



# **Canadian Sport Institute Pacific and Triathlon BC Athlete and Coach Nomination Criteria**

**Criteria Approved: August 31, 2023**

CSI Pacific Representative	David Hill		08/31/2023
	Name	Signature	Date (MM/DD/YYYY)
Triathlon BC Representative	Allan Prazsky		09/18/2023
	Name	Signature	Date (MM/DD/YYYY)

## PURPOSE

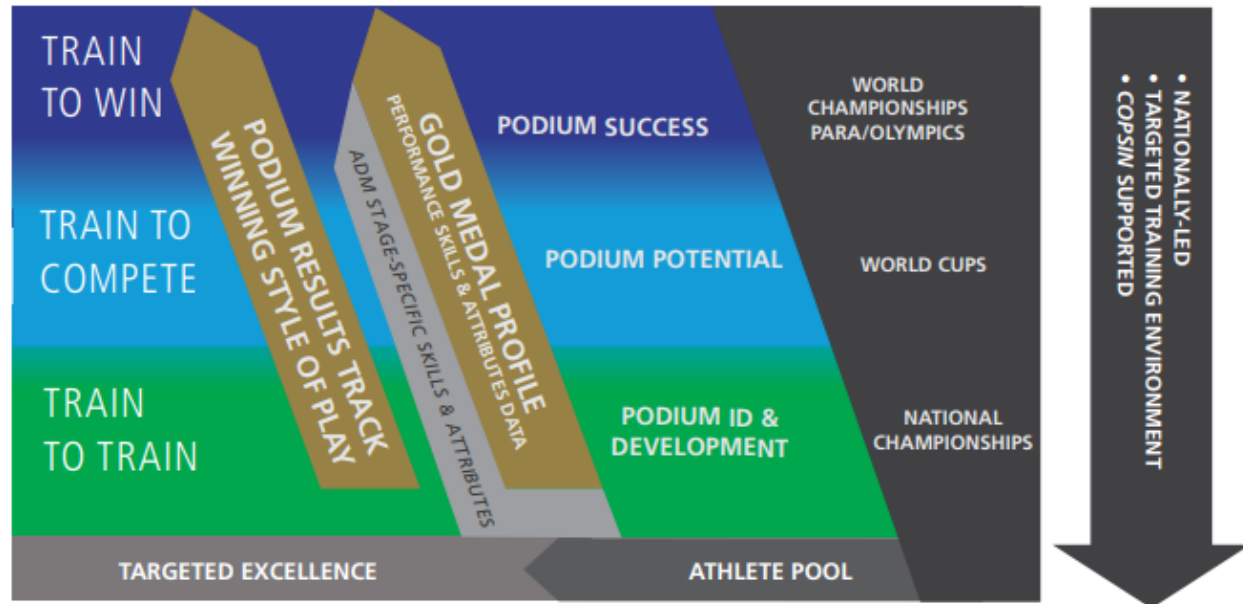
Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centres, and Triathlon BC, collaborates to deliver programs and services to place BC athletes<sup>1</sup> on national teams, and ensure athletes and coaches have every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

This template provides a standardized process with which to identify athletes and coaches within the Triathlon BC high performance program as well as athletes who are tracking against key development pathway metrics toward national teams. The levels within the targeted pathway seek to create a common standard across all sports; hence, the template must be used in its entirety. PSO/DSOs are able to adapt the template to suit their own purposes (e.g. branding, application process, etc.) provided all relevant information is contained within.

Canadian Sport Institute / PacificSport athlete and coach support for the Sport Canada AAP Carded nomination focuses on athletes and teams 0-4 years from the international podium, identified by the sport-specific Podium Pathway (Figure 1) 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 and teams 5-12 years from the international podium, identified by the sport-specific Podium Pathway (Figure 1) 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.

**Figure 1 – Podium Pathway (LTAD 3.0)**



<sup>1</sup> A BC athlete is defined as an athlete born, developed, and/or trained/centralized (for a minimum of three (3) months in a twelve (12) month period) in British Columbia.

## DETAILS

Through the above partnership, and with the above purpose in mind, Triathlon BC may nominate athletes and their coaches who meet specific criteria for Canadian Sport Institute Pacific / PacificSport athlete or coach enrollment. Upon completion of enrollment and onboarding, 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 / PacificSport athlete support is divided into four levels based on performance, each with a slate of designated benefits. Please see Appendix A for an outline of Triathlon BC targeted athlete benefits, programs, and services as delivered through Triathlon BC.

