



BC Athletics

2014-15 BC AAP Information

FOR: **ATHLETES**

COACHES

1.0 PROGRAM DESCRIPTION

The BC Athlete Assistance Program (BC AAP) is a Provincial Government program run for athletics, and administered through BC Athletics, the Provincial Sport Organization (PSO). It is more commonly known as “BC Carding.” The program is designed to financially assist those athletes who demonstrate through their performance and commitment in Athletics that they have the potential to (1) be Nationally Carded; and (2) to be members of Canada’s National Senior Teams.

The funding provided is a subsidy and not intended as the sole source of income. Funding is not automatic, and is subject to the following:

- Available funds specifically for this program as provided by the BC Government;
- Submission of all required application forms and requested documents for BC AAP;
- The meeting of all necessary criteria (see below);
- Ranking high enough by performance and scorecard point totals.

1.1 Role of BC Athletics

BC Athletics, through the Track & Field Committee and staff, sets out the criteria for selection. BC Athletics as the PSO, administers the program and communicates with the BC Colleges and Universities eligible under the program, and the Sport and Recreation Branch of Government. The Track & Field Committee responsible for establishing the criteria, and the selection of athletes, is made up of 2 event representatives for each of the following groups: the sprints & hurdles, jumps, throws, middle distance, long distance, combined events and Walks.

1.2 Funding Year

The year of assistance is October 1 through September 30. Only performances in this 12 month period will be considered. All athletes wishing to be considered must be registered with BC Athletics in order to have performances recognized for the purpose of carding.

1.3 Total Available Funding

For the 2014-15 BC Carding year, Athletics has available \$39,010.00 in funding through Sport and Recreation Branch, Ministry of Healthy Living and Sport, unless amended by the BC Government. This funding is to be provided to eligible and selected athletes for the qualifying period (October 1, 2013 - September 30, 2014)

1.4 Funding per Athlete

The amount of funding that any one athlete is eligible for ranges from \$500.00 CDN up to \$3500.00 CDN. A complete breakdown of individual funding can be found in Appendix A. Factors for establishing individual athlete funding amounts are dependent on the following factors:

1. The total amount of funding available for this program (see above);
2. The level of performance;
3. The Status of an athlete (Secondary School, Post-Secondary School or Working);
4. The Level of Athlete Performance. An athlete’s participation on:
 - a. A National Senior Team, National Junior Team or National Youth Team; or
 - b. A BC Age Group Team or Western Canada and Canada Summer Games Team; or
 - c. Nationally Carded Athlete; or
 - d. Competing for a Post-Secondary Institution or Club.

Understanding limitations in funding, BC Athletics may adjust the maximum funding amount per athlete in order to fund as many athletes as possible while maintaining an effective amount of funding. For example, if total available funding can only fund 20 athletes with the maximum amount (100% per athlete, BC Athletics will adjust the maximum amount per athlete (i.e. 85%) to assist more athletes. Funding maximum are set be the BC Government through the BC Athlete Assistance program.

1.5 Age Range Policy

The focus of the program is to provide financial assistance to those athletes in the 18 to 30 year range. BC Athletics does not preclude funding athletes who are 16/17 (Youth) years of age, or over the age of 30. Age performance standards have been published for 16 and 16 year old athletes. For athletes over the age of 30, the athlete's performances must show the following:

- a. Potential for international level performances;
- b. A continued commitment to high level performance;
- c. Whose event requires a longer period of athlete development to reach international performance levels;
- d. Whose performances have shown continued improvement during the previous years.

1.6 Injury Cards

Eligible athletes who have been carded in the previous year (2013-14); who met the age performance standard in the previous year (2013-14); who are eligible to receive funding based on the established eligibility requirements; who have been injured or ill during the year; and who have been unable to meet the criteria for carding can apply for an injury card. All athletes wishing to be considered under an injury card must complete all application requirements, and must also provide additional documentation in the form of:

- | | |
|------------|---|
| Document 1 | A formal letter, signed by the athlete and the athlete's personal coach outlining the nature of the injury/illness; the impact it had on training, competition and performance; the current status of the athlete relative to training, rehabilitation, competition and performance; and |
| Document 2 | A letter from the doctor(s) involved in the diagnosis or the injury/illness and their current update and recommendations with respect to training and competition at the time of the injury/illness, and an update of the athletes current status pertaining to the injury/illness in question. |

Please note that BC Athletics will provide carding support for only 1 year under the Injury Card status.

