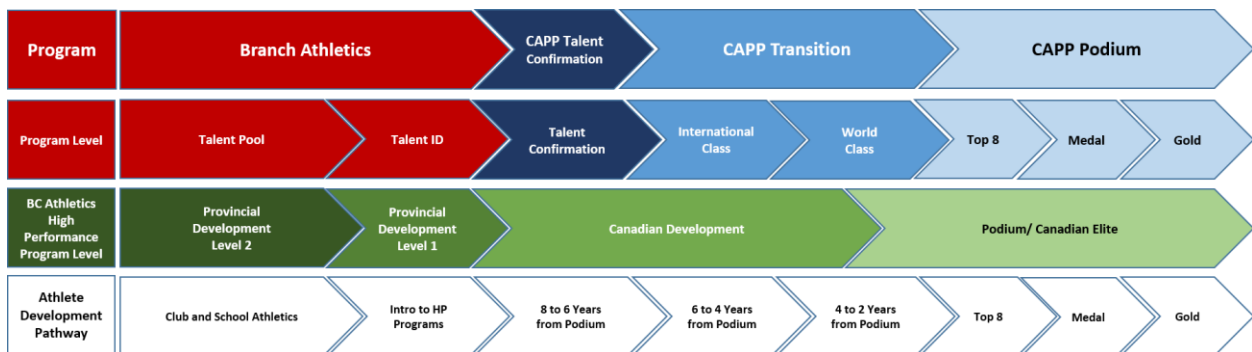




## BC Athletics High Performance Athlete Support 2019/2020 Selection Policy



**Table of Contents**

**1. OVERVIEW ..... 3**

**1.1. Qualification Period ..... 3**

**1.2. Program Timelines ..... 3**

**1.3. BC Athletics High Performance System ..... 3**

**2. BC ATHLETICS HIGH PERFORMANCE PROGRAM ..... 4**

**2.1. Eligibility ..... 4**

**3. BC ATHLETE ASSISTANCE PROGRAM (AAP) ..... 4**

**3.1. Eligibility ..... 4**

**3.2. Injury, Illness, or Pregnancy Status ..... 5**

**3.3. NCAA Athletes ..... 5**

**3.4. Sport Canada Carded Athletes ..... 6**

**4. APPLICATION FOR ATHLETE SUPPORT ..... 6**

**4.1. Online Application ..... 6**

**4.2. Yearly Training Plan (YTP) ..... 6**

**5. SELECTION ..... 7**

**5.1. BC Athletics High Performance Program Selection Process ..... 7**

**5.2. BC Athletics Athlete Assistance Program (AAP) Selection Process ..... 7**

**6. APPEALS ..... 8**

**6.1. Appeals Deadline ..... 8**

**6.2. Appeals Process ..... 8**

**7. QUESTIONS ..... 8**

**APPENDIX A: Athlete Level, Status, and Funding Amounts ..... 9**

**APPENDIX B: 2019 BC Athlete Assistance MALE Age Performance Standards ..... 10**

**APPENDIX C: 2019 BC Athlete Assistance FEMALE Age Performance Standards ..... 11**

**APPENDIX D: Canadian Teams Classification ..... 12**

## 1. 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](http://www.bcathletics.org).

### 1.1. Qualification Period

The qualification period for athletes to obtain a legal performance and performance achievement items, November 1, 2018 - October 31, 2019

### 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 2019      |
| Application deadline                                      | November 1, 2019    |
| BC Athletics High Performance Program Athletes Identified | November 2019       |
| BC Athletes Assistance Program (AAP) Athletes Identified  | February 2020       |
| Circulation of Funding                                    | February/March 2020 |

### 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 and support through the BC Athletics High Performance Program (Canadian Sport Institute and PacificSport), 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 each of the 3 support opportunities through their specific selection standards and criteria.

## 2. BC ATHLETICS HIGH PERFORMANCE PROGRAM

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.

### 2.1. Eligibility

Athletes wishing to be considered for the BC Athletics High Performance Program 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 (November 1, 2018 – October 31, 2019). 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;

## 3. BC ATHLETE ASSISTANCE PROGRAM (AAP)

The BC Athlete Assistance 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:

- 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 17 years of age during the qualifying period (November 1, 2018 – October 31, 2019);
- e. Have completed the online application including the submissions of a Yearly Training Plan (YTP) and all necessary documents;

**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 received BC AAP funding in the previous year (2018-19); who met the age performance standard in the previous year (2018-19); 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 BC AAP Funding 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 BC AAP 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 (2019-20) 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. 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 the BC Athletics High Performance Program and the BC Athlete Assistance Program.

