



2024 ONTARIO V. QUEBEC U16 DUAL MEET

TEAM SELECTION CRITERIA

Prepared by: Athletics Ontario

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2024 Ontario vs Quebec U16 Dual Meet

General Information

The ON v. QC U16 Dual meet is an annual competition between Ontario and Quebec. The purpose is to provide U16 athletes an opportunity to compete in a team environment in a friendly scoring competition. *This is a development team and as such athletes should fall within the appropriate athlete development category (**Train to Train**)*. When Quebec hosts, selected Team Ontario athletes have an opportunity to travel out of province for the competition. Athletes must be in the U16 division. Younger athletes may be added to the team based on the discretion of the selection committee.

The 2024 Ontario vs Quebec U16 Dual Meet will be held on **February 10th, 2024** at the Toronto Track and Field Center, Ontario.

DATES OF INTEREST

DATES	DESCRIPTION	LOCATIONS/INFORMATION
June 1, 2023 - January 21, 2024	Qualifying Window	
January 13-14, 2024	Selection Meet	Toronto Track & Field Centre
January 15, 2024	Performance Tracking List Release	List of auto selections and descending order list
January 21, 2024 11:59 pm ET	Athlete Declaration Deadline (no late declarations accepted)	Declaration Link http://www.trackiereg.com/2024-AO-TEAMONTU16DUAL
January 22, 2024	Team Ontario Selection	Committee to select team
January 24, 2024	Initial Team Announcement (pending appeals). Team fee link sent. Appeals Open	AO Weekly Newsletter AO Instagram/Facebook
January 26, 2024 5:00 pm ET	Athlete Appeal Deadline (no late appeals accepted)	Responses to appeals sent by Tuesday, January 30th by 5:00pm ET
January 31, 2024	Final Team Ontario	Final Announcement
February 5, 2024 11:59 pm ET	All Team Fees Due See Team Fees/Expenses section	Team fee link sent to selected athletes
February 6, 2024	Team Ontario Coaches Meeting	@TTFC or online
February 10, 2024	ON v. QC Meet	Toronto Track & Field Centre

NOTE: DATES ARE SUBJECT TO CHANGE WITHOUT NOTICE

Selection Committee

- Manager, AO High Performance, Manager - Angela Whyte
- Associate Manager, AO Athlete, Coach & Officials Development- Saheed Khan
- Manager, Competition, Technical Specification & Logistics - Randolph Fajardo
- ON v. QC Dual, Team Ontario, Head Coaches - TBD

For information on the coach selection process visit:
<https://athleticsontario.ca/athletes/teams/>

Athlete Eligibility

Athletes Must:

1. Be born 2009 or after.
2. Be a registered competitive member of Athletics Ontario and in good standing.
3. Declare interest on the Trackie website no later than **January 21, 2024 by 11:59 pm, ET.**
4. Have an eligible performance
 - a. A performance from an Athletics Ontario sanctioned/approved meet
 - b. Performance must appear on the Athletics Canada rankings
5. Converted Times - converted times will be accepted under the following conditions.
 - a. Athletes using a converted mark must use the conversion tables provided in this document.
 - b. Hyperlink of the athlete performance must be submitted.
 - c. Outdoor sprints and horizontal jump performances must be wind legal

Events Being Offered

TRACK EVENTS	FIELD EVENTS
• 60m	• Long Jump
• 60m Hurdles	• Triple Jump
• 300m	• High Jump
• 800m	• Pole Vault
• 2000m	• Shot Put
• 1500m RW	• Weight Throw
• 4 x 200m Relay	

Team Fees/Expenses

A team fee of \$55.00 + HST will be charged per athlete upon selection to the team. Fees are due by February 5, 2024 by 11:59pm ET. Any athlete who has not submitted their team fee by the deadline will be removed from the roster. Removed athletes **may be** replaced with eligible/qualified athletes (at the discretion of the selection committee).

Travel and Accommodations

Athletes are responsible for their travel and accommodations for this competition.

Uniforms

Team members will receive a Team Ontario singlet.

Team Selection Guidelines

Team Composition:

1. Total number of athletes allowed on team: 50
2. Maximum number of female athletes allowed on team: 27
3. Maximum number of male athletes allowed on team: 27

There is a maximum of (3) entries that will be allowed to score per event per province.

The selection committee reserves the right to make adjustments to the selections to ensure the most competitive team. Priority will be given to those athletes who can compete in multiple events. Considerations will be made to fill vacant events.

Eligible Performances:

1. Qualifying performances will be accepted from the indoor and outdoor seasons beginning June 1, 2023. The qualifying window will close on January 21, 2024.
2. Athletes that have declared by the declaration deadline will be a part of the selection pool.
 - a. **IMPORTANT: ALL INTERESTED ATHLETES MUST DECLARE IN ORDER TO BE CONSIDERED FOR TEAM SELECTION.** It is the responsibility of the athlete (via coaches/parents) to submit their best verified performance during the qualification period. Performances must appear on the 2023-2024 Athletics Canada Indoor Rankings.
 - b. **NOTE: Athletics Ontario/the selection committee does not track performances during the qualification period and will base all selection from the pool of declared athletes.**

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Selection Process:

The team will be chosen by the following.

