





2022/2023
High Performance Targeted Athlete Program

**Canadian Sport Institute Pacific
& BC Athletics
Athlete & Coach Nomination Criteria
(Olympic & Paralympic Stream)
APPLICATION DUE DATE:
November 30, 2022**

Criteria Approved October 17, 2022

CSI Pacific Representative	
BC Athletics Representative Megann VanderVliet	 Signature

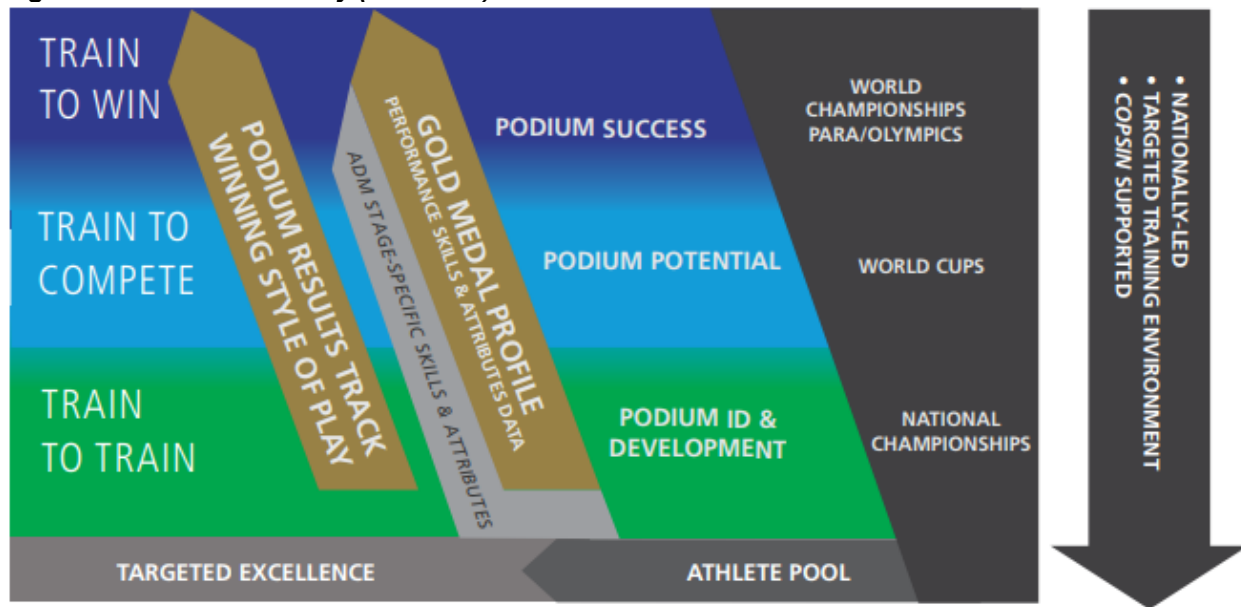
PURPOSE

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 athletes¹ 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 0-4 years from the international podium, identified by the sport-specific Podium Pathway (see Figure 1 below) and Gold Medal Profile. These athletes represent the current generation of National Team athletes who are supported 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 5-12 years from the international 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 away) and future generations (9-12 years away) of Olympic and Paralympic (or World Championship) medallists. Support may be focussed more toward the future generation (9-12 years away) for some targeted Paralympic sports depending on the quality of the next generation (5-8 years away) of athletes and teams.

Figure 1 – Podium Pathway (LTAD 3.0)



¹ 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](#) 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 inquiries regarding the sport-specific selection criteria can be made to Megann VanderVliet, Program Manager, BC Athletics – megann.vandervliet@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 in the program. Megann VanderVliet and the Canadian Sport Institute technical lead working with BC Athletics 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 (**born in 2007**) during the qualifying period (**November 1, 2021 – October 31, 2022**), and 16 years of age in nomination cycle.
6. Have completed the [online application](#) and submit by **November 30, 2022**.

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)

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.

**Note, it is the responsibility of BC Athletics in consultation with the NSO, to identify and nominate any Sport Canada AAP Carded athletes meeting Core Criteria.*

BC Athletics Sport Specific Criteria

Athletes who meet Core Criteria; AND

- Athletes *selected and/or considered* as part of the 2022/2023 [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

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 “NextGen” 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 **2022/2023 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 **2022/2023 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 **2022/2023 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

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 the criteria below:
 - Met specific performance-based benchmarks in accordance with an overall athlete monitoring and tracking framework (utilizing Gold Medal Profile categories: Physical, Technical, Tactical, Mental, Lifestyle),

AND

 - Competed at the U23 or Junior World Championships in an eligible event (or equivalent international developmental event) in the past 24 months, **OR**;
 - 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, there is an expectation that athletes nominated at the Provincial Development level convert into National Team programs (Canadian Development or Podium / Canadian Elite) within a maximum duration of five 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 U20 Performance Standard (See Appendix 2 & 3)** during the period of **November 1, 2021 – October 31, 2022***
- Athletes who have achieved the published **BC Athletics U23 Performance Standard (See Appendix 2 & 3)** during the period of **November 1, 2021 – October 31, 2022***, **OR**;
- Athletes who have achieved the published **BC Athletics Sr Performance Standard (See Appendix 2 & 3)** during the period of **November 1, 2021 – October 31, 2022***, **OR**;
- Were named to the **2022 U20 or Sr BC Team** for the 2022 Canadian National Track and Field Championships

Para Athletes*

- Were named to the **2022 BC Para Team** for the 2022 Canadian National Track and Field Championships **OR**;
- 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

Provincial Development Level 2

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 the criteria below:
 - Met specific performance-based benchmarks in accordance with an overall athlete monitoring and tracking framework (utilizing Gold Medal Profile categories: Physical, Technical, Tactical, Mental, Lifestyle),

AND

- Competed in an eligible event at the appropriate² age group national championships (or equivalent level of performance standard) in the previous 24 months, **OR**;
- Won a medal in an eligible event at their 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.

