

Selection Criteria for 2023 Athletics Alberta Legion Team



Team Staff

Head Coach: Ciera Wolf – Capital City Track Club – Throws

Event Coach: Joanna Cooper – St. Albert Mustangs – Sprints, Hurdles, and Relays

Event Coach: Max Legault – Red Deer Titans – Endurance

Apprentice Coach: Amy Millar – St. Albert Mustangs – Jumps and Combined Events

Chaperones (4): To be appointed by Legion Alberta-NWT Command

Sport Coordinator: Nick Stoffberg, Athletics Alberta (send inquiries to operations@athleticsalberta.com)

2023 Athletics Alberta Legion Team Information

Age Groups and Selection Meet

All athletes selected to the Athletics Alberta Legion Team must be 14-17 years as of December 31, 2023 (Year of Birth: 2006 to 2009).

The Athletics Alberta Legion Team will be selected at the CALTAF Classic in Calgary, Alberta taking place from June 16-18, 2023.

Team Objectives:

- To select the most competitive athletes who are prepared to achieve seasonal bests at the National Youth Track and Field Championships in Sherbrooke, Quebec from Aug 11-13, 2023.
- To provide a positive national competitive experience for the Athletics Alberta Legion Team.
- To prepare athletes for future National Teams opportunities.
- To finish as one of the top Provincial Teams at the Championships.

Athletes will be selected in two age groups for Athletics Alberta Legion Team. The U18 age group (2006, 2007) will have 24 athletes and the U16 age group (2008, 2009) have 12 athletes (36 athletes in total). The staff will consist of 4 coaches (1 Head Coach, and 3 Event Coaches) and 4 chaperones.

Athletes wanting to be considered for the Athletics Alberta Legion Team must complete the online athlete declaration form and submit it to the Athletics Alberta **by 12:00 pm on June 19, 2023 (Monday after trials)**. The declaration form is [available here](#).

Athletes wishing to be considered for selection to the Alberta Legion Team must:

1. Take part in the selection meet.
2. Be a member of Athletics Alberta in good standing.
3. Be Canadian citizens or permanent residents.
4. Meet the residency requirements to eligible compete for the province.
5. Meet the selection criteria and standards.
6. Athletes who lack sportsmanship and have behavioral issues may not be selected to the team.
7. If unable to attend the selection trials for a medical, or scholastic commitment, but wish to be considered please contact office for more information. The office must be contacted at operations@athleticsalberta.com prior to the selection meet. An exception can be made for injuries within the trials meet at the discretion of the selection committee.

Note: Combined Events will be selected based on their best 2023 results but should participate in individual events at the Trials meet (CALTAF) to show health and fitness.

2023 Athletics Alberta Legion Team Selection Criteria

Athletes will be considered for selection in the order of the following order criteria. Due to limitations in team size, achieving the standard does not guarantee selection.

1. Multiple first places with standard in each in a legal performance at the selection meet.
2. Multiple first and second places with standard in each in a legal performance at the selection meet.
3. First place with standard in a legal performance at the selection meet.
4. Multiple first places at the selection meet with standard in each event in a legal performance elsewhere during the 2023 outdoor season.
5. Multiple first and second places at the selection meet, having achieved the standard in each in legal performance elsewhere during the 2023 outdoor season.
6. First place at the selection meet without standard but having achieved the standard a legal performance elsewhere during the 2023 outdoor season.
7. Multiple second places with standard in each in a legal performance at the selection meet.
8. Multiple second places without standard at the selection meet, having achieved the standard in each in a legal performance elsewhere during the 2023 outdoor season.
9. Non-winner with standard in multiple events in a legal performance at the selection meet.
10. Non-winner with standard in a legal performance at the selection meet.
11. Non-winner without standard, having achieved the standard in multiple events in a legal performance elsewhere during the 2023 outdoor season.
12. Non-winner without standard, having achieved the standard in a legal performance elsewhere during the 2023 outdoor season.
13. Other athletes will be considered by nearness to standard, ability to double in events, ability to add depth to a relay team and medal potential, not necessarily in this order.

Notes:

- The U18 athletes and the U16 athletes will be selected separately. In the case of a tie between athletes within a category, their performances at the selection meet will be compared to results from the 2022 Legion National meet. The athlete with the highest-ranking performance being selected. Remaining ties will be broken by ability to add depth to relay teams, then by the second-best performance within the 2023 outdoor season.
- Combined Events athletes with standard in each in a legal performance during the 2023 outdoor season will be considered relative to Criteria 1, 2, or 3. Wind in combined events is determined as an average of the relevant events (e.g. Women's Heptathlon measures the average wind in the 100mH, 200m, Long Jump).
- Non-winner as used in the criteria is defined as any finish below second place.
- Non-winners will be selected in order of their placing at the selection meet.
- A maximum of two athletes per event can be selected.

2023 Athletics Alberta Legion Team Selection Standards

Standards are based on the Athletics Alberta and Athletics Canada rankings. The standards are adjusted by the Team Staff to better reflect the expected performance levels of Alberta athletes on the 2023 Athletics Alberta Legion team.

U16			U18	
Women	Men		Women	Men
12.50	11.46	100m	12.30	11.10
25.70	23.25	200m	25.10	22.45
41.40	36.95	300m		
		400m	57.50	50.10
2:16.50	2:01.00	800m	2:14.00	1:56.00
3:41.00	3:17.00	1200m		
		1500m	4:38.00	3:59.50
6:40.00	5:57.00	2000m		
		3000m	10:12.00	8:49.00
12.10		80m Hurdles		
	14.35	100m Hurdles	14.75	
		110m Hurdles		15.10
28.55	26.65	200m Hurdles		
		400m Hurdles	1:06.00	57.50
5:11.00	4:39.00	1500m Steeplechase		
		2000m Steeplechase	7:30.00	6:16.00
1.58	1.77	High Jump	1.63	1.90
2.90	3.30	Pole Vault	3.15	3.75
5.20	6.10	Long Jump	5.40	6.50
10.90	12.45	Triple Jump	11.15	13.10
11.50	13.50	Shot Put	12.65	14.50
33.00	44.50	Discus Throw	36.00	42.00
43.00	45.00	Hammer Throw	46.00	48.00
35.50	46.50	Javelin Throw	38.00	50.00
2800	2650	Pentathlon		
		Heptathlon	4250	
		Decathlon		5100