



## 2010 BC Senior Track & Field Team Trials BC Championships - July 16 to 18 - Abbotsford

### BC Team Selection Criteria & Standards

#### Overview

The Canadian Track & Field Championships will be the Selection competition for the Cdn Team to the 2010 Commonwealth Games in Delhi, India October 6<sup>th</sup> to 14<sup>th</sup> (competition dates). See the Athletics Canada National Team Programs at: <http://www.athletics.ca/main.asp> The Cdn Championships are a critical step towards this major event.

**BC Athletics will provide support (Pending confirmation of funding for 2010/11) to those qualifying athletes** (see General Criteria for Funding & Team Selection and the team selection criteria and standards.)

- Maximum Team Size: 30 athletes plus staff

#### General Information

- Canadian Championships – Toronto, Ontario
- **Wednesday, July 28 to Saturday 31, 2010**

Dates	Description	Location/Notes
March 1/10 to July 18, 2010	Senior Race Walk Qualifying Window	See Equivalent Stds section for 20k qualifying criteria
Apr 1/10 to July 18, 2010	Qualifying Window	Legal Performances at Sanction T&F Competitions
July 9, 2010	Athlete Declarations – final date for receipt	<a href="http://www.bcathletics.org/main/sportspecific.htm">www.bcathletics.org/main/sportspecific.htm</a>
July 18, 2010	BC Team Selection	At conclusion of the 2010 BC Championships – Abbotsford
July 19 <sup>th</sup>	Entry deadline for Cdn Championships	BC Athletics will enter All BC Team Members
July 16-18, 2010	BC Senior Track & Field Championships	Qualifying Track & Field Championship for BC Team Selection and BC Athlete Assistance (BC Carding)

#### Selection Guidelines

Athletes wishing to be considered for selection to the BC Senior Team must:

1. Meet the BC Athletics General Criteria for Funding Support and Selection;
  2. Compete in the 2010 BC Senior T&F Championships in the events they wish to be considered for or as provided for events not held at the Championships or as per the exceptions as provided for in Selection Criteria #5.
  3. Meet the Selection Standards during the window of April 1, 2010 through to July 18, 2010 or as provided for the Race walk Events.
  4. Have been a Registered Competitive Athlete Member of BC Athletics at the time of achieving the Selection Standard
  5. Athletes must meet the Selection Criteria, which include the posted standards.
- [Athlete Declarations](#) are due at BC Athletics by July 9, 2010. Fax declarations to 604-333-3551 to the attention of BC Athletics Technical Manager – Track and Field.  
Declaration form: [www.bcathletics.org](http://www.bcathletics.org) – see Team Selection

### **Selection Criteria**

Athletes achieving the funding standards will be considered for selection in the following order:

1. Winner in standard in the selection meet;
2. Non winner in standard in the selection meet;
3. Winner in non standard but having achieved the standard in the current 2010 Outdoor season; Note: See Category 5
4. Non winner in non standard but having achieved the standard in the current 2010 Outdoor season; Note: See Category 5
5. Athletes unable to compete in the selection meet for the reasons as listed below will have their performances considered relative to criteria 3, 4 & 6. Notification in writing to BC Athletics is required prior to the start of the first day of competition unless otherwise noted;
  - a. Illness - a medical certificate is required plus a fitness test and the attainment of a standard prior to selection.
  - b. Injury - as in the above.
  - c. Domestic affliction.
  - d. Graduation from Secondary or Post Secondary School.
  - e. Conflict with a competition deemed to be of greater importance, **notification of which must be made to BC Athletics at least 2 weeks prior to the BC selection meet:** i.e. Canadian or BC Team Competition; Canadian Championship.
6. Other athletes may be considered by nearness to the standard and medal potential based on the results at the trial meets. Note: See Category 5

**NOTE:** Due to limitations in available funding, achieving the funding standard does not guarantee selection. **Entry standards or qualifying to enter the Canadian Championship is separate from the BC Team Standards and does not require achieving the BC Team Standards.**

### **BC Athlete Assistance 2010-2011** **Important information for athletes/coaches**

- **Athletes wishing to be considered for BC Athlete Assistance (BC Carding) must take part in the 2010 BC Senior Track & Field Championships unless they are:**
  1. **Competing on a Cdn or BC Team – notification to BC Athletics 2 weeks prior to the BC Championships**
  2. **Injured or Ill – ONLY a letter from a Medical Doctor will be accepted. This must be presented prior to the start of the Championships**
  3. **Domestic Affliction – defined as a personal or family tragedy, incident or emergency that does not allow you to attend the Championships. Notification must be received prior to the start of the Championships unless this is not possible.**
  4. **Education, Exam or Graduation commitment**

## 2010 BC Senior Team Selection Standards for the Canadian Senior Track & Field Championships

Women	Events	Men
<b>2010</b>		<b>2010</b>
11.77	100m	10.43
24.07	200m	21.09
54.89	400m	47.31
2:06.28	800m	1:49.15
4:17.12	1500m	3:46.65
16:24.24	5000m	14:09.74
35:21.92	10k	30:01.93
13.80	100mh	n/a
n/a	110mh	14.44
61.07	400mh	53.01
10:35.00	3000m s/c	9:00.24
5.76m	Long Jump	7.14m
1.80m	High Jump	2.14m
12.27m	Triple Jump	14.61m
4.00m	Pole Vault	5.00m
13.74m	Shot Put	15.89m
48.46m	Discus	52.24m
48.86m	Javelin	68.08m
59.20m	Hammer	59.11m
52:00.00	10k RW*	47:30.00
1:45:00.00	20k RW	1:35:00
4995	Hept / Dec	7069
4 x 100m Relay		
4 x 400m Relay		

### Please note:

\* Equivalent standard. Although BC Athletics provides an alternate standard for the Women's and Men's walks events, athletes who wish to be considered for the BC Team must:

- have from April 1, 2009 to July 18, 2010 competed in and completed a 20km walk event; and
- has met the 20k Walks BC Team standards as noted above.
- **The window of meeting team selection standards for Race Walks is from March 1, 2010 to July 18, 2010.**

Standards are based on the average of 4<sup>th</sup> place at the Cdn Senior T&F Championships from the previous 5 years. If necessary the standards are adjusted by the event group representatives to better reflect the expected performance levels of senior athletes on BC teams.