1. **Team Selection Meet - Saturday, January 13, 2024**
 - a. Auto select = winner + selection standard for event.
2. Remaining spots will be filled based on declared performances from other athletes who hit the selection standard, from the descending order list of eligible performances.
3. Any other spots remaining may be filled by athletes who have not achieved the selection standard but are the top ranked declared athletes, from the descending order list of eligible performances.

NOTE: It is the responsibility of coaches/parents/ athletes to submit their best performances. The selection committee will only use verified performances declared by each athlete.

Acceptable Performances:

Converted marks will be accepted. Any outdoor converted mark must be wind legal (+2.0 m/s or under).

Any outdoor mark must first be converted to an indoor time. Then that converted indoor time must be converted to the event (see outdoor conversion table).

Conversions:

The following table outlines which events will be accepted for conversions to events contested at the Dual Meet. Converted times may be used for seed purposes.

i = indoors, o = outdoors

ON v. QC Dual Meet Event	Accepted Alternatives for Conversion
60m	50m (i)
300m	200m (i & o), 400m (i & o)
800m	600m (i), 1000m (i), 1200m (i & o)
2000m	1500m (i & o), 3000m (i & o)

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The following table provides the calculation that must be used to convert to Dual Meet events. No other conversions will be accepted.

Covert:	Calculation:
<ul style="list-style-type: none"> 50m to 60m 	50m time x 1.158
<ul style="list-style-type: none"> 200m to 300m 400m to 300m 	200m time x 1.597 400m time x 0.713
<ul style="list-style-type: none"> 600m to 800m 1000m to 800m 1200m to 800m 	600m (i) time in sec. x 1.435 1000m (i) time in sec. x 0.7654 1200m (i) time in sec. /1.645
<ul style="list-style-type: none"> 1500m to 2000m 3000m to 2000m 	1500m (i) time in sec. x 1.3921 3000m (i) time in sec. x 0.6470

If using outdoor performances, complete the following operations (in the table below) ***first***, before using the above conversions

Original Outdoor Time	Conversion from outdoor to indoor time
200m	Add 0.50s
300m	Add 0.80s
400m	Add 1.10s
800m	Add 2.40s
1200m	Add 3.50s
1500m	Add 3.90s
2000m	Add 4.58s
3000m	Add 5.90s

Example: converting an outdoor 200m time (25.21 sec.) to an 300m indoor time

- 25.21 sec + 0.50 = 25.71
 - The above calculation is the converted 200 (o) to 200m (i)
- 25.71 sec x 1.597 = 41.06
- 41.06 is the converted 300m indoor time

Relay Team Selection:

Relay teams (4x200m) will be chosen from athletes who are selected to the team for individual events.

Appeals

1. Eligible athletes that were not selected for the team and have met the athlete eligibility requirements may submit an appeal.
2. All appeals whether medical or extenuating circumstances must be submitted with supporting documentation indicating that the athlete will be competition ready by the Dual Meet.
3. All appeals are subject to a non-refundable \$25 fee.
 - a. If the appeal is successful, the appeal fee will be applied to the team fee.
4. Appeals must be completed and submitted to angela.whyte@athleticsontario.ca by Friday, **January 26, 2024 by 5:00pm ET.**
5. All appeals will be addressed and closed by Tuesday, **January 30, 2024 by 5:00pm ET.**

Team Ontario - Athlete Responsibilities

1. Team staff will monitor **physical readiness and health status** of team members and have the authority to make substitutions where these are deemed necessary. An athlete who is deemed unfit or injured by the Team Staff may be replaced.
2. All team staff and athletes must abide by the AO Code of Conduct, which is available by clicking on the link below: <https://athleticsontario.ca/about/policies-and-governance/> and click "AO Member Code of Conduct"
3. Upon selection to Team Ontario, all athletes are expected to participate to their fullest. Any athlete in violation of the honest effort rule will be noted and may affect selections to future Team Ontario events.

Athlete Declaration Form

Athlete declarations must be made online. The declaration link is available at <https://athleticsontario.ca/athletes/teams/>. The deadline to declare is Sunday, **January 21, 2024 by 11:59 pm, ET.**

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Selection Standards

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GIRL'S STANDARDS	EVENTS	BOY'S STANDARDS
8.29	60m	7.67
45.39	300m	41.02
2:31.01	800m	2:15.17
6:43.63	2000m	6:14.47
10.01	(.762) 60mH (.840)	10.67
No Standard	1500m Race Walk	No Standard
1.45m	High Jump	1.48m
1.50m	Pole Vault	2.00m
4.70m	Long Jump	5.01m
10.07m	Triple Jump	10.39m
8.51m	(3km) Shot Put (4kg)	10.74m
11.78m	(5.45kg) Weight Throw (7.26kg)	10.46m