





**Canadian Sport Institute Pacific  
& BC Athletics  
Athlete & Coach Nomination Criteria  
(Olympic & Paralympic Stream)**

Criteria Approved June 25, 2019

|   |  |
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| CSI Pacific Representative                  |  |
|   | Signature  |
| BC Athletics Representative<br>Chris Winter |  |
|   | Signature  |

## PURPOSE

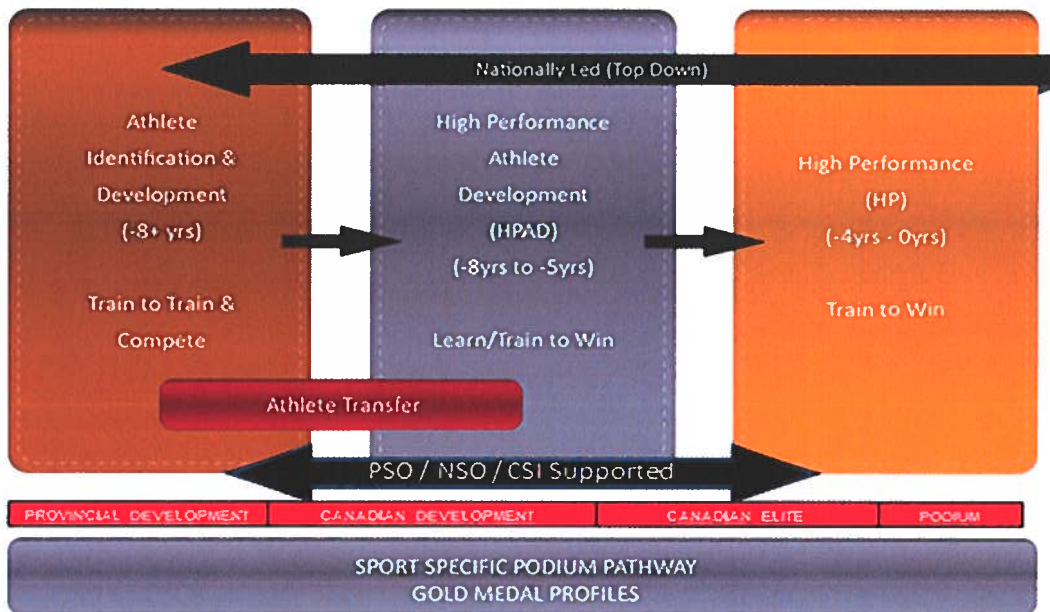
Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centres, and BC Athletics, collaborates to deliver programs and services to place BC athletes<sup>1</sup> onto National Teams, and ensure athletes and coaches have every advantage to win medals for Canada. The partners work jointly to encourage sport excellence and increase podium performances in communities throughout BC.

Canadian Sport Institute / PacificSport athlete and coach support for the Podium and Canadian Elite nomination focuses on athletes and teams 0-4 years from the Podium, identified by the sport-specific Podium Pathway (see Figure 1 below) and Gold Medal Profile. These athletes and teams represent the current generation of National Team athletes who are carded by the NSO through Sport Canada's Athlete Assistance Program.

Canadian Sport Institute / PacificSport athlete and coach support for the Canadian Development and Provincial Development nomination focuses on athletes, both Olympic & Paralympic Stream, and teams 5-12 years from the Podium, identified by the sport-specific Podium Pathway (see Figure 1 below) and Gold Medal Profile. These athletes and teams represent both the next generation (5-8 years from Podium) and future generations (9-12 years from Podium) of Olympic and Paralympic (or World Championship) medallists. Support may be focussed more toward the future generation (9-12 years from Podium) for some targeted Paralympic sports depending on the quality of the next generation (5-8 years from Podium) of athletes and teams.

Figure 1

### PODIUM PATHWAY CONCEPT OVERVIEW



<sup>1</sup> In general, a BC athlete is defined as an athlete born, developed, and/or trained/centralized (for a minimum of three months) in British Columbia.

