 

TRIATHLON ONTARIO

Quest for Gold – Ontario Athlete Assistance Program 2016-2017

STANDARDS

STANDARDS

Athletes who meet Triathlon Ontario’s Normative Standards in swimming or running will receive 20 points for a World Standard, 15 points for an Intermediate Standard and 10 points for a National Standard.

* 1. Performances must be achieved between December 10th, 2015 and December 9th 2016, at 5pm EST.
	2. Any times that exceed the two decimal places outlined in the standards will be counted. For example if the recorded for a junior male swim time for a 400m is 5:041 and the standard is 5:04, he will not have achieved the standard.

SWIM PERFORMANCES

* + Swim performances can be achieved in a 25m Short Course (SCM) pool, or a 50m Long Course (LCM) pool only.
	+ LCM swim times cannot be mathematically converted to SCM.
	+ Swim times achieved at altitude cannot be mathematically converted to sea level.
	+ Performances from sanctioned Swim Ontario or Masters Swim Ontario events will be accepted.
	+ Open Water swims will not be accepted.
	+ Out-of-competition swim results will be accepted provided the following criteria are met:

 i.      The performance cannot be achieved with the use of any equipment that would not be permitted in a sanctioned Swim Ontario swim meet

 ii.      The performance must be achieved by the athlete in the absence of drafting (ie. the athlete must be the only swimmer in the lane for the duration of the swim).

 iii.      The time trial attempt is certified a minimum of 48 hours in advance by Triathlon Canada’s High Performance Director and/or Triathlon Ontario’s Provincial Coach or Executive Director

 iv.      The performance must be either in a pool with timing mats or hand-timed (stop watch) by a minimum of two NCCP certified coaches, one of whom must be Triathlon Ontario’s Provincial Coach, or a designate approved by the Provincial Coach and/or the Executive Director of Triathlon Ontario.

1.       The official performance time will be the slower of the two hand-timed measures, provided that the hand-timers are within 0.5 seconds of each other

2.       If the hand-timers obtain results differing by 0.6 to 1.0 seconds, their results will be averaged to achieve the official performance time

3.       If the hand-timers obtain results differing by more than 1.0 seconds, the performance will be invalid for the purposes of Quest for Gold funding.







RUN PERFORMANCES

* + Run performances must be achieved on a 200m or 400m track, or a road running course certified by a recognized sanctioning body such as the Ontario Road Runners Association using a minimum of “A+” certification or equivalent, where the decrease in the elevation between the start and finish shall not exceed an average of one in one thousand, ie. 1m per 1km, and have separation of not greater than 50 percent. Separation is the distance in a straight line between the start and finish and is expressed as a percentage of the total distance.
	+ Run times achieved at altitude cannot be mathematically converted to sea level.
	+ Indoor track (200m) performances cannot be mathematically converted to outdoor track (400m) times.
	+ Out-of-competition run results will be accepted provided the following criteria are met:

  i.      The performance must be achieved on a 200m or 400m track.

 ii.      The performance cannot be achieved using equipment which would not be permitted in a sanctioned road or track event.

iii.      The performance must be hand-timed (stop watch) by a minimum of two NCCP certified coaches, one of whom must be Triathlon Ontario’s Provincial Coach, or a designate approved by the Provincial Coach and/or the Executive Director of Triathlon Ontario.

1.     The official performance time will be the slower of the two hand-timed measures, provided that the hand-timers are within 0.5 seconds of each other 2.     If the hand-timers obtain results differing by 0.6 to 1.0 seconds, their results will be averaged to achieve the official performance time

3.     If the hand-timers obtain results differing by more than 1.0 seconds, the performance will be invalid for the purposes of Quest for Gold funding.





