



2011-2012

BC Athlete Assistance Program Application

BC Athletics is pleased to announce the 2011-2012 BC Athlete Assistance Program which is supported by the Government of British Columbia, Ministry of Community, Sport and Cultural Development – The Honourable Ida Chong, Minister. There have been changes, new requirements and clarifications added to the program. Please be sure to read this thoroughly and contact us if you have any questions.

Conditions for Being Considered for BC Athlete Assistance

Athletes wishing to be considered for BC Athlete Assistance (BC Carding) must take part in the 2011 BC Championships unless they are:

1. **Competing on a Cdn or BC Team**
2. **Injured or Ill – ONLY a letter from a Medical Doctor will be accepted. This must be presented prior to the start of the Championships**
3. **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.**
4. **Education, Exam or Graduation commitment**

Please see the following information, documents, application, website links, submission and program participation requirements.

1. The **Athlete Score Card** - to be completed by the athlete and the coach.
 - Please Note: Wind aided performances and performances (in applicable events) without wind readings will not be accepted.
2. **BC Athletics Rankings**
 - Please see the BC Athletics website for the most up to date 2011 Outdoor T&F rankings and performances
 - Sport and Recreation Branch BC Athlete Assistance Program 2011-2012 application needs to be completed and returned to BC Athletics

*****IMPORTANT: for 2011-2012 Annual Training and Competition Plan for 2011-2012 (complete plan) is to be included with your application**

- A statement outlining your commitment to the Team BC Program including the Canada Summer Games and the Western Canada Summer Games. **Note:** Upon selection for Athlete Assistance and prior to the distribution of the funding cheques you will be required to sign off on this commitment.
- A statement indicating your attendance at the Provincial Championships. **Note:** Upon selection for Athlete Assistance and prior to the distribution of the funding cheques you will be required to sign off on this commitment.

3. **Marathon Development** – as part of the Long Team Athlete Development Model that appreciates the length of time required to develop National and World Class Marathoners, athletes who have Road Running Performances at **10k and Half Marathon Distances in Sanctioned Events on Certified Road Courses** should submit applications for consideration for Athlete Assistance. Under consideration and Development will be BC Athletics Age Standards for Men's and Women's 10k (Road) and Half Marathon distances.

4. The document is also available on the BC Athletics website: www.bcathletics.org under Athlete Support Programs.

Return by Friday, October 14, 2011 to:

BC Athletics,
120- 3820 Cessna Drive
Richmond BC, V7B 0A2 Fax: (604) 333- 3551

NOTE: Athletes who may be Nationally Carded for 2011-2012 should also apply for BC Carding. Limited support may be provided (funding permitting) but you must apply to insure you are considered for funding and you must attend the BC Championships.

Program Timelines:

Every effort will be made to hold to this timeline. Circumstances sometimes require adjustments.

- Sept 2011 - Circulation of applications/ posting on the BC Athletics website
- October 14, 2011 - Application Deadline
- November 19-20, 2011 - Review & Selection (of athletes and announcement of athletes selected and their level of support).
- December 9, 2011 - Final Day for receipt of appeals.
- February / March 2011 - circulation of cheques to athletes.

Submission Deadline – Friday, October 14, 2011

Appeals Process:

Athletes may appeal the decisions of the selection committee based on:

- The award level or amount for which they have been recommended.
- The athlete has not been recommended for athlete assistance and believes they should be, based on the PSO criteria.

The appeals deadline is December 9, 2011.

- Step 1 – Appeal and Review by BCA Committee responsible for Athlete Assistance
- Step 2 – If a further appeal is required a formal letter of appeal is to be submitted to the President/CEO of BC Athletics. The formal appeal is then considered by the BC Athletics appeals panel of the Board of Directors. Complete details on the formal appeals process are available from the BC Athletics office.
- NOTE All appeals must be based on the criteria as outlined above.

The decision of the appeals committee shall be final.

Athletes and their personal coach ARE required to:

- 1) Submit with the AAP application an annual competition and training plan; and
- 2) Upon being selected to receive funding support agree to commit to the requirements of the program including attendance at the Provincial Championship Meet; and accepting selection to BC Teams.

Please note:

Athlete Assistance is not a reward, it is an investment in our athletes because of their most recent performances and because they show potential to represent Canada at the international level in athletics.

In signing the application to be considered eligible for BC Carding (AAP), the athlete and personal coach acknowledge their intent to commit to training, competition and participation in the priority BC team programs for BC Athletics – i.e. Canada Summer Games and Western Canada Games TEAM BC programs.

These programs will be identified and announced by BC Athletics staff, when

required.

Failure to meet the participation requirements within BC Athletics' provincial program will result in a breach of AAP agreement. In such case, a review will be conducted of the athlete's participation to date by BC Athletics Staff and official notification will be made in a letter of notice sent to both the athlete and coach.

