



2018/2019 BC Athletics High Performance Athlete Support Information

1.0 OVERVIEW

BC Athletics, working with personal coaches and member clubs, leads the development of High Performance athletes in the sport of Athletics in British Columbia. Together with our funding partners (government, national/provincial organizations, corporations and foundations) BC Athletics provides support for athletes and coaches with the goal of strong representation and podium performances at National championships, advancing more BC athletes to National Teams, and Podium Performances at International competition.

The purpose of this document is to provide athletes and coaches with information concerning the BC Athletics High Performance System with specific reference to Athlete Assistance. Please note that BC Athletics reserves the right to update this document at any time. Any such update will be considered valid upon posting on the BC Athletics website at www.bcathletics.org.

1.1 Qualification Period

The qualification period for athletes to obtain a legal performance, performance achievement items and the BC Championships criteria is October 1, 2017 - September 30, 2018

1.2 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 2018
Application deadline	November 1, 2018
Enhanced Excellence Program (IPS) Athletes Identified	November 2018
BC Athletes Assistance Program (AAP) Athletes Identified	February 2019
Circulation of Funding	February 2019

1.3 BC Athletics High Performance System

Within the BC Athletics High Performance System there are 3 main programs of support available to athletes. These include:

1. Financial support through the BC Athlete Assistance Program (BC AAP),

2. Access to services through the Enhanced Excellence Program (Canadian Sport Institute and PacificSport) (IPS), and
3. Travel to national championships and national multi-sport games through the BC Team and Team BC program.

Athletes must be selected to receive all 3 support opportunities through their specific selection standards and criteria.

2.0 Enhanced Excellence Program (IPS)

The Canadian Sport Institute, through a partnership with the Province of BC and ViaSport, the network of PacificSport Centres, and BC Athletics collaborates to deliver programs and services that aim to support BC athletes as they pursue spots on National Teams, and ensure athletes and coaches have every advantage to win medals for Canada. The partners work jointly to encourage sport excellence and increase podium performances in communities throughout British Columbia.

Athletes wishing to be considered for Enhanced Excellence must meet the following eligibility requirements as set forth by BC Athletics and the Canadian Sport Institute Pacific.

ELIGIBLE athletes must:

- a) Meet the BC Athletics [General Criteria for Funding and Selection](#);
- b) Be a member in good standing with BC Athletics;
- c) Meet the BC Athlete Assistance Program requirements of athlete eligibility and commitment;
- d) Be at least 15 years of age during the qualifying period (October 1, 2017 – September 30, 2018). 16 years of age in nomination cycle;
- e) Have completed the online application including the submissions of a Yearly Training Plan (YTP) and all necessary documents;
- f) **Must have participated in the 2018 BC Athletics Track & Field Championship Jamboree for their age group unless they have received an exemption*** for one or more of the following reasons outlined below. All athletes must compete in the BC Athletics Track & Field Championship Jamboree except for athletes who wish to be carded in the 10,000m, ½ Marathon, and Marathon. Athletes who wish to be carded in these events must either compete in the BC Track & Field, 10k Road, ½ Marathon, Marathon or XC Championships. Athletes in the Combined Events must compete in an individual event at the BC Track & Field Championships.

Exemption 1: Injury or Illness. Notification must be provided prior to the start of the BC Championships. **Only notification from a medical doctor will be accepted;**

Exemption 2: Competing on an Athletics Canada, BC Athletics or TeamBC team. Notification must be provided to the BC Athletics Technical Manager (Chris.Winter@bcathletics.org) before or at the time of selection to such teams;

Exemption 3: **Competing at a meet of a “greater importance” for the sole purpose of achieving a selection standard in order to qualify for a 2018 Athletics Canada National Team. Athlete must have fulfilled all other requirements to be eligible for selection to the National Team. These will be considered on a case by case basis.**

- Exemption 4: Domestic Affliction. Defined as a personal or family tragedy, incident or emergency that does not allow an athlete to attend the BC Championships, or accept selection to a BC Team. Notification must be made to the BC Athletics Technical Manager (Chris.Winter@bcathletics.org) as soon as it is possible to do so;
- Exemption 5: Education, Exam or Graduation Commitment. A letter from a “school representative” must be provided to the BC Athletics Technical Manager (Chris.Winter@bcathletics.org) prior to the start of the BC Championships or selection to a BC Team.