## DETAILS

Through the above partnership, and with the above purpose in mind, BC Athletics may nominate athletes and their coaches who meet specific criteria for Canadian Sport Institute Pacific / PacificSport athlete or coach registration. Upon registering, athletes and coaches can engage in enhanced programs, benefits, and selected support services through Canadian Sport Institute Pacific and the network of PacificSport regional centres in BC.

Canadian Sport Institute and PacificSport athlete support is divided into [four levels](#) based on performance, each with a slate of designated benefits. Please click on the following for an outline of Canadian Sport Institute [Athlete and Coach](#) benefits, programs, and services. Please see Appendix 1 for an outline of BC Athletics targeted athlete benefits, programs, and services as delivered through BC Athletics.

Targeted athletes are nominated by BC Athletics based on the athlete criteria below. Any enquiries regarding the sport-specific selection criteria can be made to Chris Winter, Technical Manager, BC Athletics – [chris.winter@bcathletics.org](mailto:chris.winter@bcathletics.org). As a general principle, all athletes are expected to demonstrate evidence of their ongoing performance progression and tracking toward BC Athletics high performance program benchmarks to remain targeted. BC Athletics and the Canadian Sport Institute technical lead have the final authority over the Canadian Sport Institute nomination process.

The athlete and coach nomination cycle for Canadian Sport Institute / PacificSport / BC Athletics targeting runs November 1 to October 31 annually, and athletes are selected based on performances from the previous 12 months. Athletes who meet criteria throughout the annual nomination cycle may be added to the BC Athletics targeted athlete list, on a case by case basis, by contacting the PSO/DSO Technical Representative.

## ATHLETE/COACH REGISTRATION

Once the athlete or coach is nominated, he or she will be notified by BC Athletics and will be provided with information on how to register with his or her local Canadian Sport Institute campus or PacificSport regional centre. A Canadian Sport Institute or PacificSport. Athletes and coaches must register with their local centre in order to receive athlete or coach support.

## CORE CRITERIA

1. For PSO/DSO nominations, athletes must be considered in good standing (at the discretion of the PSO/DSO) with BC Athletics as a competitive athlete and meet the definition of a BC athlete.
2. In principle, all athletes nominated should have a designated coach who is responsible for planned programming with the coach(es)'s name and email identified on the targeted athlete list.
3. Athletes who fail to meet targeting criteria due to injury or absence, may remain on BC Athletics nomination list at coach's discretion when:
  - a. There is an expectation the athlete in question would have met criteria if no injury or absence had occurred. **AND;**
  - b. The athlete in question was previously nominated by BC Athletics in the previous 24 months.
4. Meet the BC Athletics General Criteria for Funding and Selection [here](#).
5. Be at least 15 years of age during the qualifying period (October 1, 2018 – September 30, 2019). 16 years of age in nomination cycle.
6. Have completed the online application including the submissions of a 2019/2020 Yearly Training Plan (YTP) and all necessary documents.
7. Compete in a BC Athletics Championships for their age group unless they have received an exemption for one or more of the following reasons: illness, injury, CDN or BC Team event, Domestic affliction, Education, Exam, or graduation.

## LEVEL-SPECIFIC CRITERIA

Please note both the Canadian Sport Institute criteria and the BC Athletics sport-specific criteria:

### **Podium / Canadian Elite (Sport Canada AAP Carded)**

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*Canadian Sport Institute Criteria:*

- Athletes who appear on the Sport Canada AAP Carding List and verified by the NSO. These athletes are in the High Performance (HP/T2W) stage of the Podium Pathway. **OR;**

*BC Athletics Sport Specific Criteria*

*Athletes who meet Core Criteria; AND*

- Athletes *selected and/or considered* as part of the 2019/2020 [Athletics Canada CAPP](#) “Podium” and “World Class” Program Levels as determined by the Athletics Canada High Performance Director, Head Coach, and Paralympic Performance Lead. **AND;**
- Who appear on the Sport Canada AAP Carding List and verified by the NSO. These athletes are in the High Performance (HP/T2W) stage of the Podium Pathway.

