



2016 Canadian Sport Institute Pacific Athlete and Coach Eligibility Criteria

Sport: Triathlon (Updated 2015.12.11)

Athletes applying for Triathlon BC Canadian Sport Institute Pacific support must submit an application using the electronic form available from Triathlon BC.

Canadian Sport Institute Pacific support targets athletes 23 years of age and under.

Triathlon BC & Canadian Sport Institute Pacific 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 Pacific.

Any swim or run performance standards submitted must comply with Triathlon Canada's achieving performance standards policy posted on the Triathlon Canada website.

Table of Contents

PURPOSE	3
DETAILS	3
GENERAL CRITERIA	4
ATHLETE/COACH ENROLMENT	4
TRIATHLON BC CSIP CARDING LEVEL CRITERIA	4
CANADIAN DEVELOPMENT	4
PROVINCIAL DEVELOPMENT – LEVEL 1	4
PROVINCIAL DEVELOPMENT – LEVEL 2	5
PROVINCIAL DEVELOPMENT – LEVEL 2 TALENT TRANSFER.....	5
REQUIRED INFORMATION FOR APPLICATION	6
PERSONAL INFORMATION	6
TRIATHLON CANADA GOLD MEDAL PROFILE PROGRESS	7
KEY PERFORMANCE INDICATORS TRIATHLON PERFORMANCE	7
KEY PERFORMANCE INDICATORS SWIM AND RUN PERFORMANCE	8
KEY PERFORMANCE INDICATORS DAILY PERFORMANCE ENVIRONMENT.....	8
ADDITIONAL CONSIDERATIONS	8
INJURY	8
TRAINING ENVIRONMENT	8
IMPROVEMENT	9
COACH NOMINATION	9
SUPPORTING EVIDENCE	10
OTHER RELEVANT INFORMATION TO SUPPORT YOUR APPLICATION:.....	10
 TABLE 1. TRIATHLON CANADA LONG COURSE SWIM PERFORMANCE STANDARDS FOR MEN.	 11
TABLE 2. TRIATHLON CANADA LONG COURSE SWIM PERFORMANCE STANDARDS FOR WOMEN.	12
TABLE 3. TRIATHLON CANADA RUN PERFORMANCE STANDARDS FOR MEN.	13
TABLE 4. TRIATHLON CANADA RUN PERFORMANCE STANDARDS FOR WOMEN.	14

PURPOSE

As the provincial governing body for triathlon, Triathlon BC works in collaboration with the Canadian Sport Institute, through a partnership with the Province of BC and ViaSport, and the network of PacificSport Centres, 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.

The enhanced athlete and coach support offered through the Canadian Sport Institute / PacificSport at the Canadian Development and Provincial Development levels focuses on athletes 5-12 years out 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) 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 these partnerships, 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 regional centres in BC

Canadian Sport Institute and PacificSport athlete support is divided into tiers based on performance, each with a slate of designated benefits. Please [click on the following](#) for an outline of Canadian Sport Institute and generic eligibility, programs, and benefits.

Triathlon BC nominates athletes based on the criteria listed below. Any enquiries regarding the sport-specific selection criteria can be made to [Allan Prazsky](#) PSO Technical Representative, info@tribc.org. As a general principle, all athletes are expected to demonstrate evidence of their ongoing performance progression and tracking toward Triathlon BC HP program benchmarks to remain targeted. The Triathlon BC PSO Technical Representative and the Canadian Sport Institute Athlete Development Advisor working in conjunction 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 Feb 1-January 31 annually, and athletes are selected based on performances from the previous 12 months. Athletes who meet Canadian Development 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 Technical Representative.

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.

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.
- 2) All athletes nominated should have a designated coach who is responsible for planning and delivery of coaching support in the athlete's Daily Performance Environment. The coach's name and email are identified on the targeted athlete list.
- 3) Triathlon BC requires evidence of an athlete's progress relative to the Triathlon Canada Gold Medal Profile. This is measured using triathlon performance, swim and run performance benchmarks as well as a Daily Performance Environment evaluation. Please contact Triathlon BC for further details.

ATHLETE/COACH ENROLMENT

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.