3.0 BC Athlete Assistance Program (AAP)

The BC Athlete Assistant Program (BC AAP) is an athlete-centered program of financial assistance funded by the Province of British Columbia through the Sport Branch of the Ministry of Community Sport and Cultural Development, and administers through the BC Sport Agency. The program seeks to recognize high performance athletes who are participating in programs offered through BC Athletics (PSO) or post-secondary institution and competing in recognized national or international competitions to relieve some of the pressures associated with training and competition needs. BC Athletics is charged with selection of said athletes.

3.1 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.

ELIGIBLE athletes must:

- Meet the BC Athletics [General Criteria for Funding and Selection](#);
- Be a member in good standing with BC Athletics;
- Meet the BC Athlete Assistance Program requirements of athlete eligibility and commitment;
- Be at least 17 years of age during the qualifying period (October 1, 2017 – September 30, 2018);
- Have completed the online application including the submissions of a Yearly Training Plan (YTP) and all necessary documents;
- Must have participated in the 2018 BC Track & Field Championship Jamboree for their age group unless they have received an exemption*** for one or more of the following reasons listed below. All athletes must compete in the BC Track & Field Championship Jamboree except for athletes who wish to be carded in the 10,000m, ½ Marathon, and Marathon. Athletes who wish to be carded in these events must either compete in the BC Track & Field, 10k Road, ½ Marathon, Marathon or XC Championships. Athletes in the Combined Events must compete in an individual event at the BC Track & Field Championship Jamboree.

Exemption 1: Injury or Illness. Notification must be provided prior to the start of the BC Championships. **Only notification from a medical doctor will be accepted;**

Exemption 2: Competing on an Athletics Canada, BC Athletics or Team BC team. Notification must be provided to the BC Athletics Technical Manager (Chris.Winter@bcathletics.org) before or at the time of selection to such teams;

Exemption 3: Competing at a meet of a “greater importance” for the sole purpose of achieving a selection standard in order to qualify for a 2018 Athletics Canada

National Team. Athlete must have fulfilled all other requirements to be eligible for selection to the National Team. These will be considered on a case by case basis.

Exemption 4: Domestic Affliction. Defined as a personal or family tragedy, incident or emergency that does not allow an athlete to attend the BC Championships, or accept selection to a BC Team. Notification must be made to the BC Athletics technical manager (Chris.Winter@bcathletics.org) as soon as it is possible to do so;

Exemption 5: Education, Exam or Graduation Commitment. A letter from a “school representative” must be provided to BC Athletics Technical Manager (Chris.Winter@bcathletics.org) prior to the start of the BC Championships or selection to a BC Team.

*Please note that athletes wishing to be considered for an exemption from the BC Track & Field Championship Jamboree must submit the necessary paperwork to the BC Athletics Technical Manager prior to the start of the Championships. This can be fulfilled by submitting an email or letter to Chris Winter Chris.Winter@bcathletics.org. Any documentation or exemptions requested after the start of the BC Championships will be ruled upon on a case by case basis by the BC Athletics Track & Field Committee.

**Exemptions are provided to excuse an athlete from their obligation to compete in a BC Athletics Championships. Note however, that an athlete who receives an exemption will not receive performance points for “Placing at a Provincial Championships”. An exception to this rule is for those athletes competing on an Athletics Canada, BC Athletics or Team BC team. These athletes will score placing points based on their placing at National Championships among BC Athletes.

