



TRIATHLON ONTARIO

Quest for Gold – Ontario Athlete Assistance Program 2014-2015

ATHLETE SELECTION CRITERIA

Quest for Gold – Ontario Athlete Assistance Program 2014-2015 (OAAP) is funded by the Government of Ontario, through the Ministry of Tourism, Culture and Sport (MTCS), and operated through the Sport, Recreation & Community Programs Division. The overarching goal of the *Quest for Gold – OAAP* is directly related to the High Performance Sport goal of the *Canadian Sport Policy* – that Canadians are systematically achieving world-class results at the highest levels of international competition – by improving the performance and number of Ontario athletes performing at the national and international level, thereby contributing to the improved performance of Canada at international competitions.

Specific objectives of the program are:

- a) To help athletes continue their pursuit of athletic excellence at the highest levels of national and international competition;
- b) To encourage athletes to stay in Ontario to live and train;
- c) To compensate athletes for earnings lost while training;
- d) To enable athletes to successfully pursue excellence in sport while fulfilling their educational goals;
- e) To increase athlete access to improved high performance coaching; and
- f) To enhance training and competitive opportunities available to athletes.

The intent of the OAAP is to provide funding to individual athletes in the sport's Train to Train and Train to Win categories based on their demonstrated commitment to high performance sport, allowing them to continue to pursue athletic excellence at the highest levels of national and international competition. Ideally an athlete will first receive a Quest for Gold "Ontario Card" for 1 to 3 years, which will allow them to train towards the goal of a national team position in subsequent years. Once an Ontario athlete reaches the national level and becomes a recipient of Sport Canada's carding program, they become eligible for the Quest for Gold "Canada Card".

How does it work?

In accordance with the OAAP guidelines, TRIATHLON ONTARIO develops sport-specific selection criteria and forms a Selection Committee that will apply these criteria. The top-ranked athletes, based on the criteria, will be awarded Ontario Card status in 2014-2015. This Selection Criteria has been approved by the Board of Directors and reviewed by MTCS staff. Nominated athletes will be required to sign and comply with an Athlete Agreement between the athlete and TRIATHLON ONTARIO. Carding status will be for one year starting April 1, 2014 ending March 31, 2015.

For 2014-2015, the MTCS has allocated a certain amount of OAAP Ontario Cards to each eligible Provincial Sport / Multi-Sport Organization (PSO/MSO). TRIATHLON ONTARIO has been allotted a total of 8 Ontario cards (split evenly as 4 male and 4 female Cards) and up to 4 Ontario cards (evenly split as 2 male and 2 female Cards) for Paratriathlon candidates.

TRIATHLON ONTARIO is not obligated to assign all Ontario Cards if there are an insufficient number of athletes who have demonstrated potential to be considered for future National Teams.

The Selection Committee, as approved by the TRIATHLON ONTARIO Board of Directors is comprised of the following members:

Phil Dale, Executive Director
Greg Kealey, Provincial Development Coach
Craig Taylor, Head Coach, RTC Guelph

The Selection Committee for the Paratriathlon candidates is comprised of the following members:

Phil Dale, Executive Director
Shaunna Taylor, Paratriathlon High Performance Director, Triathlon Canada
Carolyn Murray, Head Coach, National Paratriathlon Team

How much funding is available?

The exact level of funding for the 2014-2015 carding year will be determined by the MTCS after the total number of athletes nominated for Ontario Card status has been determined. Funding will be released prior to March 31, 2015.

How will the TRIATHLON ONTARIO Selection Committee decide who receives funding?