Targeted athletes are nominated by Triathlon BC based on the athlete criteria below. As a general principle, all athletes are expected to demonstrate evidence of their ongoing performance progression and tracking toward Triathlon BC high performance program benchmarks to remain targeted. Kelly Guest and the Canadian Sport Institute technical lead working with Triathlon BC, have the final authority over the Canadian Sport Institute nomination process. Any inquiries regarding the sport-specific selection criteria can be made to Kelly Guest at [kelly@tribc.org](mailto:kelly@tribc.org).

The athlete and coach nomination cycle for Canadian Sport Institute / PacificSport / Triathlon BC targeting runs November 1<sup>st</sup> to October 31<sup>st</sup> annually, and athletes are selected based on performances from the previous 12 months. Athletes meeting criteria throughout the annual nomination cycle may be added to the Triathlon BC targeted athlete list, on a case by case basis, by contacting the PSO/DSO Technical Representative Kelly Guest at [kelly@tribc.org](mailto:kelly@tribc.org).

## ATHLETE/COACH ENROLLMENT

Once the athlete or coach is nominated, they will be notified by Triathlon BC and will be provided with information on how to enroll. All athletes and coaches must enroll with Canadian Sport Institute / Pacific Sport in order to receive athlete or coach supports and benefits.

## CORE CRITERIA

1. For PSO/DSO nominations, athletes must be considered in good standing at the discretion of the PSO/DSO with Triathlon BC as a competitive athlete and meet the definition of a BC athlete.
2. All athletes nominated should have a designated coach who is responsible for planned programming. Specific coach criteria must be identified under coach nominations
3. Athletes who fail to meet targeting criteria due to injury or absence, may remain on Triathlon BC's nomination list at the discretion of the PSO/DSO 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 nominated by Triathlon BC in the previous 24 months.

## LEVEL-SPECIFIC CRITERIA

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

### 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.
  - It is the responsibility of Triathlon BC to consult with the NSO, identifying and nominating any Sport Canada AAP Carded athletes in the province of British Columbia.

### 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.

### Triathlon BC Criteria:

- Evidence to demonstrate the minimum age specific Canadian Development Performance Standards outlined in Tables 1 & 3 for men and Tables 2 & 4 for women, in combination with points outlined in Athlete Health, Wellness and Performance Matrix to equal a total of 21 points and are competing as Under 23 athletes (Juniors are not eligible for Canadian Development 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:
  - Meet specific performance-based benchmarks in accordance with an overall athlete monitoring and tracking framework (utilizing Gold Medal Profile) **AND**;
  - Athletes at this level are anticipated to convert to national team program as a Canadian Development or Podium athlete within a maximum duration of five years (combined Provincial Development Level One and Two) **AND**;
  - Competed at the appropriate<sup>2</sup> age group or junior world championships in an eligible event (or equivalent international developmental event) in the previous 24 months **OR**;
  - Won a medal in an eligible event at their sport-specific national senior/open, appropriate<sup>2</sup> junior championships (or equivalent level of performance standard) in the previous 24 months.

**Triathlon BC Criteria:**

- Evidence to demonstrate the minimum age specific Provincial Development Level 1 Performance Standards outlined in Tables 1 & 3 for men and Tables 2 & 4 for women in combination with points outlined in Athlete Health, Wellness and Performance matrix to equal a total of 17 to 21 points

**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 One 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:
  - Meet specific performance-based benchmarks in accordance with an overall athlete monitoring and tracking framework (utilizing Gold Medal Profile) **AND**;
  - Athletes at this level are anticipated to convert to national team program as a Canadian Development or Podium athlete within a maximum duration of five years (combined Provincial Development Level One and Two) **AND**;
  - Competed in an eligible event at the appropriate<sup>2</sup> Junior national championships (or equivalent level of performance standard) in the previous 24 months, **OR**;
  - Won a medal in an eligible event at their appropriate<sup>2</sup> Junior or U23 provincial championships in the previous 12 months,

**Triathlon BC Criteria:**


---

<sup>2</sup> 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.