IN-ELIGIBLE athletes are those athletes who:

- 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 of Sport Canada Funding in a sport other than Athletics (unless so arranged between sports);
- c. Those athletes not meeting the eligibility criteria listed above;
- 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.

3.2 Injury, Illness, or Pregnancy Status

Eligible athletes who have been carded in the previous year (2017-18); who met the age performance standard in the previous year (2017-18); who are eligible to receive funding based on the established eligibility requirements; who have been injured, ill, or pregnant during the year; and who have been unable to meet the criteria for carding can apply for an injury, illness, or pregnancy card. All athletes wishing to be considered for an injury, illness, or pregnancy 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 or pregnancy; 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 treatment of the injury, illness, or pregnancy and their current update and recommendations with respect to training and competition.

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

3.3 NCAA Athletes

Athletes attending an 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).

3.4 Sport Canada Carded Athletes

Athletes who may be Nationally Carded for (2018-19) 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.

4.0 APPLICATION FOR ATHLETE SUPPORT

All athletes wishing to be considered for High Performance Athlete Support must complete the application process outlined below. The same application process will be used for both Enhanced Excellence (services) and Athlete Assistance (financial).

4.1 Online Application

All athletes wishing to be considered for Athlete Support must complete the High Performance Athlete Support Application. This is an [online form](#). Athletes must upload all documentation including their YTP for the upcoming season (funding cycle) and any additional supporting documents required (i.e. Injury Status). Once completed and submitted, a copy of the application will be sent to BC Athletics and the personal coach. The personal coach will need to reply to the notification email that they agree and approve of the information submitted.

4.2 Yearly Training Plan (YTP)

All athletes wishing to be considered for BC Athlete Assistance (Financial Support) and/or Enhanced Excellence Support (Services) must submit as part of their application a Yearly Training Plan. For more information on Yearly Training Plans, please visit the [Yearly Training Plan webpage](#). The webpage will also include examples of formats used by coaches. Please note that any YTP's must clearly indicate the following information:

- Athlete and Coach's Name;
- Seasonal Goals;
- Key Performance Indicators;

- Planning and Debriefing Meetings (with coach and athlete support system);
- Planned Training Phases;
- Planned Training Dates;
- Planned Competitions (Competition Plan);
- Planned Testing & Evaluations;
- Planned Volume & Intensities;
- Planned Training Camps;
- Planned Recovery and Prevention Sessions (i.e. massage).

Yearly Training Plans must be uploaded on the Online Application under the section “Yearly Training Plan.” The Yearly Training Plan is important in helping BC Athletics and its High Performance partners understand an athlete’s planned progression to achieving their goals, and maintaining a high level of performance. Yearly Training Plans will be reviewed by the Track & Field Committee prior to releasing funds or confirmation letters for athlete support.

5.0 SELECTION

For both the BC Athlete Assistance Program and the Enhanced Excellence program, 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](#). All performances must meet the rules for recognizing performances (i.e. legal wind readings, etc.).

Enhanced Excellence Program (IPS) Specific Selection Process

For information on selection for Enhanced Excellence, please [CLICK HERE](#).

BC Athletics Athlete Assistance Program (AAP)

a) BC AAP Specific Selection Criteria

- i. Athletes need to meet the minimum age performance standard (see Appendix B & C) 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).
- ii. Athletes who meet the minimum age performance standard will then have a point score tallied based on performance points (see below).
- iii. Athletes will then be ranked according to their “Total Score” calculated by adding 75% of their Percentage of Performance Points to 25% of their Percentage of Age Performance Standards.

b) 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 has published Age Performance Standards for Men (see: Appendix B) and Women (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.