### **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 The BC Athletics High Performance Program 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. SELECTION**

For both the BC Athlete Assistance Program and the BC Athletics High Performance Program, athletes select themselves based on their performances throughout the year. All performances must be achieved in sanctioned 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.).

### **5.1. BC Athletics High Performance Program Selection Process**

For information on selection for BC Athletics High Performance Program, please [CLICK HERE](#).

### **5.2. BC Athletics Athlete Assistance Program (AAP) Selection Process**

#### **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).

#### **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.

## 6. 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.

### 6.1. 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.

### 6.2. 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](mailto: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 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.

## 7. QUESTIONS

For any questions relating to BC Athlete Assistance, please contact the BC Athletics Technical Manager, Chris Winter - ([Chris.Winter@bcathletics.org](mailto: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"> <li>- National Senior Team (See: Appendix D)</li> <li>- CAPP Medal, Top 8, World Class Levels</li> </ul>  | Up to 20% of annual Sport Canada funding received by athlete; <b>OR</b> up to \$2250 if not nationally carded. | Up to 25% of annual Sport Canada funding received by athlete; <b>OR</b> up to \$3500 if not nationally carded. | Up to 25% of annual Sport Canada funding received by athlete; <b>OR</b> up to \$875 if not nationally carded. | Up to \$2000     |
| LEVEL 4     | <ul style="list-style-type: none"> <li>- CAPP International Level</li> </ul>   | Up to 15% of annual Sport Canada funding received by athlete; <b>OR</b> up to \$2000 if not nationally carded. | Up to 20% of annual Sport Canada funding received by athlete; <b>OR</b> up to \$3500 if not nationally carded. | Up to 20% of annual Sport Canada funding received by athlete; <b>OR</b> up to \$875 if not nationally carded. | Up to \$1500     |
| LEVEL 3     | <ul style="list-style-type: none"> <li>- National Senior Development Team (See: Appendix D)</li> <li>- National U20 Team (See: Appendix D)</li> <li>- Canada Games Team</li> <li>- Provincial Senior Team</li> <li>- CAPP Talent Confirmation Level</li> </ul> | Up to 10% of annual Sport Canada funding received by athlete; <b>OR</b> up to \$1750 if not nationally carded. | Up to 15% of annual Sport Canada funding received by athlete; <b>OR</b> up to \$3000 if not nationally carded. | Up to 15% of annual Sport Canada funding received by athlete; <b>OR</b> up to \$750 if not national carded    | Up to \$1000     |
| LEVEL 2     | <ul style="list-style-type: none"> <li>- Provincial U20 Team</li> </ul>  | Up to \$1500   | Up to \$2500   | Up to \$625   | Up to \$750      |
| LEVEL 1     | <ul style="list-style-type: none"> <li>- Elite Club</li> <li>- University/College</li> </ul>   | Up to \$1250   | Up to \$2000   | Up to \$500   | Up to \$500      |

\*CAPP Levels will include both athletes considered and selected.