Pending review, BC Athletics staff will forward its report onto the BC Athletics Track and Field Committee for the committee to render a decision. The Committee can ask for the repayment to BC Athletics of the support received and/or ineligibility for future support.

BC Athletics Athlete Assistance Program 2011-2012 Overview

What is the BC Athlete Assistance Program?

The BC Athlete Assistance Program is a program of the Provincial Government run for Athletics, through BC Athletics. It is more commonly known as 'BC Carding'.

The BC Athlete Assistance Program in Athletics is designed to financially assist those athletes who show through their performance and commitment in Athletics that they have the potential:

- a) to be Nationally Carded; and
- b) to be members of Canada's National Senior Teams.

The program also provides, through limited financial support, recognition of those athletes who are Nationally Carded.

The funding provided is a subsidy and not intended as the sole source of income. Funding is not automatic and is subject to: a) available funds specifically for this program as provided by the BC Government; b) submission of all the necessary documents for Athlete Assistance; c) the meeting of all necessary criteria; and d) ranking high enough by performance and scorecard point totals.

What is the role of BC Athletics?

BC Athletics, through the Track & Field Committee and staff, sets out the criteria for selection, selects the athletes based on their point totals, administers the program and communicates with the BC Colleges and University eligible under the program and the Sport and Recreation Branch of the BC Government.

The committee responsible for establishing the criteria and selecting the athletes is made up of two representatives from each of the following event groups: Sprints, Hurdles, Jumps, Throws, Distance, Middle Distance, Walks and Combined Events. BC Athletics staff are also involved in a coordinating/facilitating role.

Who is eligible and ineligible for the BC Athlete Assistance Program?

To be eligible for funding athletes must:

- a) Meet the BC Athletics General Criteria for Funding and Selection;
- b) Meet the BC Athlete Assistance Program requirements of athlete eligibility and commitment; and

- c) Be at least 16 years of age during the year of competition in which the performances were achieved.
- d) Compete in the BC Athletics Provincial Championship for their age group **unless they are:**
 - **Competing on a Cdn or BC Team**
 - **Injured or Ill – ONLY a letter from a Medical Doctor will be accepted. This must be presented prior to the start of the Championships**
 - **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.**
 - **Education, Exam or Graduation commitment**

Those not eligible for BC Athletics Athlete Assistance are:

- a) Those athletes attending post secondary school outside of Canada who: a) are on scholarship; or b) where competing for that institution forbids the receipt of financial assistance during the school year;
- 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, doping related offence or any offence warranting such penalty.

What is the funding year for Athlete Assistance?

The year of assistance is October 1 through to September 30. Only performances in this 12-month period will be considered. Also an athlete must be registered with BC Athletics in order to have performances recognized for the purposes of carding.

How much money is available and how much does each athlete receive?

For the 2011-2012 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 period October 1/11 to September 30/2012. Note: The funding allocated for this program in 2011/12 by the Provincial Government has been slightly reduced from last year.

The amount of funding that any one athlete is eligible for ranges from up to \$500 to up to \$3500 and depends on:

1. the total amount of funding available for this program;
2. the level of performance;
3. whether the athlete is in high school, full time at a post secondary institution or working; and
4. whether the athlete is/was in the immediate past year, named to
 - a National Senior, Junior Team or Youth Team;
 - a BC Senior, Junior, Juvenile or Western Canada Games Team;
 - Nationally Carded athlete;
 - Competing for a college/university or club.

All of these levels have designated amounts to them for each of the high school, full time post secondary school or working categories,

How are the athletes selected?

The athletes select themselves based on their performances throughout the year. All performances must be achieved in sanctioned competitions. All performances must meet the rules for recognizing performances (i.e. - legal wind readings, etc.)

The specific criteria used to determine the carded athletes are:

1. Athletes need to meet the minimum age performance standard (see enclosed document) in the event they wish to be carded in. Other athletes may be considered by nearness to the age performance standards if funds are still available. (See note below)

Note: BC Athletics will complete this part of your application. Achieving the performance standard gets the athlete into the pool for consideration. It is not a guarantee of funding.

PLEASE NOTE: That should, after all athletes who have met the minimum age performance standard receive funding and there are still funds remaining, all other athletes will be considered based on their nearness to the age performance standard. Therefore, it is critical that applications be made if the athlete has achieved a performance that is near to the minimum performance age standard.