² Definition of appropriate is based on a number of factors such as peak development age, average age of National Team, sport's competition schedule, and logical pathway progression. Final determination will be made by CSI Pacific.

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

- Athletes who have achieved the **BC Athletics U16 Performance Standard (See Appendix 2 &3)** during the period of **November 1, 2021 – October 31, 2022 OR;**
- Athletes who have achieved the **BC Athletics U18 Performance Standard (See Appendix 2&3)** during the period of **November 1, 2021 – October 31, 2022 OR;**
- Athletes who were named as part of the [2022 15YO/U18 Legion Team](#) **OR;**
- Athletes who were named as part of the 2022 Team BC Canada Summer Games Team **OR;**
 - [2022 Team BC Canada Summer Games](#)
- 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](#)

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 2022 National Championships and/or having placed within the top 20% at the appropriate 2022 age group Provincial Championships in the previous 12 months **OR;**
- Para athletes who were named to Team BC Canada Summer Games
 - [2022 Team BC Canada Summer Games](#)

*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

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 session.

APPENDIX 2 – 2022/2023 BC Athletics Performance Standards (Women)

2022/2023 BC Athletics Performance Standards							
Women's Standards							
Event	Senior Standard	U23 Standard	U20 Standard	U18 Standard		U16 Standard	
100m	11.79	11.95	12.21	12.40		12.63	
200m	24.03	24.43	24.68	25.33		25.90	
400m	53.94	54.91	56.10	57.58		300m	41.52
800m	2:06.69	2:08.80	2:12.56	2:15.00		2:17.98	
1500m	4:18.53	4:27.68	4:35.85	4:42.70		1200m	3:40.44
3000m	9:23.69	9:40.31	9:58.04	10:09.36		2000m	6:36.64
5000m	16:11.92	16:41.78	17:13.09				
10000m	35:06.10	35:58.32					
10000mRW	47:42.32	49:20.04	52:01.00	5000mRW	28:25.85	1500mRW	08:10.40
20000mRW	1:37:56.20	1:40:59.72					
100mH	13.62	14.01	14.38	14.47		80mh	12.15
400mH	59.54	01:00.80	01:03.73	01:03.95		200mh	300mh
						28.79	46.41
3000mSC	10:17.38	11:09.75	11:24.83	2000mSC	7:19.99	1500mSC	5:13.23
High Jump	1.75m	1.72m	1.68m	1.64m		1.56m	
Pole Vault	4.01m	3.74m	3.60m	3.05m		2.85m	
Long Jump	5.93m	5.80m	5.65m	5.47m		5.25m	
Triple Jump	12.11m	12.02m	11.74m	11.55m		10.71m	
Shot Put	14.40m	13.25m	12.63m	3kg	13.49m	3kg	12.19m
Discus Throw	46.67m	46.59m	43.13m	39.31m		32.91m	
Hammer Throw	61.30m	57.29m	52.99m	3kg	53.23m	3kg	45.08m
Javelin Throw	48.48m	44.62m	43.24m	500g	41.45m	500g	35.88m
Heptathlon	4951pts	4789pts	4537pts	4171pts		Pentathlon	2912pts

APPENDIX 3 – 2022/2023 BC Athletics Performance Standards (Men)

2022/2023 BC Athletics Performance Standards Men's Standards

Event	Senior Standard	U23 Standard	U20 Standard				U18 Standard		U16 Standard	
100m	10.43	10.77	11.00				11.16		11.52	
200m	21.31	21.94	22.35				22.71		23.74	
400m	47.49	48.46	48.96				50.46		300m	36.88
800m	1:51.06	1:51.88	1:53.32				1:56.72		2:02.89	
1500m	3:48.57	3:52.02	3:58.17				4:03.55		1200m	3:20.79
3000m	8:30.00	8:38.38	8:49.64				8:52.30		2000m	6:08.67
5000m	14:18.11	14:49.19	15:08.31							
10000m	30:45.69	31:17.48	32:00.95							
10000mRW	44:01.00	46:00.00	46:55.10				5000mRW	26:32.06	1500mRW	7:45.00
20000mRW	1:30:46.80	1:34:51.80								
110mH	14.29	15.12	U20 - 14.77		SR - 15.38		14.79		100mh	14.70
400mH	53.88	54.72	54.93				57.56		200mh	26.38
3000mSC	9:06.50	9:21.15	9:35.72				2000mSC	6:26.63	1500mSC	4:40.99
High Jump	2.10m	2.06m	1.98m				1.85m		1.77m	
Pole Vault	5.00m	4.57m	4.30m				3.82m		3.22m	
Long Jump	7.27m	7.07m	6.83m				6.56m		6.12m	
Triple Jump	14.81m	14.44m	14.06m				13.68m		12.59m	
Shot Put	16.01m	15.65m	6kg	15.91m	7.26kg	14.46m	5kg	15.17m	4kg	14.70m
Discus Throw	49.34m	44.08m	1.75kg	45.70m	2kg	42.75m	1.5kg	46.10m	1kg	47.52m
Hammer Throw	59.85m	55.57m	6kg	56.48m	7.26kg	51.30m	5kg	54.03m	4kg	47.37m
Javelin Throw	63.44m	58.01m	800g		56.81m		700g	54.08m	600g	49.65m
Decathlon	6539pts	5825pts	U20 - 6021 Pts		SR - 5643 Pts		5436 Pts		Pentathlon	2798 Pts