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.

c) 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:

- i. **Percent of IAAF Standard:** Athletes are awarded points based on their percentage off the 2017 IAAF Entry Standard (see: Appendix D);
- ii. **Placing at Canadian Championships:** an athlete's placing at the National Senior, Junior Championships, or the Canada Summer Games in Track & Field, Road Running, or Race Walk.
 - (a) Senior is weighted higher than Junior.
 - (b) An athlete can score in only one age group and at one championship;
 - (c) Athletes can only score performance points in the event for which they wish to be carded in. (Exceptions: For the 50 km Walk in which there is no National Championship conducted, athletes will score placing points based on their placing at National Championships in the 20km RW event)
- iii. **Canadian Ranking:** an athlete's national ranking in their age group, Senior or Junior in Track & Field, Road Running, or Race Walk.
 - (a) Senior is weighted higher than Junior.
 - (b) An athlete can score in only one age group;
- iv. **Placing at BC Championships:** an athlete's placing at the provincial Senior or Junior championships in Track & Field, Road Running, or Race Walk.
 - (a) All places in each age group are scored equally.
 - (b) An athlete can score in only one age group and at one championship.
 - (c) Athletes can only score performance points in the event for which they wish to be carded in. (Exceptions: For the 20km Walk, 50 km Walk, 10,000m, & Combined Events in which there is no Provincial (BC) Championships conducted, athletes will score placing points based on their placing at National Championships among BC Athletes. Special consideration will be given for the ½ Marathon & Marathon whereby running in the Provincial Championships may not always fit in with the Athletes Seasonal & Long Term Development Plan.)
- v. **BC Ranking:** an athlete's provincial ranking in their age group, Senior or Junior, in Track & Field, Road Running, or Race Walk.
 - (a) All rankings in each age group are scored equally.
 - (b) An athlete can score in only one age group;
- vi. **BC Team Selection:** athletes selected to a provincial team for Senior, Junior, or Canada Summer Games in Track & Field, Road Running, or Race Walk.
 - (a) Senior is weighted higher than Junior.
 - (b) An athlete can only score one team;
- vii. **Canadian Team Selection:** athletes selected to a national team for Senior, National Development, or Junior in Track & Field, Road Running, or Race walking.
 - (a) Senior teams are weighted higher than National Development teams and Junior teams.
 - (b) Athletes can score only one team (see: Appendix F);
- viii. **Improvement Points:** Points are awarded to athletes who have shown improvement over the previous year.
 - (a) Improvement is measured against the athletes previous year's best performance.

- (b) Athletes who have improved in performance to place within 6% or better of the 2017 IAAF Entry Standard are awarded improvement points.
- (c) One performance in one event can be scored.

d) 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 (posted to the BC Athletics website) of athletes based on their scores. After this has been released, BC Athletics will determine those athletes that will receive funding.

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 within 48 hours of the posting of BC High Performance Athlete Support targeted athlete list on the BC Athletics website.

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) (Chris.Winter@bcathletics.org) 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 send 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 BC Athletics Technical Manager, Chris Winter - (Chris.Winter@bcathletics.org)

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 - AC Medal, Top 8, World Class Levels 	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 - NextGen Tier 1 / AC International Level 	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 - NextGen Tier 2 / AC Talent Confirmation Level 	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"> - 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"> - 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: 2018 BC Athlete Assistance MALE Age Performance Standards