- Evidence to demonstrate the minimum age specific Provincial Development Level 2 Performance Standards outlined in Tables 1 & 3 for men and Tables 2 & 4 for women, in combination with points outlined in Athlete Health, Wellness and Performance matrix to equal a total of 10 to 16 points
- Talent Transfer athletes who demonstrate:
  - Previous HP competitive experience in another sport (Canada Games or higher)
  - Endorsement by coach who has provided an individualized YTP for the next 6 months  
*AND*
  - Meets or shows a plan to meet criteria in Athlete Health, Wellness and Performance Matrix to achieve a minimum of 10 points within the following 6 months.

*Note: Youth athletes are not eligible for Provincial Development carding.*

## TRIATHLON BC PERFORMANCE BENCHMARKS

### Table 1. Short Course Swim Performance Benchmarks For Men

For a given performance time, the minimum age required to achieve Canadian Development, Level 1, Level 2 and Level 2 talent transfer are shown.

i.e. a 2:17 200 m would award;

- Level 1 for an athlete under 22, or
- Level 2 for an athlete under 24, or

200 SWIM TIMES	CANADIAN DEVELOPMENT ATHLETE AGE	PROV. DEV.1 ATHLETE AGE	PROV. DEV. 2 ATHLETE AGE
2:07	< 24	<24	<24
2:10	< 20	<24	<24
2:14		<24	<24
2:17		<22	<24
2:20		<20	<23
2:23		<18	<23
2:27		<16	<20
2:30			<20
2:34			<18
2:37			<16

**Table 2. Short Course Swim Performance Benchmarks For Women**

For a given performance time, the minimum age required to achieve Canadian Development, Level 1, Level 2 and Level 2 talent transfer are shown. i.e. a 2:22 200m would award; Canadian Development for an athlete under 20, or

- Level 1 for an athlete under 22, or
- Level 2 for an athlete under 24, or

200 SWIM TIMES	CANADIAN DEVELOPMENT ATHLETE AGE	PROV. DEV.1 ATHLETE AGE	PROV. DEV. 2 ATHLETE AGE
2:17	<24	<24	<24
2:20	<20	<24	<24
2:23		<22	<24
2:26		<20	<24
2:28		<18	<23
2:31		<16	<23
2:33			<20
2:37			<20
2:40			<18
2:42			<16

**Table 3. Run Performance Benchmarks For Men**

For a given performance time, the minimum age required to achieve Canadian Development, Level 1, Level 2 and Level 2 talent transfer are shown. i.e. a 4:11 1500 m would award;  
Canadian Development for an athlete under 20, or

- Level 1 for an athlete under 23, or
- Level 2 for an athlete under 24, or

1500m RUN TIMES	CANADIAN DEVELOPMENT ATHLETE AGE	PROV. DEV.1 ATHLETE AGE	PROV. DEV. 2 ATHLETE AGE
3:56	<24	<24	<24
3:58	<24	<24	<24
4:02	<24	<24	<24
4:05	<22	<24	<24
4:11	<20	<23	<24
4:16	<16	<23	<24
4:21		<22	<23
4:27		<22	<23
4:33		<20	<22
4:38		<18	<20
4:44		<16	<20
4:50			<18
4:55			<16



**Table 4. Run Performance Benchmarks For Women**

For a given performance time, the minimum age required to achieve Canadian Development, Level 1, Level 2 and Level 2 talent transfer are shown. i.e. a 4:43 1500 m would award;  
Canadian Development for an athlete under 20, or

- Level 1 for an athlete under 23, or
- Level 2 for an athlete under 24, or

1500m RUN TIMES	CANADIAN DEVELOPMENT ATHLETE AGE	PROV. DEV.1 ATHLETE AGE	PROV. DEV. 2 ATHLETE AGE
4:31	<24	<24	<24
4:34	<24	<24	<24
4:37	<24	<24	<24
4:40	<22	<24	<24
4:43	<20	<23	<24
4:46	<16	<23	<24
4:51		<22	<23
5:00		<22	<23
5:07		<20	<22
5:10		<18	<20
5:15		<16	<20
5:20			<18
5:25			<16

**ATHLETE HEALTH, WELLNESS AND PERFORMANCE MATRIX**

LEVEL OF CARDING				
CRITERIA REQUIREMENT	NUMBER OF POINTS	CANADIAN DEVELOPMENT	PROVINCIAL DEVELOPMENT 1	PROVINCIAL DEVELOPMENT 2
		Evidence	Evidence	Evidence
SWIM 200TT PERFORMANCE	Can Dev = 6points Prov Dev 1 = 5 points Prov Dev 2 = 4 points			
RUN 1500TT PERFORMANCE	Can Dev = 6points			