*****Clarification: For those athletes not achieving the Age Performance Standards their applications will be considered in the following order:**

- a) ranked by nearness to age standard; and
- b) then by total point percentage within each age standard percentile

2. A point score is tallied for each athlete using the following information:

- The percentage off the IAAF 2008 Olympic Entry Standard. (see enclosed document)
- Place in the Canadian Championships: Legion Youth, Junior or Senior - Track & Field, Cross Country, Marathon, Road Running. Senior is weighted higher than Junior, which is weighted higher than Youth is. An athlete can score in only one age group. This is your place amongst Canadian athletes.
- Canadian Ranking in the Senior, Junior and Youth Age Groups, with senior ranking receiving higher points than junior rankings. Junior rankings receiving higher points than youth rankings. An athlete can score in only one age group.
- Place in BC Championships: Youth, Junior, Senior - Outdoor Track and Field, Marathon, Combined Events, Cross Country and Road Running- athletes can score in only one age group. All places in each age group are scored equally.
- BC Ranking in the Senior, Junior and Youth Age Groups - athletes can score in only one age group. All rankings in each age group are scored equally.
- BC Team Selections: Senior, Junior, Legion National, Canada Summer Games and Western Canada Games - with Senior Teams scoring higher than Junior and Junior scoring higher than Legion National. Athletes can score any 2 teams.
- Canadian Team Selections: Senior, NACAC, Junior and Youth. Athletes can score only 1 team. Senior Teams score higher than NACAC, NACAC scoring higher than Junior, Junior scoring higher than Youth.
- Improvement: 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.

3. **IMPORTANT for 2011-2012:** The athlete's scorecard points and best performance relative to the minimum age performance standards are used to determine this ranking with the Age Performance Standards being of greater weighting in the determination of funding. The process is to:
 - a. Rank the athletes by percentage of age standard;
 - b. Rank the athletes by their total percentage points within each age standard percentile

Age range policies:

The focus of this program is to provide financial assistance to those athletes in the 18 to 30 year age range (and in some cases older athletes who are showing significant improvement). This does not preclude funding

athletes who are 16 or 17 or over the ages of 30. To consider athletes older than 30, the athlete's performances must show:

- potential for international level performances
- a continued commitment to high performance
- whose event requires a longer period of athlete development to reach international performances levels
- whose performances have shown continued improvement during the previous 3 years.

Injury cards:

Eligible athletes who have been carded during the immediate past year or those who would have been eligible through their performances while attending a US school and who have been injured or ill during the year and have been unable to meet the criteria for carding can apply for an injury card. The application for an Injury Card must be accompanied by:

- a letter from the athlete and personal coach outlining the nature of the injury/illness and the impact it had on training, competition and performance. The letter must also include the current status of the athlete relative to training, rehabilitation, competition and performance; and
- a letter from the doctor(s) involved in the diagnosis of the injury/illness and their recommendations with respect to training and competition at the time of the injury/illness and a current update and recommendation as to training and competition.
- the athlete's performance for the year they were carded must have met the minimum age standard.

BC Athletics will provide carding support for only 1 year under the Injury Card Status. Athletes who are applying must meet all of the eligibility requirements.

To apply for the BC Athlete Assistance:

Complete both the **ATHLETE SCORE CARD** and the **BC ATHLETE ASSISTANCE PROGRAM 2011-2012 Application Form**.

- Please type or print very clearly.
- Attach all necessary information.
- Incomplete applications will not be accepted. We will return all incomplete applications and they will not be considered until complete.

Note: Please return all application forms and related information to BC Athletics by October 14, 2011

BC Athlete Assistance Program BC Government General Outline

Program Description

The BC Athlete Assistance Program (AAP) is an athlete-centered program of financial assistance administered by the Sport and Recreation Branch of the Ministry of Tourism, Sport and the Arts that seeks to recognize and support high performance BC athletes striving to represent the Province and Canada in athletic competition. Athletes who have demonstrated the potential and commitment to attain this level of excellence will qualify for different levels of financial support based on relative levels of development and competition achieved, within the overall limits of funds available.

Objectives

- to help athletes reach their athletic potential.
- to more effectively use the BC sport system by encouraging athletes to remain in the Province to pursue their athletic careers.
- to provide positive role models for young people in BC and increase the resulting number of participants entering sport.
- to identify and recognize centers and programs of high performance within BC and ensure adequate support and access for top level BC athletes.
- to increase the number of BC athletes reaching federal carding status.
- to improve performances of Team BC in multi-sport games.
- to increase BC representation on National Teams participating in multi-sport games.

Eligibility

Sports

All sports participating in the Olympic Games, Commonwealth Games, Pan-American Games, Canada Games and Olympic-level competition for the disabled.

Athletes

- Canadian citizen or landed immigrant status.
- resident of BC at least one year (academic year for students).
- student -- athletes must maintain full-time status and remain academically eligible to compete.
- registered members of their Provincial Sport Organization.
- coached by individuals who meet established coaching qualification criteria.
- must meet selection criteria established under the AAP Guidelines and be selected by the AAP Selection Committee for that sport.
- athletes leaving the Province to participate in athletic or academic programs currently unavailable in BC (the onus of proof is on the athlete).

Funding available

Ranging from a minimum award of \$500 to \$3500 annually. Athletes at differing levels of excellence receive commensurate levels of financial support.