### **Canadian Development**

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*Canadian Sport Institute Criteria:*

- Athletes who compete on the senior national team in eligible events, but do not receive Sport Canada AAP funding, and verified by the NSO. These athletes are in the High Performance (HP/T2W) stage of the Podium Pathway. **OR;**
- Athletes who are in the HP Athlete Development (L2W/T2W) stage of the Podium Pathway (including Gold Medal Profile), and verified by the NSO. If the NSO does not have an approved Podium Pathway, the following criteria will be used:
  - Athletes who have been targeted as ‘Hot prospects’ defined as the expectation to be selected to the senior national team in eligible events **within 24 months**, and verified by the NSO.

*Athletes who meet Core Criteria; AND*

*BC Athletics Sport Specific Criteria:*

#### **Able-bodied Athletes**

- Athletes *selected and/or considered* as part of the 2019/2020 [Athletics Canada CAPP](#) “Podium” and “World Class” Program Levels as determined by the Athletics Canada High Performance Director, Head Coach, and Paralympic Performance Lead. **AND;** Who **DO NOT** appear on the Sport Canada AAP Carding List verified by the NSO. **OR;**
- Athletes *selected and/or considered* as part of the 2019/2020 [Athletics Canada CAPP](#) “International” and “Talent Confirmation” Program Levels as determined by the Athletics Canada High Performance Director, Head Coach, and Paralympic Performance Lead.

**Para Athletes\***

- Athletes *selected* and/or *considered* as part of the 2019/2020 [Athletics Canada CAPP](#) “International” and “Talent Confirmation” Program Levels as determined by the Athletics Canada High Performance Director, Head Coach, and Paralympic Performance Lead.

\*Para-athletes must hold a national or international IPC classification which is of “review” or “confirmed” status

**Provincial Development Level 1**

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*Canadian Sport Institute Criteria:*

- Athletes who are in the Athlete Identification & Development stage of the Podium Pathway, and who are tracking toward the HP Athlete Development stage according to the NSO-specific Podium Pathway and Gold Medal profile. If the NSO does not have an approved Podium Pathway, the athlete must be tracking toward Canadian Development and meet one of the two criteria below:
  - Have competed at the U23 or U20 World Championships in an eligible event (or equivalent international developmental event) in the past 24 months, **OR**;
  - Have won a medal in an eligible event at their Sport-Specific National Elite/Open, U23, or U19 Championships (or equivalent level of performance standard) in the previous 24 months.

\*Note: Athletes who are eligible for Provincial Development are typically supported for a maximum duration of 5 years (combined Provincial Development Level 1 and Level 2).

*BC Athletics Sport Specific Criteria:**Athletes who meet Core Criteria; AND****Able-bodied Athletes***

- Athletes who have achieved the published **BC Athletics U23 standard (See Appendix 2 & 3)** during the period of October 1 to September 30, **OR**;
- Athletes who have achieved the published **BC Athletics Senior Team standard (See Appendix 2 & 3)** during the period of October 1 to September 30, **OR**;
- Athletes who have achieved the published **BC Athletics U20 Team standard (See Appendix 2 & 3)** during the period of October 1 to September 30,

***Para Athletes\****

- Have competed at the World Para Athletics U20 Championships in an eligible event (or equivalent international developmental event) in the past 24 months, **OR**;
- Have won a medal in an eligible event at the National Senior or U20 Championships in the previous 24 months.

\*Para-athletes must hold a national or international IPC classification which is of “review” or “confirmed” status

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## Provincial Development Level 2

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### *Canadian Sport Institute Criteria:*

- Athletes who are in the Athlete Identification & Development stage of the Podium Pathway, and who are tracking toward Provincial Development 1 according to the NSO-specific Podium Pathway and Gold Medal profile. If the NSO does not have an approved Podium Pathway, the athlete must meet one of the two criteria below:
  - Competed in an eligible event at the appropriate age group national championships (or equivalent level of performance standard) and/or place within the top 20% at the appropriate age group provincial championships in the previous 12 months, **OR**;
  - Competed for Team BC at Canada Summer Games or Canada Winter Games in the previous 12 months.