APPENDIX B: 2019 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    | 10.43    | 10.40    | 10.37    | 10.34    | 10.31    | 10.28    | 10.25    | 10.22    | 10.19    | 10.16    | 10.13    | 10.10    |
| 200m        | 21.35                | 21.29                   | 21.23    | 21.16    | 21.10    | 21.04    | 20.98    | 20.92    | 20.85    | 20.79    | 20.73    | 20.67    | 20.61    | 20.54    | 20.48    | 20.42    |
| 400m        | 47.70                | 47.54                   | 47.38    | 47.22    | 47.06    | 46.90    | 46.74    | 46.58    | 46.42    | 46.26    | 46.10    | 45.94    | 45.78    | 45.62    | 45.46    | 45.30    |
| 800m        | 1:50.00              | 1:49.73                 | 1:49.47  | 1:49.20  | 1:48.93  | 1:48.67  | 1:48.40  | 1:48.13  | 1:47.87  | 1:47.60  | 1:47.33  | 1:47.07  | 1:46.80  | 1:46.53  | 1:46.27  | 1:46.00  |
| 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             | 14:11.50                | 14:08.00 | 14:04.50 | 14:01.00 | 13:57.50 | 13:54.00 | 13:50.50 | 13:47.00 | 13:43.50 | 13:40.00 | 13:36.50 | 13:33.00 | 13:29.50 | 13:26.00 | 13:22.50 |
| 10000m      |                      |                         | 29:47.00 | 29:37.23 | 29:27.46 | 29:17.69 | 29:07.92 | 28:58.15 | 28:48.38 | 28:38.62 | 28:28.85 | 28:19.08 | 28:09.31 | 27:59.54 | 27:49.77 | 27:40.00 |
| 110mH       | 14.70 or 14.20 (U20) | 14.65 or 14.15 (U20)    | 14.60    | 14.55    | 14.51    | 14.46    | 14.41    | 14.37    | 14.32    | 14.27    | 14.23    | 14.18    | 14.13    | 14.09    | 14.04    | 13.50    |
| 400mH       | 53.00                | 52.77                   | 52.54    | 52.32    | 52.09    | 51.86    | 51.63    | 51.40    | 51.18    | 50.95    | 50.72    | 50.49    | 50.26    | 50.04    | 49.81    | 49.58    |
| 3000mSC     | 8:58.17              | 8:56.23                 | 8:54.28  | 8:52.34  | 8:50.39  | 8:48.45  | 8:46.50  | 8:44.56  | 8:42.61  | 8:40.67  | 8:38.72  | 8:36.78  | 8:34.83  | 8:32.89  | 8:30.94  | 8:29.00  |
| Pole Vault  | 5.10                 | 5.13                    | 5.16     | 5.19     | 5.23     | 5.26     | 5.29     | 5.32     | 5.35     | 5.38     | 5.41     | 5.44     | 5.48     | 5.51     | 5.54     | 5.57     |
| High Jump   | 2.16                 | 2.17                    | 2.18     | 2.18     | 2.19     | 2.20     | 2.21     | 2.22     | 2.22     | 2.23     | 2.24     | 2.25     | 2.26     | 2.26     | 2.27     | 2.28     |
| Long Jump   | 7.55                 | 7.58                    | 7.60     | 7.63     | 7.65     | 7.68     | 7.71     | 7.73     | 7.76     | 7.78     | 7.81     | 7.84     | 7.86     | 7.89     | 7.91     | 7.94     |
| Triple Jump | 15.60                | 15.67                   | 15.73    | 15.80    | 15.86    | 15.93    | 15.99    | 16.06    | 16.12    | 16.19    | 16.25    | 16.32    | 16.38    | 16.45    | 16.51    | 16.58    |
| Shot Put    | 16.59 or 18.25 (U20) | 16.85 or 18.54 (U20)    | 17.11    | 17.38    | 17.66    | 17.93    | 18.21    | 18.48    | 18.75    | 19.03    | 19.30    | 19.58    | 19.85    | 20.12    | 20.40    | 20.70    |
| Discus      | 52.38 or 56.00 (U20) | 53.22 or 56.89 (U20)    | 54.06    | 54.80    | 55.53    | 56.27    | 57.01    | 57.74    | 58.48    | 59.22    | 59.95    | 60.69    | 61.43    | 62.16    | 62.90    | 63.43    |
| Hammer      | 61.82 or 68.00 (U20) | 62.83 or 69.11 (U20)    | 63.84    | 64.76    | 65.69    | 66.61    | 67.53    | 68.46    | 69.38    | 70.30    | 71.23    | 72.15    | 73.07    | 74.00    | 74.92    | 75.67    |
| 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   | 6791 or 7200 (U20)   | 6869 (SR) or 7278 (U20) | 6947     | 7025     | 7103     | 7181     | 7259     | 7337     | 7415     | 7493     | 7572     | 7650     | 7728     | 7806     | 7884     | 7962     |
| 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             | 43:43.27                |          |          |          |          |          |          |          |          |          |          |          |          |          |          |
| 20K RW      |                      |                         | 1:30:14  | 1:29:38  | 1:29:03  | 1:28:27  | 1:27:51  | 1:27:16  | 1:26:40  | 1:26:04  | 1:25:28  | 1:24:53  | 1:24:17  | 1:23:41  | 1:23:06  | 1:22:30  |
| 50K RW      |                      |                         | 4:21:59  | 4:20:13  | 4:18:27  | 4:16:41  | 4:14:55  | 4:13:09  | 4:11:23  | 4:09:36  | 4:07:50  | 4:06:04  | 4:04:18  | 4:02:32  | 4:00:46  | 3:59:00  |