Selection procedure

The Athlete Assistance Selection Committee of each eligible sport, consisting of representatives from relevant sectors of the BC sport system (i.e. University, College, PSO, Secondary Schools and, where appropriate, NSO) will:

- prepare an athlete ranking list through meetings of the AAP Selection Committee for each sport, in accordance with selection criteria (both athlete and program criteria) as stated in the AAP Guidelines.
- make award selections based on athlete ranking list.
- forward list of selected athletes to the Sport and Community Development Branch for approval (preference in selection should be given to "developing" athletes under the age of twenty-three), together with athlete selection criteria and names of selection committee members.
- apply the principles of gender equity in the allocation of awards.
- upon approval of athlete selection list, forward application forms to athletes selected.

Responsibilities

Athletes receiving BC Athlete Assistance awards will be expected to:

- train and compete in the spirit of competitive fair play and exemplify the highest standard of conduct, both on and off the field;
- maintain a year-round training program (competitive season spanning academic year for student-athletes) under the direct supervision of their coaches;
- make themselves available for Provincial Team selections and if selected, represent the Province at the Canada Games;
- make themselves available to contribute to athlete development and coach development programs run by the PSO within British Columbia;
- agree to submit to anti-doping testing within the policies of the PSO;
- agree to use funds to assist in allaying costs of training and competition;
- seek appropriate medical attention in case of injury so as to resume their normal training routine as rapidly as possible;
- complete and return their application forms, within the deadline applied, to the Provincial Sport Organization.

The Provincial Sport Organization is responsible for:

- selecting athletes that will represent their sport and the Province in exemplary fashion;
- acting as the co-coordinating body in the process of assembling the AAP Selection Committee;
- determining award selection criteria and submitting those criteria to the Sport and Recreation Branch along with the names of the members of the AAP Selection Committee;
- developing and publicizing the athlete ranking and selection criteria, procedures and appeal process to all coaches, athletes and the Sport and Recreation Branch;
- communicating the list of award candidates to the Sport and Recreation Branch, distributing application forms to nominated athletes;
- issuing funding to athletes equaling the total AAP funding allocation per sport;
- identifying a liaison person responsible for Athlete Assistance and communicating the name of that person to the Sport and Recreation Branch;
- monitoring the activities of each funded athlete and ensuring that conditions for funding are met. Any failure to meet these conditions must be reported immediately to the Sport and Recreation Branch.

The Sport and Recreation Branch will recommend and review AAP funding criteria, establish PSO award allocations, co-ordinate the approval of award allocations for each sport, provide athlete selection materials to the appropriate sources, and assist, monitor and review all athlete selection procedures. The Branch is responsible for ensuring that selected athletes receive appropriate funding and apprising the PSO of timelines and payments made. The Branch is responsible for implementing an annual review process of the AAP and ensuring system-wide consultation to improve the effectiveness and timeliness of the program. For more information on the BC Athlete Assistance Program contact:

BC Athlete Assistance Program

For more information on BC Athlete assistance, please contact:

Melina Gaiga
Policy Analyst/ Sport Consultant
Sport and Recreation Branch

Ph: 250-356-5183
Fax: 250-387-8720

Mailing address:
PO Box 9820 Stn Prov Govt
Victoria BC V8W 9W3

Website: <http://www.sport.gov.bc.ca/>

The Age Performance Standards, which follow the tables below, are established by using the [previous 5 year average 3rd place Canadian Junior Championships 3rd place performance](#). These results are then looked at in comparison to recent trends in the various event areas resulting in some adjustments made by the coordinators of the event leaders on the Track and Field Committee of BC Athletics.

Table 1 – Athlete Eligibility and Level of Performance

Level 4	<ul style="list-style-type: none"> National Senior Team Member 	Competing toward recognized Multi-Sport Games
Level 3	<ul style="list-style-type: none"> National Espoir/Development Team National Training Centre Pool National Junior Team 	
Level 2	<ul style="list-style-type: none"> Provincial Senior Team Athlete Western Canada Games Athlete(s) 	In the year prior to and year of Canada Games (Winter and Summer)
Level 1	<ul style="list-style-type: none"> Provincial Age-Group Team/Zone Selects Elite Club Athlete competing in National Competition leading a National Championship University/College athlete in identified sports competing in interuniversity athletics 	Competing at a level leading to a B.C/Regional and National Championship

Table 2 – Minimum standards for athlete training and competition

Level 4	<ul style="list-style-type: none"> Minimum Level 4 NCCP Coach 20 hours per week training/competition with coach (year round program) appropriate number of national and international competitions each year
Level 3	<ul style="list-style-type: none"> Minimum Level 3 NCCP Coach 15 hours per week training/competition with coach (year round program) appropriate number of national and international competitions each year
Level 2	<ul style="list-style-type: none"> Minimum Level 3 NCCP Coach 12 hours per week training/competition with coach (year round program) appropriate number of national competitions each year may have international competition as deemed appropriate by the sport
Level 1	<ul style="list-style-type: none"> Minimum Level 3 NCCP Coach 10 hours per week training/competitions each year appropriate number of regional and national competitions each year may have international competitions as deemed appropriate by the sport