The TRIATHLON ONTARIO Selection Committee will use the Ministry of Tourism, Culture and Sport Eligibility Criteria and the Sport Specific Selection Criteria detailed below to determine which athletes will be nominated for Ontario Card status in 2014-2015:

A. Ministry of Tourism, Culture and Sport Eligibility Criteria:

All athletes must meet the Ministry of Tourism, Culture and Sport's minimum athlete eligibility criteria:

- Athlete must be a Canadian citizen or permanent resident (previously known as a Landed Immigrant).
- Athlete must be a permanent resident of Ontario **for one year prior** to his/her nomination for carding status, (and continue to be a permanent resident throughout the term of the agreement).
- Athletes who have achieved Canada Card status (carded by Sport Canada) are not eligible for Ontario Cards.
- Athletes must be living in and continuing to train in Ontario.

Residency Exceptions:

Exceptions to these criteria, known as a "Residency Exception" will be considered **on a case specific basis by the TRIATHLON ONTARIO Selection Committee** provided that the athlete can substantiate in writing that:

- (a) He/She cannot receive the required level of training in Ontario and is out of the province **temporarily** during the year (i.e. due to lack of facilities, coaching, competitions);
- (b) He/She must attend a post-secondary institution out-of-province either because the course of study is not offered by an Ontario institution; or
- (c) It is more financially feasible to attend a post-secondary institution out-of-province, or other extenuating circumstances that require the athlete to be out of the province.

The onus is on the athlete to demonstrate that he/she needs to be out-of-province for one of the above reasons. **The athlete must submit written documentation to the TRIATHLON ONTARIO by no later than November 25th, 2014, clearly indicating how they meet a residency exception(s).**

Athlete's applying for a Residency Exception related to exception (a) above, who are training at an NSO-approved National Training Centre MUST include a letter from the NSO outlining their support for the athlete, the progress the athlete is making and the athlete's potential to make the national team level. Additional documentation may include, but shall not be limited to an explanation of why the athlete is training out of

province, whether or not the athlete was formally invited by the NSO, what additional opportunities are being made available beyond those provided in Ontario; and any other information that will illustrate that the athlete is receiving enhanced training while still meeting all obligations of the TRIATHLON ONTARIO.

Length of time living outside Ontario:

Athletes living outside Ontario for more than 30 consecutive days within the ministry fiscal year 2014-2015 for athletic or academic purposes must demonstrate, to the satisfaction of the PSO/MSO Selection Committee that appropriate training programs are in place and are being monitored by the PSO/MSO. The onus is on the athlete to:

1. Provide a written plan outlining their training and competition plans to the PSO/MSO prior to their departure from Ontario, as part of their Residency Exception request (November 25th, 2014); and
2. Adhere to the PSO/MSO-approved competition and training plan throughout the carding cycle. At a minimum, this requires regular (quarterly) contact by the athlete with the PSO/MSO Executive Director; and
3. Submit regular (quarterly) training logs to the PSO/MSO to track progress against the PSO/MSO-approved competition and training plan.

Athletes who were formally invited to and are currently participating in their NSO's national team training program are exempt from this requirement.

Ministry criteria continued:

- Athlete must be a member in good standing with PSO/MSO and NSO where applicable;
- Athlete must have entered into a Sports Organization - Athlete Agreement with his or her PSO/MSO and must be in full compliance with the terms and conditions of that agreement;
- Athlete must have met all terms and conditions of any previous *Quest for Gold* Sports Organization – Athlete Agreements to the satisfaction of the PSO/MSO in order to be eligible for consideration in 2014-2015;
- Athlete must demonstrate a commitment and dedication to a proper training and competitive program, the goal of which is to continue to train towards a national team position and Sport Canada carding;
- Athlete's coach should be minimum Level 2 NCCP certified or trained status Competition Stream or the sport's equivalent in the Instruction Stream, or be engaged in completing this training, as determined by the PSO;
- Athlete must not be under a sanction that prohibits competition as per the Canadian Anti-Doping Policy;
- Athlete must be attending an educational institution full-time (i.e. elementary and secondary schools):
 - Exceptions will be made provided that the athlete can substantiate that his/her training will not allow for full-time attendance or if an athlete requires special needs that preclude full or part-time attendance (e.g. Athlete with a disability (AWAD) athlete);
- Athletes who have completed their area of study at the secondary level (i.e. high school) and who continue to train towards participation in major national or international competitions will also be considered;
- If eligible, the athlete must compete, and continue to compete solely for Ontario and/or Canada for one year from the date of the Minister's letter informing the athlete of acceptance into OAAP program, at Canada Games and other national competitions involving provincial team competitions;
- Athlete must not receive financial support from any other provincial/territorial athlete assistance program. This does not include academic scholarships, bursaries, student grants, student loans, social assistance, disability pensions, and other forms of financial assistance that have nothing to do with competitive sport.
- Eligibility will be limited to Ontario junior-aged athletes, ages 11-22 ("junior-aged" refers to chronological age, not a sport's specific age category - only exception is for PSO/MSOs using 30% of Ontario Card allotment for athletes older than 22 years of age who have been identified as a potential next generation national team athlete by the PSO/MSO's selection process.