1.7 Marathon Development

As part of the Long Term Athlete Development (LTAD) model that appreciates the length of time required to develop national and world class marathoners. Athletes who have road running performances at 10Km and Half Marathon distances in sanctioned events on certified courses should submit a BC AAP application. Under consideration will be the Age Performance Standards for 10Km, and Half Marathon. Further information may be required from the athlete and personal coach.

1.8 NCAA Athletes

Athletes attending and NCAA Division I Institution can accept BC AAP funding as of August 1, 2013. Under NCAA bylaw 12.1.2.4.7 the definition of entities that can issue support under “Training Expenses” is extended to “...a government entity.” This includes BC Athletics. Because there is reasonable access to training facilities and competition travel during the school year (fall-late spring), BC Athletics NCAA athletes who are selected for funding will receive funding for the summer program (June-August or 3 months).

1.9 Nationally Carded Athletes

Athletes who may be Nationally Carded for (2013-14) are also encouraged to apply for BC AAP funding. Limited funding may be provided (funding permitting). All Nationally Carded Athletes must comply with the eligibility requirements and funding commitments of the BC AAP program, and must apply for funding in order to be considered.

2.0 ELIGIBILITY

Athletes wishing to be considered for funding must meet the following eligibility requirements as set forth by BC Athletics and the Province of British Columbia.

2.1 Eligible Athletes

Those who are eligible for BC Athlete Assistance must:

- a. Meet the BC Athletics General Criteria for Funding and Selection ([click here for link](#));
- b. Meet the BC Athlete Assistance Program requirements of athlete eligibility and commitment;
- c. Be at least 16 years of age during the year of competition (qualification period) in which the performances were achieved;
- d. Compete in a BC Athletics Championship for their age group unless:
 - i. Competing on a Canadian (National) or BC (Provincial) team;
 - ii. Injured or Ill. Only a letter from a medical doctor will be accepted. This must be presented prior to the start of the championships;
 - iii. Domestic Affliction: defined as a personal or family tragedy, incident or emergency that does not allow you to attend the championships. Notification must be received prior to the start of the championships unless this is not possible;
 - iv. Education, Exam or Graduation commitment.

2.2 In-Eligible Athletes

Those athletes who are NOT eligible for BC Athlete Assistance are:

- a. Those athletes attending a post-secondary school that forbids the receipt of financial assistance;
- b. Those athletes who are in receipt of BC Athlete Assistance or National Carding in a sport other than Athletics (unless so arranged between the sports);
- c. Those not meeting the eligibility criteria listed above; and
- d. Those athletes who are under suspension by BC Athletics, Athletics Canada or Sport Canada for any doping related offence, or any offence warranting such penalty.

3.0 APPLICATION PROCESS

3.1 Online Declaration Form

To be completed by the athlete, and submitted by the athlete. Beginning in 2014, all application must be submitted via the Online Declaration Form only. No paper printouts will be accepted. This form can be found on the BC Athletics website. This form along with all other supporting documents (below) will need to be submitted prior to the published deadline of November 21, 2014. To access this online form, please click on the link below:

ONLINE DECLARATION FORM

3.2 Detailed Yearly Training Plan

To be completed by the personal coach, and submitted by the athlete using the Online Declaration Form. All athletes wishing to be considered for funding, must submit a Detailed Yearly Training Plan (YTP) along with the Online Declaration Form. This can be added to the form as an attachment under the (INFORM). This must be submitted using the online form. Email will not be accepted. Also, only Word, Excel or PDF formats will be accepted.

Once athletes have been selected for funding, BC Athletics will review the Detailed Yearly Training Plan prior to the release of funds. Please be sure that the Detailed Yearly Training Plan includes the following information:

1. Training and Competition Events (example: meets, testing dates, training camps etc...)
2. Fixtures (example: major competitions)
3. Training Phases (example: general preparation, competitive season etc...)
4. Training Intensity and Volume
5. Peaking & Goals Information
6. Other information as you see fit

BC Athletics understands that each personal coach may have a preference in how the above information in the Yearly Training Plan is written/presented. If any of the above information is not clearly indicated, further documentation may be required.