Table 3 – Athlete Award Amounts

Award Level	Performance Level	Award Amounts <i>Enrolled in Post Secondary</i>	Amounts <i>Enrolled in Sec. School</i>	Award Amounts <i>Working Full time</i>
Level 5	<ul style="list-style-type: none"> National Team World Class (top 36 IAAF Senior lists) 	up to 25% of annual Sport Canada funding received by athlete OR if not nationally carded, up to \$3500	up to \$2000	up to 20% of annual Sport Canada funding received by athlete OR if not nationally carded, up to \$2250
Level 4	<ul style="list-style-type: none"> National Team (leading to a recognized Multi-Sport Games) National Training Centre Pool 	up to 20% of annual Sport Canada Funding received by athlete OR if not nationally carded, up to \$3500	up to \$1500	up to a maximum of 15% of Sport Canada funding received by athlete OR if not nationally carded, up to \$2000
Level 3	<ul style="list-style-type: none"> National Espoir/ Development Team National Junior Team Canada Games Team member Provincial Senior Team 	up to 15% of annual Sport Canada funding received by athlete OR if not nationally carded, up to \$3000	up to \$1000	up to maximum of 10% of Sport Canada funding received by athlete OR if not nationally carded, up to \$1750
Level 2	<ul style="list-style-type: none"> National Youth Team Provincial Junior Team Western Canada Games Team Member 	up to \$2500	up to \$750	up to \$1500
Level 1	<ul style="list-style-type: none"> Provincial Youth (16/17) Team Elite Club University /College 	up to \$2000	up to \$500	up to \$1250

BC ATHLETICS - ATHLETE ASSISTANCE PROGRAM - PERFORMANCE STANDARDS

2011-2012

WOMEN														IAAF 1100
AGE	Can Jr 3rd	18	19	20	21	22	23	24	25	26	27	28	29	30
EVENTS														
100	12.08	12.04	12.00	11.96	11.92	11.88	11.84	11.80	11.76	11.72	11.68	11.64	11.60	11.56
200	24.53	24.46	24.40	24.33	24.27	24.20	24.14	24.08	24.01	23.95	23.88	23.82	23.75	23.69
400	55.91	55.67	55.45	55.23	55.01	54.79	54.57	54.35	54.13	53.91	53.69	53.47	53.25	53.03
800	2:11.17	2:10.49	2:09.87	2:09.25	2:08.63	2:08.01	2:07.39	2:06.77	2:06.15	2:05.53	2:04.91	2:04.29	2:03.67	2:03.05
1500	4:28.19	4:26.96	4:25.84	4:24.71	4:23.59	4:22.47	4:21.34	4:20.22	4:19.10	4:17.97	4:16.85	4:15.73	4:14.60	4:13.48
3000	9:44.73	9:41.15	9:37.87	9:34.59	9:31.31	9:28.03	9:24.75	9:21.47	9:18.18	9:14.90	9:11.62	9:08.34	9:05.06	9:01.78
5000	17:35.09	17:25.90	17:17.48	17:09.05	17:00.63	16:52.20	16:43.78	16:35.35	16:26.92	16:18.50	16:10.07	16:01.65	15:53.23	15:44.80
10000		36:01.34	35:46.82	35:32.30	35:17.78	35:03.26	34:48.74	34:34.23	34:19.71	34:05.19	33:50.67	33:36.15	33:21.63	33:07.11
2000 S/C	7:05.62	7:02.31	6:59.27	6:56.24	6:53.20	6:50.17	6:47.13	6:44.10	6:41.06	6:38.02	6:34.99	6:31.95	6:28.92	6:25.88
3000 S/C		10:56.55	10:50.95	10:45.35	10:39.75	10:34.15	10:28.55	10:22.96	10:17.36	10:11.76	10:06.16	10:00.56	9:54.96	9:49.36
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
10K R/W		53:00.83	52:31.34	52:01.86	51:32.37	51:02.89	50:33.40	50:03.91	49:34.43	49:04.94	48:35.46	48:05.97	47:36.49	47:07.00
20K R/W				1:47:20	1:46:19	1:45:19	1:44:18	1:43:18	1:42:17	1:41:17	1:40:17	1:39:16	1:38:15	1:37:15
100mH	14.32	14.25	14.18	14.11	14.05	13.98	13.91	13.84	13.77	13.70	13.64	13.57	13.50	13.43
400mH	61.19	60.87	60.58	60.29	60.00	59.70	59.41	59.12	58.83	58.54	58.25	57.95	57.66	57.37
High jump	1.71	1.73	1.75	1.76	1.78	1.79	1.81	1.82	1.84	1.85	1.87	1.88	1.90	1.91
Pole vault	3.52	3.61	3.69	3.77	3.84	3.92	4.00	4.08	4.15	4.23	4.31	4.39	4.46	4.54
Long jump	5.55	5.63	5.71	5.79	5.86	5.94	6.02	6.10	6.17	6.25	6.33	6.41	6.48	6.56
Triple jump	11.90	12.08	12.24	12.41	12.57	12.73	12.89	13.06	13.22	13.38	13.54	13.71	13.87	14.03
Shot put	13.08	13.57	14.02	14.48	14.93	15.38	15.84	16.29	16.74	17.20	17.65	18.10	18.56	19.01
Discus	42.37	44.11	45.70	47.30	48.89	50.48	52.07	53.67	55.26	56.85	58.44	60.04	61.63	63.22
Javelin	43.82	45.40	46.84	48.29	49.73	51.18	52.62	54.07	55.51	56.95	58.40	59.84	61.29	62.73
Hammer	47.29	49.19	50.93	52.67	54.41	56.15	57.89	59.63	61.37	63.11	64.85	66.59	68.33	70.07
Heptathlon	4545	4668	4780	4893	5005	5117	5229	5342	5454	5566	5678	5791	5903	6015

