ three men will be selected by the committee “at-large” based on performances in any trail 50k, trail marathon or other ultra-distance trail running races in 2012 or 2013, and based on the 2012 or 2013 Canadian Mountain Running Championships, 2012 NACAC Mountain Running Championships and 2012 World Mountain Running Championships. If you are relying on race results from 2012, please also include more recent results which establish your current fitness from 2013.

#### ***Women:***

- ⌚ three women will be selected by the committee “at-large” based on performances in any trail 50k, trail marathon or other ultra-distance trail running races in 2012 or 2013, and based on the 2012 or 2013 Canadian Mountain Running Championships, 2012 NACAC Mountain Running Championships and 2012 World Mountain Running Championships. If you are relying on race results from 2012, please also include more recent results which establish your current fitness from 2013.

Athletes wishing to qualify for the team **must submit their results and apply** by **Wednesday, June 12<sup>th</sup>, 2013** by email to [adrian.lambert@mountainrunning.ca](mailto:adrian.lambert@mountainrunning.ca)

**Selection must be accepted or declined by Saturday, June 22nd, 2013 at noon.**

**Note:** See also the requirements for all Canadian national team members at the end of this document. Note that unlike other national teams, athletes who wish to compete at the World Long Distance Challenge are **not** required to be members of Athletics Canada.



# Selection Criteria Canadian Mountain Running 2013 National Teams



## Requirements for ALL Canadian Mountain Running team members

### Eligibility:

ALL selected team members must be:

- (a) Canadian Citizens;
- (b) members of the Canadian Mountain Running Association; and
- (c) members of their provincial branch of Athletics Canada (e.g. BC Athletics, Athletics Alberta, etc.).

### Good standing and good behavior:

All athletes must be in good standing with the Canadian Mountain Running Association and must agree to abide by Athletics Canada Code of Conduct while representing Canada. Breaches of the Code of Conduct may result in an athlete being ineligible for future national teams.

### Links:

Canadian Mountain Running Association: <http://www.mountainrunning.ca>

Athletics Canada: <http://www.athletics.ca>

Athletics Alberta: <http://www.athleticsalberta.com>

BC Athletics: <http://www.bcathletics.org>

Manitoba Athletics: <http://www.athleticsmanitoba.com>

Athletics New Brunswick: <http://www.anb.ca>

Newfoundland and Labrador Athletics: <http://www.nlaa.ca>

Sport North (North West Territories): <http://www.sportnorth.com>

Nova Scotia Athletics: <http://www.athleticsnovascotia.ca/>

Athletics Ontario: <http://www.athleticsontario.ca>

Sport PEI: <http://www.sportpei.pe.ca/>

Athletisme Quebec: <http://www.athletisme.qc.ca/>

Saskatchewan Athletics: <http://www.saskathletics.ca/>

Athletics Yukon: <http://www.athleticsyukon.ca/>

### Selection:

The national teams will be selected by the Canadian Mountain Running selection committee, whose decision is final.

### Questions

Please direct questions to Adrian Lambert: [adrian.lambert@mountainrunning.ca](mailto:adrian.lambert@mountainrunning.ca)

### Revisions

Subject to change without notice.

**Last Updated:** May 10<sup>th</sup>, 2013