Event	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33+
100m	10.55	10.52	10.49	10.46	10.44	10.41	10.38	10.35	10.32	10.29	10.26	10.23	10.21	10.18	10.15	10.12
200m	21.35	21.29	21.23	21.17	21.11	21.05	20.99	20.93	20.86	20.80	20.74	20.68	20.62	20.56	20.50	20.44
400m	47.70	47.55	47.41	47.26	47.11	46.97	46.82	46.67	46.53	46.38	46.23	46.09	45.94	45.79	45.65	45.50
800m	1:50.00	1:49.73	1:49.45	1:49.18	1:48.91	1:48.63	1:48.36	1:48.09	1:47.81	1:47.54	1:47.27	1:46.99	1:46.72	1:46.45	1:46.17	1:45.90
1500m	3:48.00	3:47.20	3:46.40	3:45.60	3:44.80	3:44.00	3:43.20	3:42.40	3:41.60	3:40.80	3:40.00	3:39.20	3:38.40	3:37.60	3:36.80	3:36.00
5000m	14:15.00	14:11.51	14:08.01	14:04.52	14:01.03	13:57.53	13:54.04	13:50.55	13:47.05	13:43.56	13:40.07	13:36.57	13:33.08	13:29.59	13:26.09	13:22.60
10000m			29:47.00	29:37.62	29:28.23	29:18.85	29:09.46	29:00.08	28:50.69	28:41.31	28:31.92	28:22.54	28:13.15	28:03.77	27:54.38	27:45.00
110mH	14.20	14.15	14.10	14.05	14.00	13.96	13.91	13.86	13.81	13.76	13.72	13.67	13.62	13.57	13.52	13.48
400mH	53.00	52.76	52.51	52.27	52.03	51.78	51.54	51.30	51.05	50.81	50.57	50.32	50.08	49.84	49.59	49.35
3000mSC	8:58.17	8:56.29	8:54.41	8:52.54	8:50.66	8:48.78	8:46.90	8:45.02	8:43.15	8:41.27	8:39.39	8:37.51	8:35.63	8:33.76	8:31.88	8:30.00
Pole Vault	5.10	5.14	5.18	5.22	5.26	5.30	5.34	5.38	5.42	5.46	5.50	5.54	5.58	5.62	5.66	5.70
High Jump	2.16	2.17	2.18	2.19	2.20	2.21	2.22	2.23	2.23	2.24	2.25	2.26	2.27	2.28	2.29	2.30
Long Jump	7.55	7.59	7.63	7.67	7.71	7.75	7.79	7.83	7.87	7.91	7.95	7.99	8.03	8.07	8.11	8.15
Triple Jump	15.60	15.68	15.76	15.84	15.92	16.00	16.08	16.16	16.24	16.32	16.40	16.48	16.56	16.64	16.72	16.80
Shot Put	16.59 or 18.25	16.85 or 18.54	17.11	17.37	17.63	17.89	18.15	18.41	18.67	18.93	19.20	19.46	19.72	19.98	20.24	20.50
Discus	52.38 or 56.00	53.22 or 56.89	54.06	54.90	55.74	56.58	57.43	58.27	59.11	59.95	60.79	61.63	62.47	63.31	64.16	65.00
Hammer	61.82 or 68.00	62.83 or 69.11	63.84	64.85	65.86	66.88	67.89	68.90	69.91	70.92	71.94	72.95	73.96	74.97	75.98	77.00
Javelin	68.70	69.65	70.61	71.56	72.51	73.47	74.42	75.37	76.33	77.28	78.23	79.19	80.14	81.09	82.05	83.00
Decathlon	7200 or 6791	7260 or 6848	7320	7380	7440	7500	7560	7620	7680	7740	7800	7860	7920	7980	8040	8100
H Marathon			1:05:36	1:05:22	1:05:07	1:04:53	1:04:38	1:04:24	1:04:09	1:03:55	1:03:40	1:03:26	1:03:11	1:02:57	1:02:42	1:02:28
Marathon					2:20:07	2:19:34	2:19:00	2:18:27	2:17:53	2:17:20	2:16:46	2:16:13	2:15:39	2:15:06	2:14:32	2:13:59
10K RW	44:00.00	43:49.33	43:38.67	43:28.00	43:17.33	43:06.67	42:56.00	42:45.33	42:34.67	42:24.00	42:13.33	42:02.67	41:52.00	41:41.33	41:30.67	41:20.00
20K RW			1:30:14	1:29:45	1:29:16	1:28:48	1:28:19	1:27:50	1:27:21	1:26:53	1:26:24	1:25:55	1:25:26	1:24:58	1:24:29	1:24:00
50K RW			4:21:59	4:20:27	4:18:55	4:17:24	4:15:52	4:14:20	4:12:48	4:11:17	4:09:45	4:08:13	4:06:41	4:05:10	4:03:38	4:02:06