### *BC Athletics Sport Specific Criteria*

#### *Athletes who meet Core Criteria; AND*

#### **Able-bodied Athletes**

- Athletes who have achieved the [BC Athletics U18 Team Standard](#) during the period of October 1 to September 30, **OR**;
- Athletes who have achieved the [BC Athletics U16 Team Standard](#) during the period of October 1 to September 30, **OR**;
- Athletes who qualified as a member of a BC Cross Country or a BC Road Team.
  - **BC Cross Country Teams**
  - **BC 5K Team**
  - **BC 10K Team**
  - **BC Half Marathon Team**
  - **BC Marathon Team**

#### **Para Athletes**

- To be nominated at this level, athletes will be verified in consultation with their relevant Disability Sport Organization's (DSO) High Performance Lead and/or Provincial Coach based on their performance at the 2019 National Championships and/or having placed within the top 20% at the appropriate 2019 age group Provincial Championships in the previous 12 months.

\*Para-athletes must hold a national or international IPC classification which is of "review" or "confirmed" status OR be verified by DSO to be eligible for classification in the next 12 months.

## Coach Nomination

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### *Canadian Sport Institute Criteria:*

Coaches are nominated by having his or her name included in the targeted athlete list when they are the coach of an athlete who achieves designated criteria. The PSO/DSO may nominate up to two coaches per athlete in cases where both the Provincial/National coach and a personal coach have a significant impact on the athlete's training program. While not required, it is highly recommended that PSO/DSO nominated coaches meet at least one of the following criteria:

- Be the lead person designing and implementing an annual training program for the athlete.

- Be designated as Provincial or Regional coach by the PSO/DSO.
- Be designated as a National Development / Senior National coach by the NSO.
- Be designated as athlete's coach of record based on sport-specific criteria below.

*BC Athletics Sport-Specific Criteria:*

- Must have a current Coach Membership with BC Athletics or equivalent in another Athletics Canada Branch or National Athletics Federation, **AND**;
  - Be a member in good standing with BC Athletics or their AC Branch or equivalent National Athletics Federation, **AND**;
  - Coach Training/Certification requirements:
    - Athletics Club Coach Certified, **OR**;
    - Athletics Performance Coach Certified, **OR**;
    - Athletics Performance Coach Trained.
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## APPENDIX 1 – Sport-Specific Benefits, Programs, and Services

### *BC Athletics Targeted Athlete/Coach Benefits, Programs, and Services*

#### Podium / Canadian Elite / Canadian Development

- Priority access to all Athletics Canada and BC Athletics hosted event clinics;
- Funding (as available) for camp and clinic opportunities;
- Alerts and information on upcoming clinics, camps, conferences and programs;
- Discounted pricing (as available) on BC Athletics programs and services;
- Athletes – [External Sport Credit](#) – Athlete 10 with Regional/ Zone Select team selection, Athlete 11 with BC AAP or NAIG Team selection, and Athlete 12 with BC Team Selection (includes Cd Games);
- Assistance as requested by personal coaches with YTP and Annual Competition Plan development/review;
- Travel and entry fee costs and BC Athletics team clothing with athlete and team staff selection to BC Athletics Teams;
- Facilitating/coordination of athlete and personal coach information and professional development workshops;
- Individual and group discounts on purchases through the BC Athletics official team clothing/equipment supplier;
- Coordination of performance services – testing, nutrition, mental training and anti-doping education sessions.