18, 19 Junior Age Group

2005-2010 performance
base

BC ATHLETICS - ATHLETE ASSISTANCE PROGRAM - PERFORMANCE STANDARDS

2011-2012

MEN														IAAF 1100
AGE	CanJr 3rd	18	19	20	21	22	23	24	25	26	27	28	29	30
EVENTS														
100	10.76	10.72	10.69	10.65	10.62	10.59	10.55	10.52	10.49	10.45	10.42	10.39	10.35	10.32
200	21.83	21.75	21.68	21.60	21.53	21.45	21.38	21.31	21.23	21.16	21.08	21.01	20.93	20.86
400	48.10	47.95	47.81	47.67	47.54	47.40	47.26	47.12	46.98	46.84	46.71	46.57	46.43	46.29
800	1:52.96	1:52.50	1:52.08	1:51.66	1:51.24	1:50.82	1:50.40	1:49.98	1:49.56	1:49.14	1:48.72	1:48.30	1:47.88	1:47.46
1500	3:53.43	3:52.35	3:51.36	3:50.38	3:49.39	3:48.41	3:47.42	3:46.43	3:45.45	3:44.46	3:43.48	3:42.49	3:41.51	3:40.52
5000	15:01.56	14:54.18	14:47.42	14:40.65	14:33.88	14:27.12	14:20.36	14:13.59	14:06.83	14:00.06	13:53.30	13:46.53	13:39.77	13:33.00
10000		31:47.43	31:30.74	31:14.05	30:57.37	30:40.68	30:23.99	30:07.30	29:50.62	29:33.93	29:17.24	29:00.55	28:43.87	28:27.18
2000 S/C		6:03.34	6:00.78	5:58.21	5:55.65	5:53.08	5:50.52	5:47.95	5:45.39	5:42.82	5:40.26	5:37.69	5:35.12	5:32.56
3000 S/C	9:20.87	9:17.13	9:13.70	9:10.27	9:06.84	9:03.41	8:59.98	8:56.55	8:53.12	8:49.69	8:46.26	8:42.83	8:39.40	8:35.97
Marathon				2:27:09	2:25:47	2:24:25	2:23:44	2:21:41	2:20:19	2:18:58	2:17:36	2:16:14	2:14:52	2:13:30
10K R/W		48:40.42	47:57.55	47:14.68	46:31.81	45:48.95	45:06.08	44:23.21	43:40.34	42:57.47	42:14.60	41:31.74	40:48.87	40:06.00
20K R/W				1:36:54	1:35:43	1:34:31	1:33:55	1:32:08	1:30:56	1:29:45	1:28:34	1:27:22	1:26:11	1:24:59
110mH		14.86	14.77	14.69	14.60	14.51	14.43	14.34	14.25	14.17	14.08	13.99	13.91	13.82
99cm	14.57	14.49	14.40											
400mH	53.71	53.44	53.20	52.95	52.71	52.47	52.22	51.98	51.74	51.49	51.25	51.01	50.76	50.52
High jump	2.03	2.05	2.07	2.08	2.10	2.11	2.13	2.15	2.16	2.18	2.19	2.21	2.22	2.24
Pole vault	4.37	4.46	4.54	4.63	4.71	4.79	4.88	4.96	5.04	5.13	5.21	5.29	5.38	5.46
Long jump	7.01	7.08	7.15	7.21	7.28	7.34	7.41	7.48	7.54	7.61	7.67	7.74	7.80	7.87
Triple jump	14.18	14.35	14.53	14.71	14.89	15.06	15.24	15.42	15.60	15.78	15.96	16.13	16.31	16.49
Shot put		15.29	15.66	16.02	16.39	16.75	17.12	17.48	17.85	18.21	18.58	18.94	19.31	19.67
6kg	16.36	17.04	17.41											
Discus		47.07	48.37	49.67	50.96	52.26	53.56	54.86	56.15	57.45	58.75	60.05	61.34	62.64
1.75kg	48.01	49.50	50.80											
Javelin	59.38	61.23	62.93	64.62	66.32	68.01	69.71	71.41	73.10	74.80	76.49	78.19	79.88	81.58
Hammer		53.27	55.08	56.89	58.70	60.50	62.31	64.12	65.93	67.74	69.55	71.35	73.16	74.97
6kg	55.67	58.10	59.91											
Decathlon		6055	6212	6368	6525	6681	6838	6994	7151	7307	7464	7620	7777	7933
Junior Specs	6068	6244	6401											