APPENDIX C: 2018 BC Athlete Assistance FEMALE Age Performance Standards

Event	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33+
100m	11.80	11.76	11.73	11.69	11.66	11.62	11.58	11.55	11.51	11.48	11.44	11.40	11.37	11.33	11.30	11.26
200m	24.20	24.13	24.05	23.98	23.91	23.83	23.76	23.69	23.61	23.54	23.47	23.39	23.32	23.25	23.17	23.10
400m	55.00	54.81	54.61	54.42	54.23	54.03	53.84	53.65	53.45	53.26	53.07	52.87	52.68	52.49	52.29	52.10
800m	2:08.70	2:08.19	2:07.67	2:07.16	2:06.65	2:06.13	2:05.62	2:05.11	2:04.59	2:04.08	2:03.57	2:03.05	2:02.54	2:02.03	2:01.51	2:01.00
1500m	4:27.00	4:25.70	4:24.40	4:23.10	4:21.80	4:20.50	4:19.20	4:17.90	4:16.60	4:15.30	4:14.00	4:12.70	4:11.40	4:10.10	4:08.80	4:07.50
5000m	16:40.00	16:34.80	16:29.60	16:24.40	16:19.20	16:14.00	16:08.80	16:03.60	15:58.40	15:53.20	15:48.00	15:42.80	15:37.60	15:32.40	15:27.20	15:22.00
10000m			34:46.00	34:34.38	34:22.77	34:11.15	33:59.54	33:47.92	33:36.31	33:24.69	33:13.08	33:01.46	32:49.85	32:38.23	32:26.62	32:15.00
100mH	14.10	14.03	13.95	13.88	13.80	13.73	13.65	13.58	13.50	13.43	13.35	13.28	13.20	13.13	13.05	12.98
400mH	60.75	60.44	60.13	59.82	59.51	59.20	58.89	58.58	58.27	57.96	57.65	57.34	57.03	56.72	56.41	56.10
3000mSC	10:35.00	10:31.47	10:27.93	10:24.40	10:20.87	10:17.33	10:13.80	10:10.27	10:06.73	10:03.20	9:59.67	9:56.13	9:52.60	9:49.07	9:45.53	9:42.00
Pole Vault	4.05	4.08	4.12	4.15	4.18	4.22	4.25	4.28	4.32	4.35	4.38	4.42	4.45	4.48	4.52	4.55
High Jump	1.82	1.83	1.84	1.84	1.85	1.86	1.87	1.88	1.88	1.89	1.90	1.91	1.92	1.92	1.93	1.94
Long Jump	6.15	6.19	6.23	6.27	6.31	6.35	6.39	6.43	6.47	6.51	6.55	6.59	6.63	6.67	6.71	6.75
Triple Jump	12.85	12.93	13.02	13.10	13.18	13.27	13.35	13.43	13.52	13.60	13.68	13.77	13.85	13.93	14.02	14.10
Shot Put	14.50	14.72	14.93	15.15	15.37	15.58	15.80	16.02	16.23	16.45	16.67	16.88	17.10	17.32	17.53	17.75
Discus	48.00	48.88	49.76	50.64	51.52	52.40	53.28	54.16	55.04	55.92	56.80	57.68	58.56	59.44	60.32	61.20
Hammer	57.00	57.93	58.87	59.80	60.73	61.67	62.60	63.53	64.47	65.40	66.33	67.27	68.20	69.13	70.07	71.00
Javelin	50.00	50.76	51.52	52.28	53.04	53.80	54.56	55.32	56.08	56.84	57.60	58.36	59.12	59.88	60.64	61.40
Heptathlon	5300	5360	5420	5480	5540	5600	5660	5720	5780	5840	5900	5960	6020	6080	6140	6200
H Marathon			1:16:25	1:16:06	1:15:47	1:15:28	1:15:09	1:14:50	1:14:31	1:14:12	1:13:53	1:13:34	1:13:15	1:12:56	1:12:37	1:12:18
Marathon					2:42:44	2:41:58	2:41:11	2:40:25	2:39:38	2:38:52	2:38:05	2:37:19	2:36:32	2:35:46	2:34:59	2:34:13
10K RW	51:00.00	50:40.00	50:20.00	50:00.00	49:40.00	49:20.00	49:00.00	48:40.00	48:20.00	48:00.00	47:40.00	47:20.00	47:00.00	46:40.00	46:20.00	46:00.00
20K RW			1:43:44	1:43:03	1:42:23	1:41:42	1:41:01	1:40:21	1:39:40	1:38:59	1:38:18	1:37:38	1:36:57	1:36:16	1:35:36	1:34:55