3.3 Supporting Documents

3.3a Injury Card Documentation (see: Section 1.6)

Current Status Letter. A formal letter detailing the injury, and the current status of the athlete must be accompanied with the Online Declaration. This can be attached to the online declaration prior to its submission. Email will not be accepted. Only Word, Excel or PDF formats will be accepted.

Letter from a Medical Doctor. A formal letter detailing the nature of the injury, the recommendations given as well as the current status of the athlete. This can be attached to the online declaration prior to its submission. Email will not be accepted. Only Word, Excel or PDF formats will be accepted.

3.3b BC Championships Exemption (see: Section 2.1)

Please provide proof of notification to BC Athletics sent prior to the BC Championships. Proof may be in the form of a copy of an email, fax or letter sent to the Technical Manager for Track & Field.

4.0 SELECTION

The athletes select themselves based on their performances throughout the year. All performances must be achieved in sanction competitions, and therefore listed on the Athletics Canada rankings list ([link](#)). All performances must meet the rules for recognizing performances (i.e. legal wind readings etc...).

4.1 Specific Selection Criteria

1. Athletes need to meet the minimum age performance standard (see Appendix C & B) in the event (one only) they wish to be carded in within the established qualification period. Other athletes may be considered by nearness to the age performance standard if funds are available (see below).
2. Athletes will also have a point score tallied based on performance points (see below).

4.2 Age Performance Standards (APS)

Achieving the age performance standard enters the athlete into the selection pool for consideration of funding. Achieving the age performance standard is not a guarantee of selection for funding. BC Athletics will calculate your percentage of age performance standard.

BC Athletics have published Age Performance Standards for women (see: Appendix B) and men (see: Appendix C). These performance standards are created in consultation with the Track & Field Committee and BC Athletics staff. Standards take into consideration a wide variety of factors. These standards are currently revisited annually.

Update: BC Athletics is looking at creating standards for a 4 year period. Starting in 2015, age performance standards will be released no later than February, and in place for 4 years.

Athletes who have achieved a performance near to their age performance standard, but not surpassing it, are encouraged to apply for BC AAP funding. This is recommended as these athletes may be considered for funding if all athletes who achieved the minimum athlete performance standard have been selected, and available funds remain.

An athlete's point total for age performance standard is designated through the percentage of age performance standard (PAPS). For example, if an athlete is 102.587% of their APS, then their PAPS is 102.587 points.

4.3 Performance Points (PP)

Athletes are assigned performance points based on their achievements during the qualification period (see: Appendix E). Points are assigned for the following:

- a. The percentage off the IAAF 2012 Olympic Entry Standard (see: Appendix D);
- b. Placing at Canadian Championships: an athlete's placing at the national Senior, Junior or Legion Youth championships in track & field, marathon or road running. Senior is weighted

higher than Junior, which is weighted higher than Youth. An athlete can score in only one age group;

- c. Canadian Ranking: an athlete's national ranking in their age group, Senior, Junior or Youth. Senior is weighted higher than Junior, which is weighted higher than Youth. An athlete can score in only one age group;
- d. Placing at BC Championships: an athlete's placing at the provincial Senior, Junior or Legion Youth championships in track & field, marathon or road running. All places in each age group are scored equally. An athlete can score in only one age group;
- e. BC Ranking: an athlete's provincial ranking in their age group, Senior, Junior or Youth. All rankings in each age group are scored equally. An athlete can score in only one age group;
- f. BC Team Selection: athletes selected to a provincial team for Senior, Junior, Legion Youth Western Canada Summer Games and Canada Summer Games. Senior is weighted higher than Junior, which is weighted higher than Youth. An athlete can score for any 2 teams;
- g. Canadian Team Selection: athletes selected to a national team for Senior, National Development, Junior and Youth teams. Senior teams are weighted higher than National Development teams, which are weighted higher than Junior teams, which is weighted higher than Youth teams. Athletes can score only one team;
- h. Improvement Points: Points are also awarded to athletes who have shown improvement over the previous year. Improvement is measured against the IAAF Olympic Entry Standards. Athletes improving in performance to place within 6% or higher of the IAAF Olympic Entry Standard are awarded improvement points. Two performances in one event can be scored.

An athlete's point total for performance points is designated through the percentage of performance points (POPP). For example, if an athlete scores 98 points (PP) out of a possible 107 points, then they would have a percentage of 91.600%. Their POPP is therefore 91.600 points.

