

## **2008 ARMED FORCES MEN'S AND WOMEN'S TRACK AND FIELD TEAM SELECTIONS FOR CISM WORLD CHAMPIONSHIPS**

**1. COMPETITION RULES AND GUIDLINES:** The regulations of the International Amateur Athletic Federation (IAAF) will be applied (most recent edition). The present rules must regulate all the CISM Track and Field championships. The official language in which these this second part of the regulations has been established is English. This version prevails in case of dispute. For all the cases non specified in the present regulations, the International Amateur Athletics Federation (IAAF) regulations will be applied.

**2. SELECTION CRITERIA:** Evaluation of athletes with recent performances can be risky, but in current funding limitations, it is a necessity. There should be a few ground rules for this evaluation:

- a. Only legitimate USATF or IAAF sanctioned competitions in the same calendar year should be considered.
- b. Only Fully Automatic Timing should be allowed.
- c. Substantiating performance with USATF, sanctioned meet official results, or Track and Field News should be accomplished for each athlete claiming a particular performance that calendar year. Official results will only be accepted, a letter from their commander whom hand timed them on the track or measured their throw is NOT acceptable.
- d. Making the CISM Standards B (see below) are the only athletes to be considered. Priority goes to the athletes making the A standard, with exception describe below.
- e. Special consideration should take into account deployment/station location of the athlete and possibility of a legitimate competition being at their disposal.

Other considerations: Prior to departing to the competition it will be beneficial for the United State performance at the CISM championships to have a staging area where a local USATF Open competition can be utilized to evaluate fitness level, health and relay team selections in the form of run offs.

As a point of reference, in the past, track and field teams sent to CISM events have been less than triumphant. One possible reason was the expected fitness of the athletes was underestimated from a 'paper' evaluation of their performance that calendar year. If athletes are not considered fit, they should be sent home. This 'camp' is not an opportunity for the athlete to get in shape, but should be viewed as a 'final tune up' for the CISM Championship. Relays teams can practice and compete in preparation for the Championships as well.

Also, the head coach should take into consideration the utilization of multi-event athletes. For example, a 400 meter hurdlers sprinter can also be a 1600 m relay team member. The shot putter can also throw the discus, if meeting the standard.

In summary for other considerations:

- Tune up camp will help finalize the team
  - Relay team selections
  - Send home athletes coming to camp out of shape
  - Sharpen athletes prior to Championships
  - Multiple event athletes depending upon their qualifications and specific discipline
- Requirement:
  - Local USATF Open competition with legitimate timing mechanisms and officials
  - Housing to provide meals and facilities to train
  - 1-2 weeks prior to Championships
  - Possible staging area for the Championships

### **3. SCHEDULE OF USUAL CISM EVENTS:**

#### **Typical eight day program**

1st day : arrival of mission  
 2nd day : preparatory conference - training  
 3rd day : training  
 4th day : opening ceremony - start of the competition  
 5th day : competitions  
 6th day : competitions - closing ceremony  
 7th day : cultural day  
 8th day : departure of missions

### **4. TYPICAL TEAM COMPOSITION - CISM CHAMPIONSHIP:** Upon selection of the team members via their performance.

The CISM official team membership follows for both men and women's team:

- 1 Chief of Mission
- 1 team chief
- 3 coaches
- 1 masseur
- 1 "ad libitum"
- 20 athletes

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 - 27 members maximum

**5. RECOMMENDED CISM CHAMPIONSHIP:** The chart below outlines our proposed A and B standard CISM team consideration. The top three athletes meeting the A standard will be considered first for team. Athletes meeting the B standard would be considered for team based on current marks as compared to last three CISM to meet the finals in their respective discipline.

#### **Men**

#### **Women**

"A"

"B" Field  
Size<sup>1</sup>

"A"

"B" Field  
Size<sup>1</sup>

<b>100m</b>	10.36	10.51	3
<b>200m</b>	20.85	21.45	3
<b>400m</b>	46.25	47.25	3
<b>800m</b>	1:48.45	1:50.45	3
<b>1500m</b>	3:42.10	3:47.80	3
<i>Mile</i>	<i>3:59.50</i>	<i>4:06.00</i>	
<b>5000m</b>	13:52.00	14:10.00	3
<b>10,000m</b>	28:45.30	29:30.00	3
<b>110m Hurdles</b>	13.89	14.30	3
<b>400m Hurdles</b>	50.75	51.45	3
<b>3000m Steeplechase</b>	8:45.70	9:07.00	3
<b>20,000m Race Walk</b>	1:36:00.00	1:40:00.00--	3
<b>10,000 Track Walk</b>	39:35.00		
<b>High Jump</b>	2.20 m	2.15 m	3
<b>Pole Vault</b>	5.50 m	5.05 m	3
<b>Long Jump</b>	7.75 m	7.40 m	3
<b>Triple Jump</b>	15.90 m	15.35 m	3
<b>Shot Put</b>	18.59 m	18.59 m	3
<b>Discus Throw</b>	58.80 m	58.80 m	3
<b>Hammer Throw</b>	64.62 m	64.62 m	3
<b>Javelin Throw</b>	70.00 m	70.00 m	3
<b>Decathlon</b>	7600 pts.	7000 pts.	3

<b>100m</b>	11.48	12.20	3
<b>200m</b>	23.40	24.40	3
<b>400m</b>	52.70	54.50	3
<b>800m</b>	2:05.50	2:09.80	3
<b>1500m</b>	4:16.50	4:27.80	3
<i>Mile</i>	<i>4:37.00</i>	<i>4:49.60</i>	
<b>5000m</b>	15:56.00	16:52.00	3
<b>10,000m</b>	34:00.00	35:00.00	3
<b>100m Hurdles</b>	13.25	14.20	3
<b>400m Hurdles</b>	57.95	1:00.82	3
<b>3000m Steeplechase</b>	10:18.00	10:50.25	3
<b>20,000m Race Walk</b>	1:50:00.00	1:54:00.00	3
<b>5,000 Track Walk</b>	22:36.00		
<b>High Jump</b>	1.82 m	1.75 m	3
<b>Pole Vault</b>	4.20 m	3.80 m	3
<b>Long Jump</b>	6.30 m	5.97 m	3
<b>Triple Jump</b>	13.00 m	12.32 m	3
<b>Shot Put</b>	16.00 m	16.00 m	3
<b>Discus Throw</b>	54.50 m	54.50 m	3
<b>Hammer Throw</b>	61.00 m	61.00 m	3
<b>Javelin Throw</b>	47.00 m	47.00 m	3
<b>Heptathlon</b>	5450 pts.	5000 pts.	3