APPENDIX D: 2017 IAAF Entry Standards

Women							Event	Men							
-6%	-5%	-4%	-3%	-2%	-1%	A Stand		A Stand	-1%	-2%	-3%	-4%	-5%	-6%	
11.94	11.82	11.71	11.60	11.49	11.37	11.26	100m	10.12	10.22	10.32	10.42	10.52	10.63	10.73	
24.49	24.26	24.02	23.79	23.56	23.33	23.10	200m	20.44	20.64	20.85	21.05	21.26	21.46	21.67	
55.226	54.705	54.184	53.663	53.142	52.621	52.10	400m	45.50	45.96	46.41	46.87	47.32	47.78	48.23	
02:08.3	02:07.0	02:05.8	02:04.6	02:03.4	02:02.2	02:01.0	800m	01:45.9	01:47.0	01:48.0	01:49.1	01:50.1	01:51.2	01:52.3	
04:22.3	04:19.9	04:17.4	04:14.9	04:12.4	04:10.0	04:07.5	1500m	03:36.0	03:38.2	03:40.3	03:42.5	03:44.6	03:46.8	03:49.0	
16:17.3	16:08.1	15:58.9	15:49.7	15:40.4	15:31.2	15:22.0	5000m	13:22.6	13:30.6	13:38.7	13:46.7	13:54.7	14:02.7	14:10.8	
34:11.1	33:51.8	33:32.4	33:13.1	32:53.7	32:34.3	32:15.0	10,000m	27:45.0	28:01.6	28:18.3	28:34.9	28:51.6	29:08.3	29:24.9	
2:54:54	2:53:15	2:51:36	2:49:57	2:48:18	2:46:39	2:45:00	Marathon	2:19:00	2:20:23	2:21:47	2:23:10	2:24:34	2:25:57	2:27:20	
1:41:46	1:40:48	1:39:50	1:38:53	1:37:55	1:36:58	1:36:00	20K RW	1:24:00	1:24:50	1:25:41	1:26:31	1:27:22	1:28:12	1:29:02	
							50K RW	4:06:00	4:08:28	4:10:55	4:13:23	4:15:50	4:18:18	4:20:46	
13.78	13.64	13.51	13.37	13.24	13.11	12.98	100mH	110mH	13.48	13.61	13.75	13.88	14.02	14.15	14.29
59.47	58.91	58.34	57.78	57.22	56.66	56.10	400mH		49.35	49.84	50.34	50.83	51.32	51.82	52.31
10:16.9	10:11.1	10:05.3	09:59.5	09:53.6	09:47.8	09:42.0	3000mSC		08:32.0	08:37.1	08:42.2	08:47.4	08:52.5	08:57.6	09:02.7
1.82	1.84	1.86	1.88	1.90	1.92	1.94	High Jump		2.30	2.28	2.25	2.23	2.21	2.19	2.16
4.28	4.32	4.37	4.41	4.46	4.50	4.55	Pole Vault		5.70	5.64	5.59	5.53	5.47	5.42	5.36
5.45	5.79	6.10	6.35	6.55	6.68	6.75	Long Jump		8.15	8.07	7.99	7.91	7.82	7.74	7.66
13.25	13.40	13.54	13.68	13.82	13.96	14.10	Triple Jump		16.80	16.63	16.46	16.30	16.13	15.96	15.79
16.69	16.86	17.04	17.22	17.40	17.57	17.75	Shot Put		20.50	20.30	20.09	19.89	19.68	19.48	19.27
57.528	58.14	58.752	59.364	59.976	60.588	61.20	Discus		65.00	64.35	63.70	63.05	62.40	61.75	61.10
66.74	67.45	68.16	68.87	69.58	70.29	71.00	Hammer		76.00	75.24	74.48	73.72	72.96	72.20	71.44
57.72	58.33	58.94	59.56	60.17	60.79	61.40	Javelin		83.00	82.17	81.34	80.51	79.68	78.85	78.02
5828	5890	5952	6014	6076	6138	6200	HEP	DEC	8100	8019	7938	7857	7776	7695	7614

