



Canadian Sport Institute Triathlon BC 2019 Athlete and Coach Nomination Criteria

Approved January 9, 2019:

David Hill – CSI Pacific

A handwritten signature in black ink, appearing to read "A. Prazsky".

Allan Prazsky, Triathlon BC

2019 Canadian Sport Institute / Pacific Sport Athlete and Coach Eligibility Criteria

Sport: Triathlon

Athletes applying for Triathlon BC / Canadian Sport Institute Pacific support must submit an application using the electronic form available from Triathlon BC and attached to this document.

Canadian Sport Institute support targets athletes 23 years of age and under. Exceptions may be made, on a case by case basis, for athletes that demonstrate significant sport performances.

Triathlon BC & Canadian Sport Institute reserve the right to award discretionary support to athletes meeting long term athlete development appropriate performance standards not listed below, with the endorsement of Triathlon BC, Triathlon Canada and Canadian Sport Institute.

Any swim or run performance standards submitted must comply with Triathlon Canada's most current, ratified performance standards policy posted to the Triathlon Canada website.

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PURPOSE

The Canadian Sport Institute, through a partnership with the Province of BC and ViaSport, the network of PacificSport Centres, and Triathlon BC collaborates to deliver programs and services to place BC Athletes¹ 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.

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 Podium, identified by the sport specific Podium Pathway (see Figure 1 below) and Triathlon BC's 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) medalists. 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.

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 / PacificSport athlete or coach registration. Upon registering, athletes and coaches can engage in enhanced programs, benefits, and selected support services through the Canadian Sport Institute 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](#) generic eligibility, programs, and benefits. Please see Appendix 1 for an outline of Triathlon BC targeted athlete benefits, programs, and services as delivered through Triathlon BC.

Targeted athletes are nominated annually by Triathlon BC based on the athlete criteria below. Enquiries regarding the sport-specific selection criteria can be made directly to [Triathlon BC](#). As a general principle, all athletes are expected to demonstrate evidence of their ongoing performance progression and tracking toward Triathlon BC's High Performance program benchmarks to remain targeted.

Please note, Triathlon BC High Performance Representatives and the Canadian Sport Institute Technical Lead working with Triathlon BC have the final authority over the Canadian Sport Institute nomination process.

The athlete and coach nomination cycle for Canadian Sport Institute / PacificSport / Triathlon BC targeting runs February 1st to January 31st, each year. Athletes who meet Canadian Development criteria throughout the annual nomination cycle may be added to Triathlon BC targeted athlete list, on a case by case basis, by contacting the PSO High Performance Representative.

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

GENERAL CRITERIA

- 1) For PSO nominations, athletes must be registered and in good standing with Triathlon BC as a competitive athlete and meet the definition of a BC athlete, as described above.
- 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) Triathlon BC requires evidence of an athlete's progress relative to the Triathlon BC Gold Medal Profile (attached). This is measured using triathlon performance, swim and run benchmarks as well as a Daily Performance Environment (DPE) evaluation.
- 4) Any previously nominated athletes may be given consideration for identification if unable to achieve event performance standard due to their injury or other life circumstances. Eligibility will be based on the discretion of the Triathlon BC High Performance Committee.

ATHLETE/COACH ENROLLMENT

Once the athlete or coach is nominated, he or she will be notified by Triathlon BC and will be provided with information on how to register with his or her local Canadian Sport Institute or PacificSport Regional Centre. A Canadian Sport Institute or PacificSport Athlete Coach Services representative may contact the nominated coach to encourage athlete registration. Athletes and coaches must register with their local centre to initiate the process of receiving athlete or coach support.

CANADIAN DEVELOPMENT

Canadian Sport Institute Generic Criteria:

- Athletes who compete on the senior national team in eligible events and who do not receive Sport Canada Athlete Assistance program funding, OR
- Athletes who are in the HP Athlete Development (L2W/T2W) stage of *the Podium Pathway* – as identified by Triathlon BC (including Gold Medal Profile).

Triathlon BC Criteria:

- Evidence to demonstrate two or more TIER 5 or higher results (see appended table p 7) in the previous 12 months, OR
- Evidence to demonstrate the minimum age specific **Canadian Development Performance Standards** outlined in Tables 1 & 3 for men and Tables 2 & 4 for women

PROVINCIAL DEVELOPMENT LEVEL 1

Canadian Sport Institute Generic Criteria:

- Athletes who are in the Athlete Identification & Development stage of the Podium Pathway, as identified by Triathlon BC, and who are tracking towards the HP Athlete Development stage according to the Triathlon BC specific Podium Pathway and Gold Medal profile.

Note: Athletes who are eligible for Provincial Development are normally supported for a maximum duration of 7 years (combined Provincial Development Level 1 and Level 2).