4.4 Qualification Period

The qualification period for athletes to obtain a legal performance, performance achievement items and the BC Championships criteria is October 1, 2013 - September 30, 2014

4.5 Athlete Scorecard and Ranking List

After scoring each athlete, athletes and their personal coaches will be provided with a copy of the athlete's scorecard. After the scorecard has been sent, athletes and their personal coaches will have 7 days to review, sign and return the athlete scorecard to BC Athletics (via email)

After all scorecards have been returned, BC Athletics will release a ranking list (website) of athletes based on their scores. After this has been released, BC Athletics will determine those athletes that will receive funding.

4.6 Program Timelines

BC Athletics will make every effort to this timeline. Circumstances sometimes require adjustments, therefore athletes and personal coaches are please asked to monitor their email for important updates.

Circulation of BC Athlete Assistance information	September 22
Application deadline	November 21

Circulation of athlete scorecards	November 26
Athlete scorecard confirmation due	November 30
Ranking list published (online)	December 1
Deadline for Appeal	December 4
Announcement of selected athletes	December 9
Circulation of funding (cheques) to athlete	December 2014 - January 2015

5.0 APPEALS

Athletes may appeal the decisions of the selection committee based on the: (1) The award level or amount for which they have been recommended or (2) The athlete has not been recommended for athlete assistance, and believes they should be, based only on the published criteria.

5.1 Appeals Deadline

All appeals must be received by BC Athletics no later than December 4, 2014.

5.2 Appeals Process

All appeals must be based on the criteria as outlined above. The process for BC AAP appeals is the following:

- Step 1 Athletes must submit a Formal Letter of Appeal to the BC Athletics Technical Manager (via email) no later than the published deadline (see above).
- Step 2 All appeals will be forwarded to the Track & Field Committee and staff for decision. The initial appeal decision will be sent to the athlete and personal coach of the athlete via email, and will require a confirmation signature from both.
- Step 3 If the initial appeal is accepted, the athlete and personal coach must sent the Appeals Sign-Off form.
- Step 4 If the initial appeal is not accepted, a Formal Letter of Appeal is to be submitted to the President/CEO of BC Athletics no later than 5 days after the initial appeal is received. The final appeal is then considered by the BC Athletics Appeals committee of the Board of Directors.
- Step 5 The Final Appeal will be communicated back to the athlete and personal coach by the BC Athletics President/CEO. The decision of the appeals committee shall be final.

6.0 QUESTIONS

For any questions relating to BC Athlete Assistance, please contact the Technical Manager for Track & Field at the information below.

Garrett Collier
 E: garrett.collier@bcathletics.org
 T: (604) 333-355

APPENDIX A: Athlete Level, Status and Funding Amounts

Award Level	Performance Level	Award Amounts			
		Working	Post-Secondary		Secondary School
			Non-NCAA	NCAA	
LEVEL 5	<ul style="list-style-type: none"> - National Senior Team - World Class¹ 	Up to 20% of annual Sport Canada funding received by athlete; OR up to \$2250 if not nationally carded.	Up to 25% of annual Sport Canada funding received by athlete; OR up to \$3500 if not nationally carded.	Up to 25% of annual Sport Canada funding received by athlete; OR up to \$875 if not nationally carded.	Up to \$2000
LEVEL 4	<ul style="list-style-type: none"> - National Team Pool² - National Training Centre 	Up to 15% of annual Sport Canada funding received by athlete; OR up to \$2000 if not nationally carded.	Up to 20% of annual Sport Canada funding received by athlete; OR up to \$3500 if not nationally carded.	Up to 20% of annual Sport Canada funding received by athlete; OR up to \$875 if not nationally carded.	Up to \$1500
LEVEL 3	<ul style="list-style-type: none"> - National Senior Development Team - National Junior Team - Canada Games Team - Provincial Senior Team 	Up to 10% of annual Sport Canada funding received by athlete; OR up to \$1750 if not nationally carded.	Up to 15% of annual Sport Canada funding received by athlete; OR up to \$3000 if not nationally carded.	Up to 15% of annual Sport Canada funding received by athlete; OR up to \$750 if not national carded	Up to \$1000
LEVEL 2	<ul style="list-style-type: none"> - National Youth Team - Provincial Junior Team - Western Canada Games Team 	Up to \$1500	Up to \$2500	Up to \$625	Up to \$750
LEVEL 1	<ul style="list-style-type: none"> - Provincial Youth Team - Elite Club - University/College 	Up to \$1250	Up to \$2000	Up to \$500	Up to \$500

1 - defined as top 36 on [IAAF Senior Age Lists](#).