18, 19	Junior Age Group	2005-2010 performance base
25	Approximate FISU standards	

	2008 IAAF Olympic Standards	Note: Stds will change for the 2012-2013 BC AAP Year					
Event		1%	2%	3%	4%	5%	6%
	MEN						
100m	10.21	10.31	10.41	10.51	10.61	10.72	10.82
200m	20.59	20.79	21.00	21.20	21.41	21.61	21.82
400m	45.55	46.00	46.46	46.91	47.37	47.82	48.28
800m	1:46.00	1:47.06	1:48.12	1:49.18	1:50.24	1:51.30	1:52.36
1500m	3:36.60	3:38.77	3:40.94	3:43.11	3:45.28	3:47.45	3:49.62
5000m	13:21.50	13:29.52	13:37.54	13:45.56	13:53.58	14:01.60	14:09.62
10000m	27:50.00	28:06.42	28:23.24	28:40.06	28:56.48	29:12.90	29:29.32
Marathon	2h15:00	2hr16:21	2hr17:42	2hr18:03	2hr19:24	2hr20:45	2hr22:06
20k Walk	1h23:00	1hr23:49	1hr24:38	1hr25:27	1hr26:17	1hr27:06	1hr27:55
50k Walk	4hr00:00	4hr02:24	4hr03:48	4hr05:12	4hr07:36	4hr10:00	4hr12:24
110mH	13.55	13.67	13.81	13.94	14.08	14.21	14.35
400mH	49.20	49.69	50.18	50.67	51.16	51.66	52.15
3000 s/c	8:24.60	8:32.07	8:37.14	8:42.21	8:47.28	8:52.35	8:57.42
High Jump	2.30	2.27	2.25	2.23	2.20	2.18	2.16
Pole Vault	5.70	5.64	5.58	5.52	5.47	5.41	5.35
LJ	8.20	8.11	8.03	7.95	7.87	7.79	7.70
TJ	17.10	16.92	16.75	16.58	16.41	16.24	16.07
Shot Put	20.30	20.09	19.89	19.69	19.49	19.28	19.08
Discus	64.50	63.85	63.20	62.55	61.90	61.25	60.60
Javelin	81.80	80.98	80.16	79.34	78.52	77.70	76.88
Hammer	78.50	77.71	76.92	76.13	75.34	74.55	73.76
Decathlon	8000	7920	7840	7760	7680	7600	7520
Event		1%	2%	3%	4%	5%	6%
	WOMEN						
100m	11.32	11.38	11.49	11.60	11.72	11.83	11.94
200m	23.00	23.22	23.43	23.65	23.87	24.13	24.35
400m	51.55	52.05	52.61	53.16	53.62	54.17	54.65
800m	2:00.00	2:01.20	2:02.40	2:03.60	2:04.80	2:06.00	2:07.20
1500m	4:07.00	4:08.25	4:10.71	4:13.17	4:15.63	4:18.09	4:20.54
5000m	15:09.00	15:18.09	15:27.18	15:36.27	15:45.36	15:54.45	16:03.54
10000m	31:45.00	32:04.03	32:23.06	32:42.09	33:01.12	33:20.15	33:39.18
Marathon	2h37:00	2hr38:34	2hr40:08	2hr41:42	2hr43:16	2hr44:50	2hr46:22
20k Walk	1h33:30	1hr33:59	1hr34:55	1hr35:51	1hr36:47	1hr37:50	1hr38:56
100mH	12.96	13.09	13.22	13.35	13.48	13.61	13.74
400mH	55.60	56.15	56.71	57.26	57.82	58.38	58.93
* 3000 s/c	9:46.00	9:51.96	9:57.92	10:03.88	10:09.84	10:15.80	10:21.76
High Jump	1.95	1.93	1.91	1.89	1.87	1.85	1.83
Pole Vault	4.45	4.41	4.37	4.32	4.28	4.23	4.19
LJ	6.72	6.66	6.59	6.53	6.46	6.40	6.33
TJ	14.20	14.05	13.91	13.77	13.63	13.49	13.34
Shot Put	18.35	18.17	17.99	17.81	17.63	17.45	17.27
Discus	61.00	60.39	59.17	58.56	57.95	57.34	56.73
Javelin	60.50	59.90	59.29	58.69	58.08	57.48	56.87
Hammer	69.50	68.81	68.11	67.42	66.72	66.03	65.33
Heptathlon	6000	5940	5860	5800	5740	5680	5620