Triathlon BC CSIP carding criteria by level

CANADIAN DEVELOPMENT

- Triathlon Canada National Team (TIER 1-5) NOT receiving Sport Canada AAP support, OR
- 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

- Evidence to demonstrate two or more **TIER 7 or higher** results (see appended table p 7) in the previous twelve month, OR
- Evidence to demonstrate two or more results within 95% of the winner's time in Triathlon Canada Junior Series events in the previous twelve month, 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

PROVINCIAL DEVELOPMENT LEVEL 2

- 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, AND
 - **Youth** must provide evidence of **two** top 5 results in Provincial Youth events.
 - **Junior** must provide evidence of **two** top 15 (men) / top 10 (women) results in Triathlon Canada Junior National Series events.
 - **U23** must provide evidence of **two** top 12 (men) / top 8 (women) results in CAMTRI ITU Continental Cup event

PROVINCIAL DEVELOPMENT LEVEL 2 TALENT TRANSFER

- Evidence to demonstrate the minimum age specific **Provincial Development Level 2 Talent Transfer Performance Standards** outlined in Tables 1 & 3 for men and Tables 2 & 4 for women, AND
- Demonstrate competence in open water swimming, draft legal cycling and running, AND
- Receive approval by the Triathlon Canada National Performance Centre BC coach.

REQUIRED INFORMATION FOR APPLICATION

MUST BE SUBMITTED ELECTRONICALLY

PERSONAL INFORMATION

Last Name				First Name		
Age (Dec 31, 2016)				Birth Date		
CATEGORY	YOUTH		JUNIOR		U23	
Gender	<input type="checkbox"/> male			<input type="checkbox"/> female		
Email						
Telephone						
Telephone (alt)						
Address						
City		Province		Postal Code		
Coach Name						
NCCP						
Coach e.mail						
EVIDENCE INCLUDED						
Triathlon results	<input type="checkbox"/> YES					
Swim performance	<input type="checkbox"/> YES					
Run performance	<input type="checkbox"/> YES					
IPP	<input type="checkbox"/> YES					
Triathlon BC Membership Number						
Province		#				
I am a Canadian Citizen holding a valid Canadian passport				<input type="checkbox"/> yes		

****Please note that all correspondence will be done via email**

Please select the CSC-Pacific support level you are eligible for and provide supporting evidence. Incomplete submission will delay valid carding requests

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

Triathlon Canada Gold Medal Profile progress

Key Performance Indicators | Triathlon Performance

Evidence must be submitted (weblink to results) in 'Supporting Evidence' Section

TIER	EVENT LEVEL	YES	DATE	EVIDENCE
1	WTS Podium			
	WTS GF top 5			
	WTS Series top 8			
	Olympic Top 5			
	Major Games Podium			
2	WTS top 10			
	WTS GF top 15			
	WC Podium			
	U23 World WIN			
3	WTS top 20			
	WC top 5			
	U23 World top 5			
	Continental Cup WIN			
4	U23 World top 10			
	Junior World top 10			
	Continental Cup PODIUM			
5	U23 World top 12			
	Junior World top 12			
	Continental Cup top 5			
6	JR National Championships WIN			
	JR National Series PODIUM			
	CAMTRI Junior Championship top 5			
	Continental Cup top 8 (men) / top 5 (women)			
7	JR National Championships PODIUM			
	JR National Series top 10			
	CAMTRI Junior Championship top 10			
	Continental Cup top 12 (men)/ 8 (women)			
8	International ITU draft legal			
	Junior National Series top 15			
	Youth draft legal top 5			

Key Performance Indicators | Swim and Run Performance

Please enter your best swim and run performances	
Swim	
400 m	
800 m	
1 500 m	
Run	
1 500 m	
3 000 m	
5 000 m	
10 000 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 athlete relative to the Triathlon Canada Gold Medal Profile.

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

ADDITIONAL CONSIDERATIONS**Injury**

Injured athletes reapplying for Canadian Sport Institute Pacific carding, must submit to Canadian Sport Institute Pacific a complete history of the injury and current course of treatment with benchmarks for returning to training and competition.

Daily Performance Environment

All athletes must provide a completed and current Individual Performance Plan to Triathlon BC for review. The IPP is used as evidence that the athlete is in a suitable coached environment.

Further details may be requested upon review.

Improvement

All athletes must demonstrate a 1% improvement in performance standards 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 coach of record based on sport specific criteria below.
- The coach has submitted an IPP for the Triathlon BC carded athlete(s) they coach

Triathlon BC Specific Criteria:

- Coach should be Triathlon Canada NCCP Trained
- Coach must commit to Triathlon Canada Performance Stream certification

SUPPORTING EVIDENCE

Date	Event	Placing	Time	Link

Other relevant information to support your application:

Table 1. Triathlon Canada long 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 9:15 800 m 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
- Level 2 Talent Transfer for an athlete under 16