2 - defined as leading to a recognized Multi-Sport Games (example: Pan Am Games, Commonwealth Games, Olympics Games etc...)

APPENDIX B: 2014-15 Age Performance Standards (Women)

EVENTS	AGE													
	Cdn Jr 3 rd	18	19	20	21	22	23	24	25	26	27	28	29	30
100m	11.95	11.92	11.88	11.85	11.81	11.78	11.75	11.71	11.68	11.64	11.61	11.58	11.54	11.51
200m	24.64	24.56	24.47	24.39	24.30	24.22	24.13	24.05	23.96	23.88	23.79	23.71	23.62	23.54
400m	55.76	55.51	55.26	55.01	54.76	54.51	54.26	54.01	53.76	53.51	53.26	53.01	52.76	52.51
800m	2:10.28	2:09.66	2:09.04	2:08.42	2:07.80	2:07.18	2:06.56	2:05.94	2:05.32	2:04.70	2:04.08	2:03.46	2:02.84	2:02.22
1500m	4:31.36	4:29.86	4:28.26	4:26.66	4:25.06	4:23.46	4:21.86	4:20.26	4:18.66	4:17.06	4:15.46	4:13.86	4:12.26	4:10.66
3000m	9:55.42	9:51.67	9:47.92	---	---	---	---	---	---	---	---	---	---	---
5000m	17:00.87	16:54.50	16:48.12	16:41.75	16:35.37	16:29.00	16:22.62	16:16.25	16:09.87	16:03.50	15:57.12	15:50.75	15:44.37	15:38.00
10,000m	---	36:05.96	35:46.96	35:27.96	35:08.96	34:49.96	34:30.96	34:11.96	33:52.96	33:33.96	33:14.96	32:55.96	32:36.96	32:17.96
H Marathon	---	---	---	1:18:27	1:17:59	1:17:31	1:17:03	1:16:35	1:16:07	1:15:39	1:15:11	1:14:43	1:14:15	1:13:47
Marathon	---	---	---	2:41:36	2:40:35	2:39:35	2:38:34	2:37:34	2:36:33	2:35:32	2:34:32	2:33:31	2:32:31	2:31:30
3000m RW	15:12.00	---	---	---	---	---	---	---	---	---	---	---	---	---
10K RW	53:36.00	52:59.40	52:22.80	51:46.20	51:09.60	50:33.00	49:56.40	49:19.80	48:43.20	48:06.60	47:30.00	46:53.40	46:16.80	45:40.20
20K RW	---	---	---	1:49:29	1:48:04	1:46:39	1:45:14	1:43:49	1:42:24	1:40:59	1:39:34	1:38:09	1:36:44	1:35:19
100mH - 30"	13.32	---	---	---	---	---	---	---	---	---	---	---	---	---
100mH - 33"	14.35	14.26	14.17	14.09	14.00	13.91	13.82	13.73	13.65	13.56	13.47	13.38	13.29	13.21
300mH	43.00	---	---	---	---	---	---	---	---	---	---	---	---	---
400mH	60.78	60.46	60.13	59.81	59.48	59.16	58.83	58.51	58.18	57.86	57.53	57.21	56.88	56.56
2000mSC	7:11.23	7:03.48	6:55.73	6:47.98	6:40.23	6:32.48	6:24.73	6:16.98	6:09.23	6:01.48	5:53.73	5:45.98	5:38.23	5:30.48
3000mSC	---	11:01.99	10:56.39	10:50.79	10:45.19	10:39.59	10:33.99	10:28.39	10:22.79	10:17.19	10:11.59	10:05.99	10:00.39	9:54.79
High Jump	1.70	1.72	1.73	1.75	1.77	1.78	1.80	1.81	1.83	1.85	1.86	1.88	1.90	1.91
Pole Vault	3.54	3.61	3.68	3.74	3.81	3.88	3.95	4.01	4.08	4.15	4.22	4.28	4.35	4.42
Long Jump	5.68	5.75	5.83	5.90	5.97	6.05	6.12	6.19	6.26	6.34	6.41	6.48	6.56	6.63
Triple Jump	11.86	12.03	12.20	12.36	12.53	12.70	12.87	13.04	13.20	13.37	13.54	13.71	13.88	14.04
Shot Put - 3K	14.80	---	---	---	---	---	---	---	---	---	---	---	---	---
Shot Put - 4K	12.82	13.22	13.61	14.01	14.40	14.80	15.19	15.59	15.98	16.38	16.77	17.17	17.56	17.96
Discus	41.28	42.78	44.28	45.78	47.28	48.78	50.28	51.78	53.28	54.78	56.28	57.78	59.28	60.78
Hammer - 3K	57.90	---	---	---	---	---	---	---	---	---	---	---	---	---
Hammer - 4K	50.14	51.53	52.92	54.31	55.70	57.09	58.48	59.87	61.26	62.65	64.04	65.43	66.82	68.21
Javelin - 500g	47.51	---	---	---	---	---	---	---	---	---	---	---	---	---
Javelin - 600g	43.37	44.64	45.91	47.18	48.45	49.72	50.99	52.26	53.53	54.80	56.07	57.34	58.61	59.88
Hep - Youth	4850	---	---	---	---	---	---	---	---	---	---	---	---	---
Heptathlon	4538	4644	4750	4856	4962	5068	5174	5280	5386	5492	5598	5704	5810	5916

