



2016 Team Ontario Canadian Cross Country Championships

Team Selection Criteria

Prepared by:

Athletics Ontario

Date:

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Contact Information:

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Overview

The **Canadian Cross Country Championships** will be hosted in Kingston, Ontario on Nov 26, 2016. Athletics Ontario is pleased to announce this important competitive opportunity for Youth, Junior and Senior men's and women's cross country athletes. Team selection will be done at the Athletics Ontario Cross Country Championships.

General Information

DATES	DESCRIPTION	LOCATION/ INFORMATION
Nov 13, 2016	AO XC Championships	Firemens Park, St. Catherines
Nov 13, 2016	Team Ontario Selection	To be started at the conclusion of the Selection Meet (above)
Nov 26, 2016	Canadian XC Championships	Kingston, ON

Eligibility

1. Registered competitive member of Athletics Ontario and in good standing
2. Must be a Canadian citizen or landed immigrant and be prepared to show documentation
3. Must compete in the Athletics Ontario Provincial Championships (Youth Junior/Senior)

Team Selection Guidelines

1. Total number of athletes allowed on team: 36
2. Maximum number of female athletes allowed on team: 18 (6 Youth, 6 Junior 6 Senior)
3. Maximum number of male athletes allowed on team: 18 (6 Youth, 6 Junior 6 Senior)



Selection Process

1. The first three finishers in each category at the 2016 Ontario Cross Country Championships will be automatically selected provided they express their intention to enter the 2016 Canadian Cross Country Championships.
2. The remaining athletes will be selected to the best of our ability on the basis of recent results achieved from Sept 1, 2016 up to the weekend of the AO Championships (Nov 13 2016).
3. The team members will be announced and/or notified after the Provincial and before the National Championships
4. The team will be confirmed and declared to the race organizers just prior to or at the 2016 Canadian Cross Country Championships Technical meeting in Kingston.
5. There is no AO funding for team members – there is honour in representing your province and the participation of athletes will be much appreciated by AO. Team members will receive a long-sleeved team Ontario shirt. Athletes may wear their club singlets while also representing AO in the provincial team championship in Kingston.



2016 Athletics Ontario –Team Ontario Declaration form

I wish to be considered for: Team Ontario at the Canadian Cross Country Championships _____
DEADLINE FOR APPLICATION Nov 13, 2016 kylesmith@athleticsontario.ca

Name:

Date of birth:	Email:	Phone(cell):
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Home address:

City:	Province:	Postal Code:
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	OHIP number:	AO number:
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COACH INFORMATION

Coach:

Coach's email:

Club:	Coach's email:	Coaches cell:
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EMERGENCY CONTACT

Name of a relative and relationship:

Address:	Phone:
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City:	Province:	Email:
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PERFORMANCE INFORMATION

1 st Best 2016 performance: Location/Date:	2 nd Best 2016 Performance: Location/Date:	3 rd Best Performance Location/Date:
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ADDITIONAL INFORMATION

Medical Information (to be kept confidential): Please list any allergies, medications or any other medical condition(s).

Parental/Legal Guardian Release (under 18 years)

I _____ (print name) am the parent/legal guardian of _____ (name of athlete) and I hereby grant permission for him/her to participate in the **Canadian Cross Country Championships** (Nov 26, 2016) with Team Ontario.

Signature of athlete:	Date:
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Signature of parent/legal guardian:	Date:
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