APPENDIX E: Performance & Improvement Points

Percent of IAAF Standard	Within	0%	1%	2%	3%	4%	5%	6%
	Points	15	13	11	9	7	5	3

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

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	7	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

Placing at Provincial Championships	Place	1	2	3	4	5	6	7	8
	Senior Points	8	7	6	5	4	3	2	1
	Junior Points	8	7	6	5	4	3	2	1

Provincial Age-Group Ranking	Place	1	2	3	4	5	6	7	8
	Senior Points	8	7	6	5	4	3	2	1
	Junior Points	8	7	6	5	4	3	2	1

Canadian Team Member	Canadian Team	Senior	Senior Development / Junior
	Points / Team	10	5

Provincial Team Member	BC Team	Senior	Junior / CSG
	Points / Team	8	4

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 Standard (above) during the competition year (qualification period). BC Athletics will calculate improvement points based on the athletes top performance of the current year, and the improvement upon the previous year's performance.

Improvement from Previous Year	% Improvement	0.01% - 0.99% Improvement	1.0% - 1.99% Improvement	2.0% + Improvement
	Performance # 1	3 points	6 points	9 points

APPENDIX F: Canadian Team Points Classification

Senior - 10 Points

- Olympic Games
- IAAF World Championships (Indoor Track & Field & Outdoor Track & Field)
- Commonwealth Games

Senior Development / Junior - 5 Points

- IAAF World Race Walking Team Championships
- IAAF World Half Marathon Championships
- IAAF Continental Cup
- IAAF World U20 Track & Field Championships
- IAAF World Relays
- Pan American Games
- Pan American U20 Championships
- NACAC Championships
- Les Jeux de la Francophonie
- FISU Summer Universiade

APPENDIX G: Sample Score Calculation

Example points calculation: 100m Male; Age 25

- 2018 Performance: 10.16
- 2017 Performance: 10.20

- **Percentage of Age Performance Standards (PAPS)**
 - **PAPS** = $10.35/10.16 = 101.97\%$

- **Percentage of Performance Points (POPP)**
 - Percent of IAAF Standard: $10.12/10.15 = 99.7\%$ (<1%) = 13 points
 - Placing at Canadian Championships: 3rd = 10 points
 - Canadian Ranking: 5th = 11 points
 - Placing at BC Champs: 1st = 8 points
 - BC Ranking: 1st = 8 Points
 - BC Team Selection: No = 0 points
 - Canadian Team Selection: Commonwealth Games = 10 Points
 - Improvement Points: $(10.20 / 10.16) / 10.20 = .4\%$ improvement = 3 points
 - Total Points = 63
 - Total Possible Points = 82
 - **POPP** = $63/82 = 71.59\%$

- **Total Score (weighted)**
 - $0.75 \times \text{PAPS} + 0.25 \times \text{POPP} = (0.75 \times 101.97) + (0.25 \times 71.59)$
 - **Total Score = 94.375**