APPENDIX C: 2014-15 Age Performance Standards (Men)

EVENTS	AGE													
	Cdn Jr 3 rd	18	19	20	21	22	23	24	25	26	27	28	29	30
100m	10.79	10.76	10.73	10.69	10.66	10.63	10.60	10.56	10.53	10.50	10.47	10.43	10.40	10.37
200m	21.58	21.53	21.48	21.43	21.38	21.33	21.28	21.23	21.18	21.13	21.08	21.03	20.98	20.93
400m	47.93	47.79	47.66	47.52	47.38	47.24	47.11	46.97	46.83	46.69	46.56	46.42	46.28	46.14
800m	1:51.11	1:50.84	1:50.57	1:50.30	1:50.03	1:49.76	1:49.49	1:49.22	1:48.95	1:48.68	1:48.41	1:48.14	1:47.87	1:47.60
1500m	3:54.59	3:53.44	3:52.29	3:51.14	3:49.99	3:48.84	3:47.69	3:46.54	3:45.39	3:44.24	3:43.09	3:41.94	3:40.79	3:39.64
5000m	14:57.73	14:51.36	14:44.98	14:38.61	14:32.23	14:25.86	14:19.48	14:13.11	14:06.73	14:00.36	13:53.98	13:47.61	13:41.23	13:34.86
10,000m	---	31:25.58	31:09.83	30:54.08	30:38.33	30:22.58	30:06.83	29:51.08	29:35.33	29:19.58	29:03.83	28:48.08	28:32.33	28:16.58
H Marathon	---	---	---	1:08:01	1:07:38	1:07:15	1:06:52	1:06:29	1:06:06	1:05:43	1:05:20	1:04:57	1:04:34	1:04:11
Marathon	---	---	---	2:26:48	2:25:53	2:24:58	2:24:03	2:23:08	2:22:13	2:21:18	2:20:23	2:19:28	2:18:33	2:17:38
3000m RW	13:32.00	---	---	---	---	---	---	---	---	---	---	---	---	---
10K RW	---	46:21.00	45:52.00	45:23.00	44:54.00	44:25.00	43:56.00	43:27.00	42:58.00	42:29.00	42:00.00	41:31.00	41:02.00	40:33.00
20K RW	---	---	---	1:34:00	1:33:00	1:32:00	1:31:00	1:30:00	1:29:00	1:28:00	1:27:00	1:26:00	1:25:00	1:24:00
50K RW	---	---	---	4:26:07	4:22:47	4:19:27	4:16:07	4:12:47	4:09:27	4:06:07	4:02:47	3:59:27	3:56:07	3:52:47
110mH - 36"	13.43	---	---	---	---	---	---	---	---	---	---	---	---	---
110mH - 39"	14.46	14.39	14.31	---	---	---	---	---	---	---	---	---	---	---
110mH - 42"	---	---	---	14.50	14.43	14.35	14.28	14.20	14.13	14.05	13.98	13.90	13.83	13.75
300mH	37.95	---	---	---	---	---	---	---	---	---	---	---	---	---
400mH	54.31	54.01	53.71	53.41	53.11	52.81	52.51	52.21	51.91	51.61	51.31	51.01	50.71	50.41
2000mSC	5:54.30	5:52.45	5:50.60	5:48.75	5:46.90	5:45.05	5:43.20	5:41.35	5:39.50	5:37.65	5:35.80	5:33.95	5:32.10	5:30.25
3000mSC	9:09.51	9:06.65	9:03.79	9:00.93	8:58.07	8:55.21	8:52.35	8:49.49	8:46.63	8:43.77	8:40.91	8:38.05	8:35.19	8:32.33
High Jump	2.01	2.03	2.05	2.07	2.09	2.11	2.13	2.15	2.17	2.19	2.21	2.23	2.25	2.27
Pole Vault	4.35	4.45	4.54	4.64	4.73	4.83	4.93	5.02	5.12	5.21	5.31	5.41	5.50	5.60
Long Jump	6.87	6.96	7.05	7.14	7.23	7.32	7.41	7.50	7.59	7.68	7.77	7.86	7.95	8.04
Triple Jump	14.07	14.29	14.50	14.72	14.93	15.15	15.36	15.58	15.79	16.01	16.22	16.44	16.65	16.87
Shot Put - 5K	19.15	---	---	---	---	---	---	---	---	---	---	---	---	---
Shot Put - 6K	16.64	17.06	17.48	---	---	---	---	---	---	---	---	---	---	---
Shot Put	---	15.51	15.89	15.90	16.32	16.74	17.16	17.58	18.00	18.42	18.84	19.26	19.68	20.10
Discus - 1.50K	53.78	---	---	---	---	---	---	---	---	---	---	---	---	---
Discus - 1.75K	49.79	51.24	52.69	---	---	---	---	---	---	---	---	---	---	---
Discus	---	47.93	49.29	50.61	51.93	53.25	54.57	55.89	57.21	58.53	59.85	61.17	62.49	63.81
Hammer - 5K	64.58	---	---	---	---	---	---	---	---	---	---	---	---	---
Hammer - 6K	58.95	60.90	62.85	---	---	---	---	---	---	---	---	---	---	---
Hammer	53.59	55.23	56.86	58.66	60.46	62.26	64.06	65.86	67.66	69.46	71.26	73.06	74.86	76.66
Javelin - 700g	64.45	---	---	---	---	---	---	---	---	---	---	---	---	---
Javelin	60.29	61.84	63.39	64.94	66.49	68.04	69.59	71.14	72.69	74.24	75.79	77.34	78.89	80.44
Octathlon	5400	---	---	---	---	---	---	---	---	---	---	---	---	---
DEC - Junior	6377	6505	6633	---	---	---	---	---	---	---	---	---	---	---
Decathlon	---	---	---	6761	6889	7017	7145	7273	7450	7529	7657	7785	7913	8041