	Prov Dev 1 = 5 points Prov Dev 2 = 4 points			
MEDICAL SCREEN	2 points			
PHYSIOLOGY TESTING	2 points			
PODIUM PERFORMANCE AT TRIBC SUPER SERIES EVENT WITHIN AGE GROUP (JR/U23) 2022	3 points (1 point per podium to a maximum of 3points) provide list of podium performances			
FUNCTIONAL MOVEMENT ASSESSMENT AND S&C PROGRAM	2 points			
<b>TOTAL POINTS</b>	<b>21</b>	<b>20 - 21pts</b>	<b>17 - 19pts</b>	<b>10 - 16pts</b>

<b>POINTS REQUIRED FOR CSI-P CARDING</b>	
<b>ATHLETE LEVEL</b>	<b>TOTAL POINTS</b>
CANADIAN DEVELOPMENT *U23 only*	21 pts
PROVINCIAL DEVELOPMENT 1	17 - 21 pts
PROVINCIAL DEVELOPMENT 2	10 - 16 pts

**DEFINITIONS**

**MEDICAL SCREEN:** Sports medicine deals directly in sports, exercise and physical activity, including prevention, diagnosis and treatment. Sports medicine includes professionals from many different fields who have shared interest in preventing and treatment of sport-related injuries. This includes physicians, athletic trainers, nutritionists, exercise physiologists, physical therapists and biomechanist. Criteria can also be met with Triathlon Canada ICC medical documentation.

**PHYSIOLOGY TESTING:** Physiological testing that underpins sport performance through testing and analysis of biomarkers. Example: Lactate testing

**S&C PROGRAM:** A professionally developed Strength and Conditioning routine which is informed by and addresses functional movement needs.

**EVIDENCE:** Documentation through written assessment from a professional practitioner, or attendance of a Triathlon BC Performance Pathway Testing Camp. Time trial performance standards must meet Triathlon Canada's criteria for unsanctioned time trials (ratified times) or provide a hyperlink to a sanctioned event within the last 12months.

**All applicants MUST submit a current and complete Individual Performance Plan (IPP) AND Yearly Training Plan (YTP) using the Triathlon Canada or Triathlon BC template. Templates can be accessed by contacting the Triathlon BC office, [info@tribc.org](mailto:info@tribc.org)**

**REQUIRED INFORMATION FOR APPLICATION (Electronic Submissions Only)**

**DEADLINE FOR SUBMISSIONS: 5PM October 1, 2023**

**ATHLETE PERSONAL INFORMATION**

Last Name:		First Name:	
Age (As of 12/31):		Birth Date:	
Age Category:	<input type="checkbox"/> JUNIOR	<input type="checkbox"/> U23	<input type="checkbox"/> ELITE
Gender:	<input type="checkbox"/> Male	<input type="checkbox"/> Female	
Email:			
Telephone:			
Address:			
City:	Province: BC	Postal Code:	
Coach Name:			
Coach NCCP #:			
Coach Email:			
<b>EVIDENCE INCLUDED WITH THIS SUBMISSION</b>			
Triathlon Results	<input type="checkbox"/> YES	<input type="checkbox"/> NO	
Swim Performance	<input type="checkbox"/> YES	<input type="checkbox"/> NO	
Run Performance	<input type="checkbox"/> YES	<input type="checkbox"/> NO	
IPP	<input type="checkbox"/> YES	<input type="checkbox"/> NO	
YTP	<input type="checkbox"/> YES	<input type="checkbox"/> NO	
Triathlon BC Membership Number #:			
I am a Canadian Citizen holding a valid Canadian passport			<input type="checkbox"/> yes

Please select the CSI support level you are eligible for and provide supporting evidence with your application. Incomplete submissions will not be processed and will delay carding requests.

<input type="checkbox"/>	CANADIAN DEVELOPMENT
<input type="checkbox"/>	PROVINCIAL DEVELOPMENT - LEVEL 1
<input type="checkbox"/>	PROVINCIAL DEVELOPMENT - LEVEL 2
<input type="checkbox"/>	PARALYMPIC PROVINCIAL DEVELOPMENT / TALENT TRANSFER

## Coach Nomination

### *Canadian Sport Institute Criteria:*

Coaches are nominated 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.