Triathlon BC Criteria:

- Evidence to demonstrate two or more TIER 7 or higher results (see appended table p 7) in the previous twelve months, OR
- Evidence to demonstrate two or more results within 5% of the winner's time in Triathlon Canada Junior Series events in the previous twelve months, OR
- 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
- U23 athletes must provide evidence of 1 or more results within 5% (men) / 7% (women) of the winner's time at ITU Continental Cup events

PROVINCIAL DEVELOPMENT LEVEL 2

Canadian Sport Institute Generic Criteria:

- Athletes who are tracking towards Provincial Development Level 1 status (according to Triathlon BC specific Podium Pathway and Gold Medal profile).

Triathlon BC Criteria:

- 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, AND
- Evidence to demonstrate three or more TIER 6-8 draft legal results (see appended table p 7) in the previous twelve month including age based performances outlined below:
 - Youth U16 must provide evidence of two top 5 results in Provincial SuperSeries events in the U16 category.
 - Junior U19 must provide evidence of two top 15 (men) / top 10 (women) results in Triathlon Canada Junior National Series events, or named to the Canada Summer Games Team, or two top 5 results in Provincial SuperSeries overall, or
- 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 12 months *AND*
- Means or plans to compete in eligible tier events (5-8) depending on age.

Note: Youth (U16) athletes are eligible for Provincial Development Level 2 carding only

PARALYMPIC PROVINCIAL DEVELOPMENT

Paralympic athletes seeking Provincial Development carding will be reviewed on an individual, case by case basis by Triathlon BC's High-Performance Committee, in combination with Triathlon Canada and CSIP representatives. Please submit sport history and intended sport classification.

Current sport classification can be found at <https://www.triathlon.org/paratriathlon/categories>

REQUIRED INFORMATION FOR APPLICATION (Electronic Submissions Only)

PERSONAL INFORMATION

| | | | | | | |
|---|--------------------------------|---------------------------------|------------------------------|---------------------------------|--|--|
| Last Name | | | | First Name | | |
| Age (As of 12/31) | | | | Birth Date | | |
| Age Category | <input type="checkbox"/> YOUTH | <input type="checkbox"/> JUNIOR | <input type="checkbox"/> U23 | | | |
| Gender | <input type="checkbox"/> male | | | <input type="checkbox"/> female | | |
| Email | | | | | | |
| Telephone | | | | | | |
| Address | | | | | | |
| City | | Province | | Postal Code | | |
| Coach Name | | | | | | |
| NCCP # | | | | | | |
| Coach eMail | | | | | | |
| EVIDENCE INCLUDED | | | | | | |
| 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. Incomplete submission 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 |

| ATHLETE LEVEL | LEVEL | EVENT(S) |
|-----------------------|-----------------|---------------------|
| Podium Pathway | Level One (1) | WTS Podium |
| | | WTS GF top 5 |
| | | WTS Series top 8 |
| | | Olympic Top 5 |
| | | Major Games Podium |
| | Level Two (2) | WTS top 10 |
| | | WTS GF top 15 |
| | | WC Podium |
| | | U23 World WIN |
| | Level Three (3) | WTS top 20 |
| | | WC top 5 |
| | | U23 World top 5 |
| | | Continental Cup WIN |

| ATHLETE LEVEL | LEVEL | EVENT(S) |
|-----------------------------|----------|--|
| Canadian Development | Four (4) | U23 ITU World Championships 3% of winners time |
| | | U23 Podium Multisport world (Aquathlon or Duathlon) |
| | | ITU Junior World Championships 3% |
| | | ITU Continental Cup within 2% of winners time (male) 4% (female) |
| | | U23 ITU World Championships 3% of winners time |
| | Five (5) | Jr Podium Multisport world (Aquathlon or Duathlon or Off-road) |
| | | Junior ITU World Championships 3% of winners time |
| | | ITU Continental Cup within 3% of winners time (male) 5% (female) |
| | | Named to Triathlon Canada ITU Mixed team relay |

| ATHLETE LEVEL | LEVEL | EVENT(S) |
|---------------------------------|-----------|---|
| Provincial Development 1 | Six (6) | JR National Championships WIN |
| | | JR National Series PODIUM |
| | | CAMTRI Junior Championship top 3% of winners time(male) 5% (female) |
| | | ITU Continental Cup 4% (men) of winners time 6% (women) |
| | | PD 1 Swim and run time for age grade |
| | Seven (7) | Podium National Championships Mixed team relay |
| | | JR National Championships PODIUM |
| | | JR National Series top 10 |
| | | CAMTRI Junior Championship 5% of winners time (male) 7%(female) |
| | | ITU Continental Cup top 5% of winner time (male) 7% (female) |

| ATHLETE LEVEL | LEVEL | EVENT(S) |
|---|-----------|--|
| Provincial Development 2 / Talent Transfer | Eight (8) | 1-PD 1 AND 1-PD 2 swim and run time for age grade |
| | | International ITU draft legal |
| | | Junior National Series top 15 |
| | | Youth draft legal top 5 |
| | | Individual Swim OR Bike OR Run Elite performance at Provincial level or higher |

Triathlon Canada Gold Medal Profile progress

Key Performance Indicators | Triathlon Performance

Evidence must be submitted via weblink to direct performance results.