#### Provincial Development – Level 1

- Priority access to all Athletics Canada and BC Athletics hosted event clinics;
- Funding (as available) for camp and clinic opportunities;
- Alerts and information on upcoming clinics, camps, conferences and programs;
- Discounted pricing (as available) on BC Athletics programs and services;
- Athletes – [External Sport Credit](#) – Athlete 10 with Regional/ Zone Select team selection, Athlete 11 with BC AAP or NAIG Team selection, and Athlete 12 with BC Team Selection (includes Cd Games);
- Assistance as requested by personal coaches with YTP and Annual Competition Plan development/review;
- Travel and entry fee costs and BC Athletics team clothing with athlete and team staff selection to BC Athletics Teams;
- Individual and group discounts on purchases through the BC Athletics official team clothing/equipment supplier
- Coordination of performance services – testing, nutrition, mental training and anti-doping education sessions.

#### Provincial Development – Level 2

- Priority access to all Athletics Canada and BC Athletics hosted event clinics;
- Funding (as available) for camp and clinic opportunities;
- Alerts and information on upcoming clinics, camps, conferences and programs;
- Discounted pricing (as available) on BC Athletics programs and services;
- Athletes – [External Sport Credit](#) – Athlete 10 with Regional/ Zone Select team selection, Athlete 11 with BC AAP or NAIG Team selection, and Athlete 12 with BC Team Selection (includes Cd Games);
- Assistance as requested by personal coaches with YTP and Annual Competition Plan development/review;
- Travel and entry fee costs and BC Athletics team clothing with athlete and team staff selection to BC Athletics Teams;
- Individual and group discounts on purchases through the BC Athletics official team clothing/equipment supplier
- Coordination of performance services – testing, nutrition, mental training and anti-doping education sessions.



## APPENDIX 2 – 2019 BC Athletics Performance Standards (Women)

| 2019 BC Athletics Performance Standards |                 |              |              |              |          |               |               |
|---|-----------------|--------------|--------------|--------------|----------|---------------|---------------|
| <i>Women's Standards</i>                |                 |              |              |              |          |               |               |
| Event                                   | Senior Standard | U23 Standard | U20 Standard | U18 Standard |          | U16 Standard  |               |
| 100m                                    | 11.56           | 11.72        | 11.97        | 12.16        |          | 12.38         |               |
| 200m                                    | 23.56           | 23.95        | 24.20        | 24.83        |          | 25.28         |               |
| 400m                                    | 52.88           | 53.83        | 55.00        | 56.45        |          | 300m          | 40.71         |
| 800m                                    | 2:03.00         | 2:06.02      | 2:08.70      | 2:11.07      |          | 2:13.96       |               |
| 1500m                                   | 4:11.00         | 4:19.88      | 4:27.82      | 4:34.47      |          | 1200m         | 3:34.02       |
| 3000m                                   |                 |              | 9:41.00      | 9:57.41      |          | 2000m         | 6:27.79       |
| 5000m                                   | 15:43.60        | 16:12.6      | 16:42.60     |              |          |               |               |
| 10000m                                  | 34:24.80        | 35:16.00     |              |              |          |               |               |
| 10000mRW                                | 46:56.00        | 48:22.00     | 51:00.00     | 5000mRW      | 26:15.00 | 1500mRW       | 07:40.0       |
| 20000mRW                                | 1:36:50.00      | 1:39:46.00   |              |              |          |               |               |
| 100mH                                   | 13.35           | 13.83        | 14.10        | 14.19        |          | 80mh          | 11.91         |
| 400mH                                   | 58.37           | 59.61        | 60.75        | 62.70        |          | 28.23 (200mh) | 45.50 (300mh) |
| 3000mSC                                 | 9:59.40         | 10:50.24     | 11:04.88     | 2000mSC      | 7:07.17  | 1500mSC       | 5:04.11       |
| High Jump                               | 1.79m           | 1.74m        | 1.71m        | 1.66m        |          | 1.59m         |               |
| Pole Vault                              | 4.06m           | 3.78m        | 3.64m        | 3.22m        |          | 2.88m         |               |
| Long Jump                               | 5.99m           | 5.86m        | 5.71m        | 5.57m        |          | 5.30m         |               |
| Triple Jump                             | 12.37m          | 12.14m       | 11.90m       | 11.79m       |          | 10.82m        |               |
| Shot Put                                | 15.59m          | 13.38m       | 12.91m       | 13.63m       |          | 12.65m        |               |
| Discus Throw                            | 49.00m          | 47.06m       | 45.10m       | 40.04m       |          | 34.81m        |               |
| Hammer Throw                            | 62.27m          | 57.87m       | 53.52m       | 55.07m       |          | 45.54m        |               |
| Javelin Throw                           | 48.97m          | 45.07m       | 44.47m       | 41.87m       |          | 38.19m        |               |
| Heptathlon                              | 5563 Pts        | 4837 Pts     | 4683 Pts     | 4612 Pts     |          | Pentathlon    | 2941 Pts      |