* Women's 3000 s/c equivalent standard

Coaching Information

Coach:	Club:
Home Phone:	Cell Phone:
E-mail:	
NCCP – Certification # _____ Level _____	

Injury / Illness
Consideration

YES

*Please indicate here that you are requesting
consideration for support as an injured athlete.
**Please refer to #8 Injury Cards for the
necessary documentation that must
accompany this request.***

Signatures

_____ **Athlete Name** (please print) _____ *date*

_____ *Athlete Signature (required)*

_____ **Coach Name** (please print) _____ *date*

_____ *Coach Signature (required)*

Return this completed form by

October 14, 2011 to:

BC ATHLETICS, 3820 Cessna Drive, Suite 120
Richmond BC V7B 0A2

or by fax to: (604) 333-3551

Sport and Recreation Branch

BC Athlete Assistance Program 2011-2012

A. Personal Data (to be completed by the athlete)

Full Name: _____

Male ___ Female ___ Date of Birth (yy/mm/dd): ____ / ____ / ____

Name of Sport: _____ Event(s): _____

Permanent Address: _____

City: _____ Province: _____ Postal Code: _____

Phone Number: _____ Email: _____

Coach: _____

Coach's Contact Number: _____ Email: _____

Canadian Citizen: Yes ___ No ___ Resident of BC: Yes ___ No ___ Date of Arrival _____

B. Educational Status

Current Educational Institution: _____

Preferred Career Choice/goal: _____

Secondary School Attended: (name) _____ (City, Prov) _____

Completed Secondary School: Yes _____ No _____

If no, indicate current or highest grade completed: _____

Other Post Secondary Enrollment: _____

C. Employment Status:

Full Time: _____ Part Time: _____ Seasonal: _____

D. Awards History

Have you received BC Athlete Assistance funding before? Yes ___ No ___ Which Year(s)? _____

Do you receive SPORT CANADA funding? Yes ___ No ___ If so, indicate carding level _____

Indicate year of the Games you have participated in:

Canada Summer Games: _____ Canada Winter Games: _____

Western Canada Summer Games: _____ BC Games: _____ Other: _____

Please indicate if you would be willing to: Train as a coach: _____ Train as an official: _____

Speak in schools as an ambassador for sport: _____

E. Training / Competitive Data

Number of training hours per week: _____ / Number of training weeks per year: _____

Do you have an individualized specific training program? Yes _____ No _____

Do you have an individualized specific flexibility program? Yes _____ No _____

Are you following an annual training plan? Yes _____ No _____

Do you use a daily/weekly training log? Yes _____ No _____

Is your medical status regularly monitored by a team/physician?

Yes _____ No _____

Do you participate in physical testing? Yes _____ No _____

Do you participate in mental skills training? Yes _____ No _____

Current level of competition and rank:

International: _____ National _____ Regional _____ Provincial _____

Number of months in competitive season: 12 10 8 6 4

Number of matches / competitions in season _____

Did you attend the BC Championships in Coquitlam, July 15, 16, 17, 2011 YES ___ NO ___

If no, explain _____

Please check level of competition attained to date):

National Senior Team: _____ National Team Pool: _____ National Junior Team: _____ Team
BC: _____ University: _____ High School: _____ Club: _____

If member of National Senior Team, indicate number of matches / competitions completed for Canada to date: _____

F. Coaching Data

Name of Coach: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Phone Number(s): Home: _____ Office: _____ Fax: _____

Email: _____

Club/ High Performance Centre affiliation: _____

Coaching Status (please check one) Full Time: Part Time:

If part time, please indicate remuneration status:

Salary: _____ Honorarium: _____ Volunteer: _____

NCCP CC#: _____ NCCP level certified at: _____

Signature of Coach: _____

Additional coaching staff: Name(s) _____

CC # _____ NCCP level certified at: _____

G. Declarations

I hereby declare that the information on this application, to the best of my knowledge, is true and complete. If verification of my academic standing is required, I give my approval for further investigation. In return for any assistance provided to me under the BC Athletic Assistance Program, I agree to fulfill all training and competition commitments, to make myself available to Team BC selection, and to contribute to athlete and coaching development programs run by the PSO within British Columbia. I hereby permit the unrestricted use of my name and list of accomplishments in promotional materials, broadcasts, and the press as they pertain to the BC Athlete Assistance Program.

Signature of Applicant: _____ Date: _____

I hereby endorse this application for assistance and confirm that the commitments made will be monitored.

Signature of PSO Athlete Administrator _____ Date _____

Return this completed form by October 14, 2011 to BC Athletics - Thank you