Key Performance Indicators | Swim and Run Performance

| Please enter your best swim and run performances | |
|--|--|
| Swim | |
| 200 m | |
| 400 m | |
| 800 m | |
| Run | |
| 800 m | |
| 1 500 m | |
| 3 000 m | |

Key Performance Indicators | Daily Performance Environment

An Individual Performance Plan is a measure of your Daily Performance Environment. It demonstrates to Triathlon BC and CSI-Pacific that you have created a plan to address your development as an Olympic or Paralympic pathway athlete relative to the Triathlon BC's Gold Medal Profile.

All applicants MUST submit a current and complete Individual Performance Plan (IPP) using the Triathlon Canada or Triathlon BC template.

ADDITIONAL CONSIDERATIONS

Daily Performance Environment (DPE)

All athletes must provide a completed and current Individual Performance Plan (IPP) to Triathlon. The IPP is used as evidence that the athlete is in a suitable coached environment. Athletes must keep an up to date and complete training log which will be granted access to Triathlon BC's High-performance committee upon request. Further details may be requested upon review.

Improvement

All athletes must demonstrate evidence of improvement in performance or environment every year to retain support. Canadian Development athletes are exempt from this requirement.

Coach Nomination

Canadian Sport Institute / PacificSport Generic Criteria:

Coaches are nominated by having his or her name included in the Targeted Athlete List for an athlete who achieves designated criteria. Triathlon BC may nominate up to two coaches per athlete in cases where a personal coach may have significant impact on the athlete's training program. While not required, it is highly recommended that Triathlon BC nominated coaches meet one of the following criteria:

- Be the lead person designing and implementing an annual training program for the athlete, OR;
- Be designated as Provincial or Regional coach by the PSO, **OR**;
- Be designated as a National Development / Senior coach by NSO, **OR**;
- Be designated as athlete's Head coach or assistant coach of record based on sport specific criteria below.
- The coach that has submitted an IPP for a Triathlon BC carded athlete(s).

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.

| | | | | | | |
|---|-------------------------------|----------|----------------------|--|--|--|
| 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 | | Postal Code | | |
| Triathlon BC Membership Number: | | | | | | |
| I am a Canadian Citizen holding a valid Canadian passport | | | | <input type="checkbox"/> yes <input type="checkbox"/> no | | |

Other relevant information to support your application:

Table 1. Triathlon BC 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 2:14 200 m would award;

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

| 200 M SWIM TIMES | CAN. DEV. AGE | PROV. DEV. LEVEL 1 AGE | PROV. DEV. LEVEL 2 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. Triathlon BC 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 2:23 200m would award;

- Canadian Development for an athlete under 20, or
- Level 1 for an athlete under 24, or
- Level 2 for an athlete under 24, or

| 200 M SWIM TIMES | CAN. DEV. AGE | PROV. DEV. LEVEL 1 AGE | PROV. DEV. LEVEL 2 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. Triathlon BC 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 4:10 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 | CAN. DEV. AGE | PROV. DEV. LEVEL 1 AGE | PROV. DEV. LEVEL 2 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. Triathlon BC 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 4:38 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 | CAN. DEV. AGE | PROV. DEV. LEVEL 1 AGE | PROV. DEV. LEVEL 2 AGE |
|--------------------|------------------|---------------------------|---------------------------|
| 4:28 | <24 | <24 | <24 |
| 4:31 | <24 | <24 | <24 |
| 4:34 | <24 | <24 | <24 |
| 4:37 | <22 | <24 | <24 |
| 4:40 | <20 | <23 | <24 |
| 4:43 | <16 | <23 | <24 |
| 4:46 | | <22 | <23 |
| 4:51 | | <22 | <23 |
| 5:00 | | <20 | <22 |
| 5:07 | | <18 | <20 |
| 5:10 | | <16 | <20 |
| 5:15 | | | <18 |
| 5:20 | | | <16 |

APPENDIX 1

Triathlon BC Targeted Athlete/Coach Benefits, Programs, and Services

Triathlon BC will provide targeted athletes with the following:

- The opportunity to attend training camps at a subsidized rate;
- Access to team clothing and related training and competition equipment at reduced cost.
- Sport eligibility for External Sport Credit – Athlete 10, Athlete 11 or Athlete 12;
- Support from our provincial coach with respect to annual training consultation;
- Priority Athlete Assistance Program funding.

Triathlon BC will provide athletes named to Triathlon Canada's National Development Teams with the following:

- The opportunity to attend training camps at a subsidized rate;
- Access to team clothing and related training and competition equipment at reduced cost.
- Sport eligibility for External Sport Credit – Athlete 10, Athlete 11 or Athlete 12;
- Support from our provincial coach with respect to annual training consultation;
- Priority Athlete Assistance Program funding.
- Eligibility for travel subsidies.