APPENDIX C: 2019 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    | 11.65    | 11.61    | 11.58    | 11.54    | 11.50    | 11.46    | 11.43    | 11.39    | 11.35    | 11.31    | 11.28    | 11.24    |
| 200m        | 24.20    | 24.12    | 24.04    | 23.96    | 23.89    | 23.81    | 23.73    | 23.65    | 23.57    | 23.49    | 23.41    | 23.33    | 23.26    | 23.18    | 23.10    | 23.02    |
| 400m        | 55.00    | 54.79    | 54.57    | 54.36    | 54.15    | 53.93    | 53.72    | 53.51    | 53.29    | 53.08    | 52.87    | 52.65    | 52.44    | 52.23    | 52.01    | 51.80    |
| 800m        | 2:08.70  | 2:08.16  | 2:07.62  | 2:07.08  | 2:06.54  | 2:06.00  | 2:05.46  | 2:04.92  | 2:04.38  | 2:03.84  | 2:03.30  | 2:02.76  | 2:02.22  | 2:01.68  | 2:01.14  | 2:00.60  |
| 1500m       | 4:27.00  | 4:25.69  | 4:24.39  | 4:23.08  | 4:21.78  | 4:20.47  | 4:19.17  | 4:17.86  | 4:16.56  | 4:15.25  | 4:13.95  | 4:12.64  | 4:11.34  | 4:10.03  | 4:08.73  | 4:07.42  |
| 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 | 34:32.98 | 34:19.96 | 34:06.95 | 33:53.93 | 33:40.91 | 33:27.89 | 33:14.88 | 33:01.86 | 32:48.84 | 32:35.82 | 32:22.81 | 32:09.79 | 31:56.77 |
| 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    | 60.43    | 60.12    | 59.80    | 59.48    | 59.17    | 58.85    | 58.53    | 58.22    | 57.90    | 57.58    | 57.27    | 56.95    | 56.63    | 56.32    | 56.00    |
| 3000mSC     | 10:35.00 | 10:31.33 | 10:27.67 | 10:24.00 | 10:20.33 | 10:16.67 | 10:13.00 | 10:09.33 | 10:05.67 | 10:02.00 | 09:58.33 | 09:54.67 | 09:51.00 | 09:47.33 | 09:43.67 | 9:40.00  |
| Pole Vault  | 4.05     | 4.08     | 4.11     | 4.14     | 4.17     | 4.20     | 4.23     | 4.26     | 4.30     | 4.33     | 4.36     | 4.39     | 4.42     | 4.45     | 4.48     | 4.51     |
| High Jump   | 1.82     | 1.83     | 1.83     | 1.84     | 1.84     | 1.85     | 1.85     | 1.86     | 1.86     | 1.87     | 1.87     | 1.88     | 1.88     | 1.89     | 1.89     | 1.90     |
| Long Jump   | 6.15     | 6.18     | 6.21     | 6.24     | 6.27     | 6.30     | 6.33     | 6.36     | 6.40     | 6.43     | 6.46     | 6.49     | 6.52     | 6.55     | 6.58     | 6.61     |
| Triple Jump | 12.85    | 12.93    | 13.01    | 13.09    | 13.17    | 13.25    | 13.33    | 13.41    | 13.50    | 13.58    | 13.66    | 13.74    | 13.82    | 13.90    | 13.98    | 14.06    |
| Shot Put    | 14.50    | 14.72    | 14.94    | 15.15    | 15.37    | 15.59    | 15.81    | 16.03    | 16.24    | 16.46    | 16.68    | 16.90    | 17.12    | 17.33    | 17.55    | 17.77    |
| 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    | 57.78    | 58.57    | 59.35    | 60.14    | 60.92    | 61.71    | 62.49    | 63.28    | 64.06    | 64.85    | 65.63    | 66.42    | 67.20    | 67.99    | 68.77    |
| Javelin     | 50.00    | 50.77    | 51.53    | 52.30    | 53.07    | 53.83    | 54.60    | 55.37    | 56.13    | 56.90    | 57.67    | 58.43    | 59.20    | 59.97    | 60.73    | 61.50    |
| Heptathlon  | 5300     | 5358     | 5415     | 5473     | 5531     | 5588     | 5646     | 5704     | 5761     | 5819     | 5877     | 5934     | 5992     | 6050     | 6107     | 6165     |
| 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 | 50:37.20 |          |          |          |          |          |          |          |          |          |          |          |          |          |          |
| 20K RW      |          |          | 1:43:44  | 1:42:57  | 1:42:10  | 1:41:22  | 1:40:35  | 1:39:48  | 1:39:01  | 1:38:13  | 1:37:26  | 1:36:39  | 1:35:52  | 1:35:04  | 1:34:17  | 1:33:30  |
| 50K RW      |          |          | 5:06:44  | 5:03:54  | 5:01:05  | 4:58:15  | 4:55:26  | 4:52:36  | 4:49:47  | 4:46:57  | 4:44:08  | 4:41:18  | 4:38:29  | 4:35:39  | 4:32:50  | 4:30:00  |

## APPENDIX D: Canadian Teams Classification

### Senior -

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

### Senior Development / U20

- 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
- NACAC U23 Championships
- Les Jeux de la Francophonie
- FISU Summer Universiade