



Selection Criteria Canadian Mountain Running 2019 National Teams



Selection Criteria for the 35th World Mountain Running Championships November 15th, 2019 in Villa la Angostura, Argentina

Senior Athletes

- The top three men and top three women at the **Canadian Mountain Running Championships in Quebec City, QC on June 30th, 2019** will be automatically selected for the World Championship team.
- If one or more of the automatic qualifiers decline their spots, additional athletes will be selected based on the “at-large” criteria, with a preference for those who competed at the national championships.
- One additional man and one additional woman will be selected by the committee “at-large” based on performances at the Regional Mountain Running Qualifying Series, the Canadian Championships, World Championships, NACAC Championships, or other trail/road/track race in 2018 and 2019.

Junior Athletes (16- to 19-years old as of 31 December, 2019)

- the top male and top female finisher will each be selected from the junior race at the **Canadian Mountain Running Championships in Quebec City, QC on June 30th, 2019**.
- up to three additional junior athletes may be selected from the top 4 (or deeper if a spot is declined) or based on performances at the Regional Mountain Running Qualifying Series, Canadian, World and NACAC Championships, or other trail/road/track races in 2018 and 2019, **IF** the athletes demonstrate ‘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.

Athletes wishing to qualify for the at-large spots **must submit their results and apply** by **Sunday, June 30th, 2019** to [**adrian.lambert@mountainrunning.ca**](mailto:adrian.lambert@mountainrunning.ca)

Selection must be accepted or declined by Saturday, July 20th, 2019.

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



Selection Criteria Canadian Mountain Running 2019 National Teams



Selection for the 16th NACAC Mountain Running Championships October 19th, 2019 in Tepatitlan, Jalisco, Mexico

Men:

- All male spots will be selected by the committee “at-large” based on performances at the Regional Mountain Running Qualifying Series, the Canadian Championships, World Championships, NACAC Championships, or other trail/road/track races in 2018 and 2019.

Women:

- All female spots will be selected by the committee “at-large” based on performances at the Regional Mountain Running Qualifying Series, Canadian Championships, World Championships, NACAC Championships, or other trail/road/track race in 2018 and 2019.

Declarations for the at-large spots must be made by **Sunday, August 4th, 2019** to adrian.lambert@mountainrunning.ca

Selection must be accepted or declined by Saturday, August 10th, 2019.

Note: See also the requirements for all Canadian national team members at the end of this document. Note that unlike the Worlds Mountain Running Team, athletes who wish to compete at the NACAC Mountain Running Team are **not** required to be members of Athletics Canada.



Selection Criteria

Canadian Mountain Running

2019 National Teams



Selection for the 16th WMRA Long Distance Mountain Running Championships November 16th, 2019 in Villa la Angostura, Argentina

Senior Athletes

- The top three men and top three women at the **Canadian Long Distance Mountain Running Championships** at the Kal Park 50km Dirty Feet race in **Vernon, BC** on **May 5th, 2019** will be automatically selected for the World Championship team.
- If one or more of the automatic qualifiers decline their spots, additional athletes will be selected based on the “at-large” criteria, with a preference for those who competed at the national championships.
- Up to two additional men and two additional women will be selected by the committee “at-large” based on performances at the Regional Mountain Running Qualifying Series, the Canadian Championships, World Championships, NACAC Championships, or other trail/road/track race in 2018 and 2019.

Athletes wishing to qualify for the team **must submit their results and apply** by **Sunday, May 12th, 2019** by email to adrian.lambert@mountainrunning.ca

Selection must be accepted or declined by Sunday, May 19th, 2019.

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 Mountain Running Challenge are **not** required to be members of Athletics Canada.



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Requirements for ALL Canadian Mountain Running team members

Eligibility:

ALL selected team members **must** be:

- (a) Canadian Citizens; and
- (b) members of the Canadian Mountain Running Association.

In addition, all athletes competing at the World Mountain Running Championships **must** be:

- (c) members of their provincial branch of Athletics Canada (e.g. BC Athletics, Athletics Alberta, Athletics Ontario, Fédération Québécoise d'Athlétisme, 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/>

Athlétisme Quebec: <http://www.athlétisme.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

Revisions

Subject to change without notice.

Last Updated: June 16th, 2019