## APPENDIX 3 – 2019 BC Athletics Performance Standards (Men)

| 2019 BC Athletics Performance Standards |                 |              |                |               |              |          |              |          |
|---|-----------------|--------------|----------------|---------------|--------------|----------|--------------|----------|
| Men's Standards                         |                 |              |                |               |              |          |              |          |
| Event                                   | Senior Standard | U23 Standard | U20 Standard   |               | U18 Standard |          | U16 Standard |          |
| 100m                                    | 10.23           | 10.56        | 10.79          |               | 10.94        |          | 11.29        |          |
| 200m                                    | 20.69           | 21.30        | 21.70          |               | 22.05        |          | 23.05        |          |
| 400m                                    | 46.56           | 47.51        | 48.00          |               | 49.47        |          | 300m         | 36.16    |
| 800m                                    | 1:48.88         | 1:49.69      | 1:51.10        |               | 1:54.43      |          | 2:00.48      |          |
| 1500m                                   | 3:41.91         | 3:45.26      | 3:51.23        |               | 3:56.46      |          | 1200m        | 3:14.94  |
| 5000m                                   | 13:53.12        | 14:23.29     | 14:41.85       |               | 3000m        | 8:36.80  | 2000m        | 5:50.91  |
| 10000m                                  | 29:51.93        | 30:22.8      | 31:05.00       |               |              |          |              |          |
| 10000mRW                                | 43:03.00        | 45:06.0      | 45:55.00       |               | 5000mRW      | 25:15.00 | 1500mRW      | 7:30.00  |
| 20000mRW                                | 1:29:00.00      | 1:33:10.00   |                |               |              |          |              |          |
| 110mH                                   | 14.01           | 14.82        | 14.48 - U20    | 15.08 - SR    | 14.50        |          | 100mh        | 14.41    |
| 400mH                                   | 52.82           | 53.65        | 53.85          |               | 55.36        |          | 200mh        | 25.86    |
| 3000mSC                                 | 8:50.58         | 9:04.81      | 9:18.95        |               | 2000mSC      | 6:01.67  | 1500mSC      | 4:32.81  |
| High Jump                               | 2.12m           | 2.08m        | 2.00m          |               | 1.94m        |          | 1.80m        |          |
| Pole Vault                              | 5.05m           | 4.62m        | 4.47m          |               | 3.86m        |          | 3.25m        |          |
| Long Jump                               | 7.35m           | 7.14m        | 6.97m          |               | 6.79m        |          | 6.18m        |          |
| Triple Jump                             | 14.96m          | 14.58m       | 14.20m         |               | 14.01m       |          | 12.72m       |          |
| Shot Put                                | 17.03m          | 15.81m       | 16.07m - U20   | 14.61m - SR   | 15.94m       |          | 14.85m       |          |
| Discus Throw                            | 50.61m          | 44.52m       | 46.16m - U20   | 43.18m - SR   | 46.56m       |          | 48.35m       |          |
| Hammer Throw                            | 60.45m          | 56.13m       | 57.05m - U20   | 51.86m - SR   | 54.57m       |          | 47.84m       |          |
| Javelin Throw                           | 67.07m          | 58.59m       | 57.94m         |               | 56.83m       |          | 50.19m       |          |
| Decathlon                               | 6623 Pts        | 5883 Pts     | 6082 Pts - U20 | 5700 Pts - SR | 5490 Pts     |          | Pentathlon   | 2826 Pts |