APPENDIX D: 2012 IAAF London Olympic Entry Standards

Women							Event		Men						
6%	5%	4%	3%	2%	1%	A Stand			A Stand	1%	2%	3%	4%	5%	6%
11.97	11.85	11.74	11.63	11.52	11.40	11.29	100m		10.18	10.28	10.38	10.49	10.59	10.69	10.79
24.49	24.26	24.02	23.79	23.56	23.33	23.10	200m		20.55	20.76	20.96	21.17	21.37	21.58	21.78
54.64	54.13	53.61	53.10	52.58	52.07	51.55	400m		45.30	45.75	46.21	46.66	47.11	47.57	48.02
2:07.09	2:05.89	2:04.70	2:03.50	2:02.30	2:01.10	1:59.90	800m		1:45.60	1:46.66	1:47.71	1:48.77	1:49.82	1:50.88	1:51.94
4:20.76	4:18.30	4:15.84	4:13.38	4:10.92	4:08.46	4:06.00	1500m		3:35.50	3:37.66	3:39.81	3:41.97	3:44.12	3:46.27	3:48
16:15.20	16:06.00	15:56.80	15:47.60	15:38.40	15:29.20	15:20.00	5000m		13:20.00	13:28.00	13:36.00	13:44.00	13:52.00	14:00.00	14:08.00
33:39.30	33:20.25	33:01.20	32:42.15	32:23.10	32:04.05	31:45.00	10,000m		27:45.00	28:01.65	28:18.30	28:34.95	28:51.60	29:08.25	29:24.90
2:46:25	2:44:51	2:43:17	2:41:43	2:40:08	2:38:34	2:37:00	Marathon		2:15:00	2:16:21	2:17:42	2:19:03	2:20:24	2:21:45	2:23:06
1:39:07	1:38:11	1:37:14	1:36:18	1:35:22	1:34:26	1:33:30	20K RW		1:22:30	1:23:19	1:24:09	1:24:59	1:25:48	1:26:38	1:27:27
							50K RW		3:35:00	3:37:09	3:39:18	3:41:27	3:43:36	3:45:45	3:47:54
13.74	13.61	13.48	13.35	13.22	13.09	12.96	100mH	110mH	13.52	13.66	13.79	13.93	14.06	14.20	14.33
58.83	58.28	57.72	57.17	56.61	56.06	55.50	400mH		49.50	50.00	50.49	50.99	51.48	51.98	52.47
10:17.98	10:12.15	10:06.32	10:00.49	9:54.66	9:48.83	9:43.00	3000mSC		8:23.10	8:28.13	8:33.16	8:38.19	8:43.22	8:48.26	8:53.29
1.84	1.86	1.88	1.89	1.91	1.93	1.95	High Jump		2.31	2.29	2.26	2.24	2.22	2.20	2.18
4.25	4.29	4.33	4.37	4.41	4.46	4.50	Pole Vault		5.72	5.66	5.61	5.55	5.50	5.45	5.40
6.37	6.43	6.49	6.55	6.62	6.68	6.75	Long Jump		8.20	8.12	8.04	7.96	7.88	7.81	7.74
13.49	13.62	13.75	13.88	14.02	14.16	14.30	Triple Jump		17.20	17.03	16.86	16.70	16.54	16.38	16.23
17.26	17.43	17.60	17.77	17.94	18.12	18.30	Shot Put		20.50	20.30	20.10	19.90	19.71	19.52	19.34