400 m*	800 m	Canadian Development	LEVEL 1	LEVEL 2	TALENT TRANSFER
04:26	08:57	<24	<24	<24	<24
04:28	09:02	<24	<24	<24	<19
04:31	09:08	<24	<24	<24	<19
04:34	09:14	<24	<24	<24	<19
04:37	09:19	<20	<24	<24	<16
04:40	09:25	<20	<24	<24	<16
04:43	09:31	<20	<23	<23	<16
04:46	09:37		<22	<23	<16
04:49	09:44		<21	<22	
04:52	09:50		<20	<21	
04:55	09:57		<20	<20	
04:59	10:03		<20	<20	
05:02	10:10		<19	<20	
05:06	10:17		<18	<20	
05:09	10:24		<17	<19	
05:13	10:32		<16	<18	
* NOTE 400 m swim performances are KPIs for athletes under 16 only					

Table 2. Triathlon Canada long 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 9:40 800 m 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
- Level 2 Talent Transfer for an athlete under 16

400 m*	800 m	Canadian Development	LEVEL 1	LEVEL 2	TALENT TRANSFER
04:37	09:20	<24	<24	<24	<24
04:40	09:26	<24	<24	<24	<19
04:43	09:31	<24	<24	<24	<19
04:46	09:37	<24	<24	<24	<19
04:49	09:43	<20	<24	<24	<16
04:52	09:49	<20	<24	<24	<16
04:55	09:56	<20	<23	<23	<16
04:58	10:02		<22	<23	<16
05:01	10:09		<21	<22	
05:05	10:15		<20	<21	
05:08	10:22		<20	<20	
05:12	10:29		<20	<20	
05:15	10:36		<19	<20	
05:19	10:44		<18	<20	
05:23	10:51		<17	<19	
05:26	10:59		<16	<18	
* NOTE 400 m swim performances are KPIs for athletes under 16 only					

Table 3. Triathlon Canada 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 14:10 5000 m 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
- Level 2 Talent Transfer for an athlete under 16

1 500 m *	3 000 m **	5 000 m	Canadian Development	LEVEL 1	LEVEL 2	TALENT TRANSFER
03:41	07:52	13:41	<24	<24	<24	<24
03:43	07:56	13:49	<24	<24	<24	<19
03:45	08:01	13:57	<24	<24	<24	<19
03:47	08:05	14:06	<24	<24	<24	<19
03:49	08:11	14:15	<20	<24	<24	<16
03:52	08:16	14:24	<20	<24	<24	<16
03:54	08:21	14:33	<20	<23	<22	<16
03:57	08:27	14:43		<22	<23	<16
03:59	08:33	14:52		<21	<22	
04:02	08:38	15:02		<21	<21	
04:05	08:44	15:12		<20	<21	
04:08	08:50	15:22		<20	<20	
04:10	08:56	15:33		<19	<20	
04:13	09:03	15:44		<18	<20	
04:17	09:09	15:55		<17	<19	
04:20	09:16	16:06		<16	<18	
04:23	09:22	16:17			<17	
04:26	09:30	16:29			<16	
* NOTE 1 500 m running performances are KPIs for athletes under 16 only						
** NOTE 3 000 m running performances are KPIs for athletes under 20 only						

Table 4. Triathlon Canada 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 15:45 5000 m 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
- Level 2 Talent Transfer for an athlete under 16

1 500 m *	3 000 m **	5 000 m	Canadian Development	LEVEL 1	LEVEL 2	TALENT TRANSFER
04:06	08:46	15:14	<24	<24	<24	<24
04:08	08:51	15:23	<24	<24	<24	<19
04:10	08:56	15:33	<24	<24	<24	<19
04:13	09:02	15:42	<24	<24	<24	<19
04:16	09:08	15:52	<20	<24	<24	<16
04:19	09:14	16:02	<20	<24	<24	<16
04:21	09:19	16:12	<20	<23	<22	<16
04:24	09:26	16:23	✖	<22	<23	<16
04:27	09:32	16:33	✖	<21	<22	✖
04:30	09:39	16:44	✖	<21	<21	✖
04:33	09:45	16:56	✖	<20	<21	✖
04:37	09:52	17:07	✖	<20	<20	✖
04:40	10:00	17:19	✖	<19	<20	✖
04:43	10:07	17:31	✖	<18	<20	✖
04:46	10:13	17:43	✖	<17	<19	✖
04:50	10:21	17:55	✖	<16	<18	✖
04:54	10:29	18:08	✖	✖	<17	✖
04:57	10:36	18:21	✖	✖	<16	✖
* NOTE 1 500 m running performances are KPIs for athletes under 16 only						
** NOTE 3 000 m running performances are KPIs for athletes under 20 only						