

2018-19 uOttawa Varsity Track & Field, Cross Country Championship Conference & U-Sport Championships Qualification Criteria

Cross Country

Once an athlete has achieved the “Team Threshold Standard” for Cross Country under the defined timeline or by the “Standard Challenge” (refer to Standards Chart), they are considered a member of the uO Varsity Team for the Fall 2018 Season. The athlete must declare their team intention to participate in the season at the start of the Fall semester with the Head Coach and indicate with their personal coach the training and competition plan for potential successes.

The following week after the start of Fall Semester classes, all declared athletes must be fully compliant with all team membership fees, team academic standards and uOttawa and U-Sport compliance regulations. The final step will be to fulfill all the U-Sport requirements and RSEQ requirements during the exhibition season to be eligible to compete at the RSEQ Championships. The RSEQ Championships will serve as the selection qualifier for the U-Sport National Championships. To be selected for the U-Sport National Championships an athlete(s) must complete one of the following:

1. For Team Qualification – Finish no lower than a 3rd place finish the Team Scoring.
A Team member is defined as a scoring member – team top 5 place. If the team has 6th or 7th finishers that individually place well in the final rankings, one or both will be considered for the National Championship nomination.
2. For Individual Qualification – A finish place of 19th or better in the individual athlete rankings may be considered. A top 14 finish (2nd Team All-Conference) will be an automatic nomination.

Track & Field

Once an athlete has achieved the “Team Threshold Standard” for the Track & Field Team under the defined timeline or by achieving a “Standard” during the current season in a recognized competition, (refer to Standards Chart), they are considered a member of the uO Varsity Team for the current season and enter the selection pool for the Conference Championships.

The Competitive Process:

1. The athlete must meet the conference regulations for selection as well as any specific team standards or criteria.
2. The more an athlete competes, the more the athlete increases their opportunity for a performance(s) that could see them selected to the conference championship team.
3. In general terms, it will be the competitive results between January 24 to February 16, 2019 that will be considered for an athlete nomination to the conference team. Athletes who by personal choice, injury or academic conflict compete in limited opportunities in this period will be effectively reducing their potential for team selection. The more frequent the results and the more recent in proximity to the Championships the better. Achieving the Conference / uOttawa Entry Standard (refer to the Conference Entry Standards Chart) allows you to enter the selection pool for consideration to the uOttawa conference team.

4. For relay teams, we will value passing skills on the 200m track, aggressiveness and relay splits on these tracks to have more value than other tracks. We will consider the flat 200m track results at 200m, 400m and 800m to have valued consideration for relay selection with the conversion factors applied against those on the OS/B Tracks.
5. Competition results used, will employ the U-Sport Rankings converted performance. We will consider/value the performance times with the 200m conversion bonus on the 200m flat ovals VS OS/Banked on the Trackie U-Sport Rankings. Please review these online rankings carefully and ensure all your performances are included ... this means the non-U-Sport events as well – 200m, 400m, 500m, 800m, 5000m. The Mile and 1500m are equated in the rankings.

Selection to the Conference Team will consider the following criteria:

1. The Head Coach will make the final team / athlete selection to the Championship. The Head Coach will consult with an athlete's personal coach when the athlete results are not clearly or decisively apparent.
2. Achievement of Conference / uOttawa Standard(s) for an event(s) is the beginning of the process. HOW MANY times have you achieved and surpassed minimum standards between Jan. 24 to Feb. 16, 2019 is important.
3. An athlete's competition results in the defined time window (above) will also consider factors like: head to head outcomes, overall finish placing, defeating tough opponents, a continued performance improvement. Relays: Was the athlete a significant member of a relay team, athlete splits in previous team results, did their effort move the team up in the races.
4. Field events and straightaway events will be considered equal on all venues.
5. We will consider an athlete's impact to the both the school records and the uOttawa All-Time Rankings.
6. Finally, we will look at the Conference Rankings after being updated from the Feb. 16-17 weekend results. Athletes and relay team members need to be present on high side of the ranking or have performance trending to scoring potential (Top 8 finish).
7. An athlete who is injured will not be named to the conference team. All athletes must prove their state of readiness to compete at the final opportunity of February 16th, 2019.
8. **On Sunday, February 17th, the Conference Championship Team for uOttawa will be finalized.**
9. It is a privilege, NOT a right to be considered for this team.

Selection to the U-Sport National Championship Team will consider the following criteria:

The athlete must qualify for selection under the U-Sport Championship Rules and Regulations.

A "FINAL uOttawa Team Assessment" for a competitive nomination to the Nationals will come with a "competitive test / challenge" hosted on the Saturday before the start of the U-Sport National Championships.

An injured athlete will not be nominated to the National Championship. The Head Coach will make the final team / athlete selection to the Championship. The Head Coach will consult with an athlete's personal coach when the athlete results are not clearly or decisively apparent.

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