AND,

- NCCP Competition Development Trained Status or ACD coach,

### **Triathlon BC Specific Criteria:**

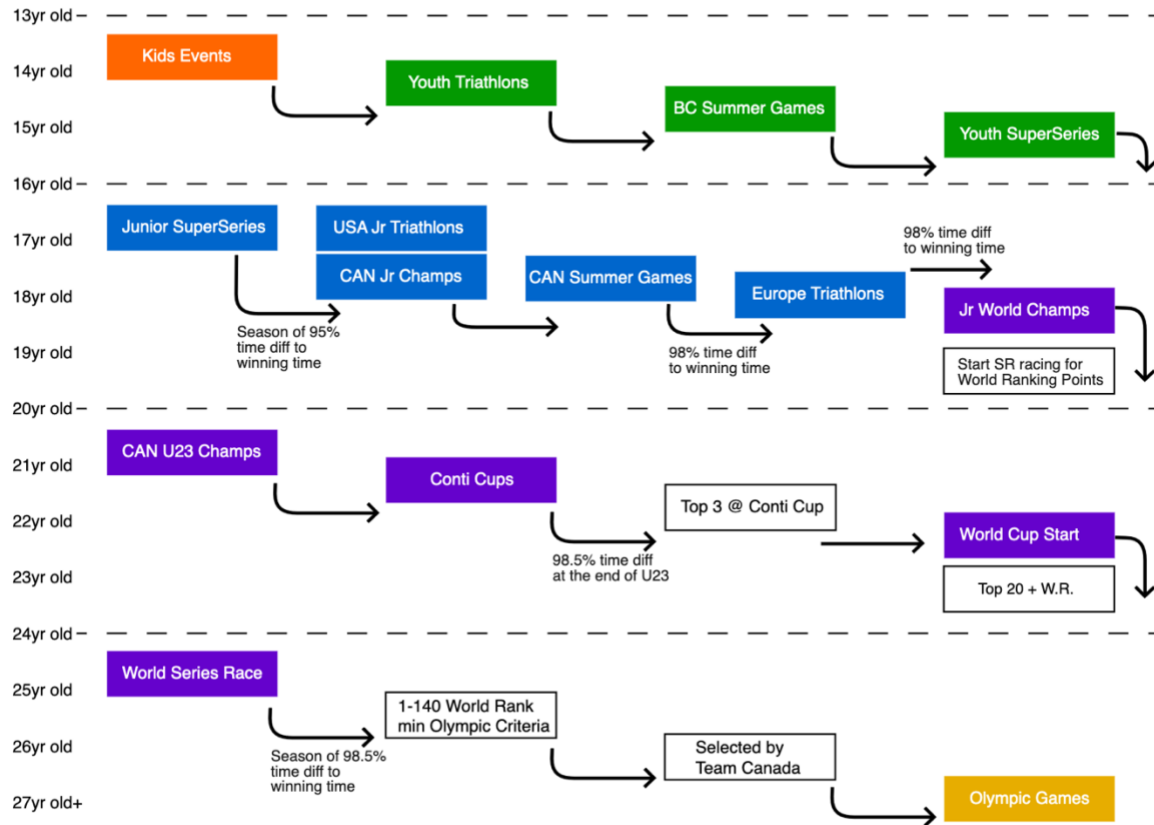
- Coach should be Triathlon Canada NCCP Trained
- Coach must commit to Triathlon BC's High-Performance Plan and requirements
- Coach must commit to Triathlon BC Performance Stream
- Coach must submit Yearly training plan, or evidence thereof, for each athlete they are on record for by noon, November 28, 2023.

## **COACH PERSONAL INFORMATION**

Last Name:		First Name:	
Age (As of 12/31):		Birth Date:	
NCCP #		Certification Level:	
Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female			
Email:			
Telephone:			
Address:			
City:	Province: BC	Postal Code:	
Triathlon BC Membership Number:			
I am a Canadian Citizen holding a valid Canadian passport <input type="checkbox"/> yes <input type="checkbox"/> no			

## APPENDIX A: TRIATHLON BC EVENT PATHWAY

## Triathlon BC Event Pathway



## APPENDIX B: TRIATHLON BC PATHWAY TO HIGH PERFORMANCE