58.49	59.05	59.62	60.19	60.78	61.39	62.00	Discus		65.00	64.36	63.73	63.11	62.50	61.90	61.32
65.57	66.19	66.83	67.48	68.14	68.81	69.50	Hammer		78.00	77.23	76.47	75.73	75.00	74.29	73.58
57.55	58.10	58.65	59.22	58.90	60.40	61.00	Javelin		82.00	81.19	80.39	79.61	78.85	78.10	77.36
5660	5714	5769	5825	5882	5941	6000	HEP	DEC	8200	8119	8039	7961	7885	7810	7736

APPENDIX E: Performance & Improvement Points

Percent of IAAF Olympic Standard	Within	0%	1%	2%	3%	4%	5%	6%								
	Points	15	13	11	9	7	4	1								
Placing at Canadian Championships	Place	1	2	3	4	5	6	7	8							
	Senior Points	15	12	10	8	7	6	5	4							
	Junior Points	7.5	6.0	5.0	4.0	3.5	3.0	2.5	2.0							
	Youth Points	5.0	4.0	3.3	2.6	2.3	2.0	1.6	1.3							
Canadian Age-Group Ranking	Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	Senior Points	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
	Junior Points	7.5	6.0	6.5	6.0	5.5	5.0	4.5	4.0	3.5	3.0	2.5	2.0	1.5	1.0	0.5
	Youth Points	5.0	4.6	4.3	4.0	3.6	3.3	3.0	2.6	2.3	2.0	1.6	1.3	1.0	0.6	0.3
Placing at Provincial Championships	Place	1	2	3	4	5	6	7	8							
	Points	8	7	6	5	4	3	2	1							
Provincial Age-Group Ranking	Place	1	2	3	4	5	6	7	8							
	Points	8	7	6	5	4	3	2	1							
Provincial Team Member	BC Team	Senior			Junior			Youth								
	Points / Team	4			2			1								
Canadian Team Member	Canadian Team	Senior			Senior Development			Junior			Youth					
	Points / Team	8			6			4			2					

In order to receive improvement points for at least of ONE of the performances in ONE identified event, at least one performance must have equalled or bettered the 6% IAAF Olympic Standard (above) during the competition year (qualification period). BC Athletics will calculate improvement points based on the top two performances of the current year, and the improvement upon the previous year's performance.

Improvement from Previous Year	% Improvement	1% Improvement		2% Improvement		3% Improvement	
	Performance # 1	3 points		6 points		9 points	
	Performance # 2	2 points		4 points		6 points	