

CAF International Running Team – Team Composition and Selection Guidance

1. Team Composition

The CAF International Running Team shall consist of up to 40 individuals, 20 male and 20 female, divided between the two primary running disciplines:

- **Cross Country**
- **Distance Running**

The core team will provide a pool of athletes from which the Team Manager and Coaching Staff may select athletes to represent the CAF at specific competitions.

For each competition, **up to four (4) male/female athletes** may be selected to represent the CAF International Running Team, subject to the applicable competition regulations and **CISM rules**.

a. CISM Competition Requirements

In accordance with CISM regulations, a maximum of **four (4) male/female athletes** may be entered in an individual running event, unless otherwise specified by the applicable competition regulations.

b. Team vs. Race Specific Team

Selection to the team does not automatically guarantee selection for every competition. The team is intended to provide a consistent athlete development and identification pool. Competition-specific selections will be made based on the athlete's current performance, suitability for the event, availability, commitment to the team, communication & professionalism with Team Staff/teammates and the overall requirements of the competition.

2. Competitions and Events

The CAF International Running Team will participate in competitions identified through the **CISM competition calendar**, as well as selected CAF national-level events that support athlete development and team objectives.

Competitions may include, but are not limited to:

a. CISM Summer World Games

- Track and Field events
- Marathon

b. CISM Half Marathon Championship

c. CISM Marathon Championship

d. CISM Cross Country Championship

e. CAF National-Level Races and Championships

The competition schedule may be adjusted based on the official CISM calendar, CAF operational requirements, funding, travel availability, and other factors affecting team participation.

3. Athlete Eligibility and Selection Criteria

To be considered for membership on the CAF International Running Team, athletes must demonstrate that they meet the applicable **performance standards** outlined in **Table 1 – Performance Standards**.

Meeting the minimum performance standard establishes an athlete's **eligibility for consideration**; it does not constitute an automatic selection to a competition team.

Selection for individual competitions will be based on a combination of the following factors:

a. Performance

- Recent race results and demonstrated competitive performance.
- Achievement of the applicable performance standard.
- Valid FORCE Test with no MEL.
- Active CAF member with CoC endorsement.

b. Communication and Professionalism

- Timely and professional communication with the Team Manager and Coaching Staff.
- Responsiveness to team communications and administrative requirements.
- Demonstrated commitment to representing the CAF and the team in a professional manner.

c. Team Contribution

- Positive contribution to team morale and culture.
- Willingness to support and encourage fellow athletes.
- Demonstrated teamwork and professionalism during training, travel, competition, and other team activities.
- Ability to contribute positively to the development and success of the CAF International Running Team.

d. Availability and Commitment

Athletes must demonstrate the ability and willingness to meet the training, competition, travel, and administrative requirements associated with team participation. Athletes selected to represent the CAF are expected to make the necessary commitment to prepare appropriately for the competition. Our team priority will not take precedence over your unit deployment priority or over your career courses to reach OFP.

See Table 1 – Performance Standards for applicable qualifying times.

4. Nomination and Submission Deadline

Athletes wishing to be considered for the CAF International Running Team must submit their nomination and supporting race results **no later than 1 December 2026**. Team Management will then take 2 weeks to review all application and make their decision before the Xmas break period.

The nomination package should include the athlete's relevant race results and any other information requested by the Team Manager or Coaching Staff. Only official Chip time Race Results will be accepted, no virtual races results.

Race results achieved after the nomination deadline may be considered **under exceptional or special circumstances**. The Team Manager retains the discretion to accept late results where circumstances warrant, including significant qualifying performances, schedule changes, injury recovery, or other circumstances that reasonably prevented the athlete from meeting the original deadline.

Late submission does not guarantee consideration or selection.

5. Core Team Athlete Support and Development

Athletes selected to the CAF International Running Team core roster will have access to the support and expertise of the **CAF International Running Team Coaching Staff**.

The purpose of the core team is not only to identify athletes for competition but also to **support the long-term development of CAF runners** and create a structured pathway toward national and international competition.

Coaching Staff may provide support in areas including:

- Individualized training guidance.
- Training planning and periodization.
- Race preparation and competition strategy.
- Performance analysis.
- Running-specific technical development.
- Guidance on recovery and training load management.
- Goal setting and long-term athlete development.
- Advice and mentorship related to competitive running.
- Team training opportunities where available.

Athletes are encouraged to maintain regular communication with the Coaching Staff and actively participate in their own development. Core team membership is intended to create a collaborative relationship between

the athlete and Coaching Staff, with the ultimate objective of improving individual performance and strengthening the CAF's ability to compete successfully at the international level.

6. Selection Authority

Final decisions regarding competition team selection will be made by the **Team Manager in consultation with the Coaching Staff**, taking into consideration the applicable CISM regulations, CAF requirements, performance standards, athlete availability, and the overall needs of the team.

Selection decisions will be based on the information available at the time of selection and may be subject to change due to injury, illness, availability, operational requirements, changes to the competition schedule, or other unforeseen circumstances.

Core team membership should therefore be viewed as an opportunity to develop, compete, and contribute to the CAF International Running Team, rather than as a guarantee of selection for a specific international competition.

Table 1. CAF International Running Team Performance Standards

Women's Team	Distance	Men's Team
≤20:00	5000m	≤16:00
≤41:00	10000m	≤35:00
≤1:35:00	½ Marathon	≤1:17:00
≤3:20:00	Marathon	≤2:45:00

Note A: Team Manager reserves the right to select team members outside of the criteria of this selection direction based on submission of exceptional circumstance request.

Note B: 10k Race Results are priority for Cross Country selection as Cross Country distance are 8k/10k but we will accept 5k results for purposes of the 2027 WMG selection. Marathon is mandatory for Marathon selection.

Please send official race results to the Team Manager, Maj Kristine Self at kristine.self@forces.gc.ca