Residency Exemption for Military Families: The one-year Ontario residency requirement is waived for any Ontario Card or Canada Card applicant who is a spouse or dependant of a: Regular Force member of the Canadian Forces; or Reservist currently deployed by the Canadian Forces into active service and who takes up residence in Ontario during the fiscal year. This means that eligible military family members now qualify for

OAAP funding immediately upon becoming residents of Ontario. Please contact PSO NAME HERE for more information if you are applying for this exemption.

- To be deemed a potential next generation national team athlete, the athlete must be age-eligible to compete on the national team in the year following receipt of Ontario Card funding.
- All athletes under the age of 18 must have their parent or legal guardian sign their OAAP application form. Cheques will be processed in the name of the eligible athlete.
- An athlete can only be nominated to receive *Quest for Gold* funding in one sport.

Athletes funded through the Sport Canada AAP:

Ontario athletes who have been nominated and accepted for funding through Sport Canada's AAP within the government of Ontario's fiscal year (April 1, 2014 to March 31, 2015) and who continue to meet AAP and OAAP eligibility requirements will automatically be considered for a *Quest for Gold* 'Canada Card'. MTCS will contact those athletes directly at the mailing and email addresses the athlete provided to Sport Canada. Athletes are solely responsible for ensuring that their contact information is kept accurate and up to date at all times.

An athlete who received Sport Canada AAP carding during any part of MTCS' fiscal year April 1, 2013 to March 31, 2014 and/or any part of fiscal year April 1, 2014 to March 31, 2015 and is no longer in receipt of Sport Canada Athlete Assistance shall not be eligible to receive *Quest for Gold* funding during fiscal year 2014-2015 (April 1, 2014 to March 31, 2015.)

The intent of this rule is to prevent athletes whose performance levels and rankings no longer qualify them for Sport Canada carding from taking an Ontario Card from a future national-level athlete.

Canada Card Exception (CCE)

Exceptions may apply to this rule (known as a **Canada Card Exception (CCE)**) and will be considered by the Ministry on a case-by-case basis. Exceptions may include, but may not be limited to logistical or administrative changes (e.g. reduction in Sport Canada carding allocation), injuries, etc.

It is the sole responsibility of the athlete to contact TRIATHLON ONTARIO Selection Committee prior to November 25th, 2014 to request a CCE. The athlete must submit, in writing, an explanation of why they have not been, or do not expect to be re-carded by their NSO. The submission must include a statement from the NSO confirming that the athlete still has potential to return to the NSO's carding program in the future.

TRIATHLON ONTARIO will then contact MTCS in writing prior to the submission of the Athlete Nomination Form to seek individual Canada Card Exceptions. TRIATHLON ONTARIO is not responsible for seeking a CCE for any athlete unless requested to do so by the athlete as detailed above.

National College Athletic Association (NCAA):

Effective August 1, 2013, the NCAA has revised their policies related to an athlete receiving funding from a government program (new language is bolded):

By-law 12.1.2.4.9 Exception for Training Expenses: An individual (prospective or enrolled student-athlete) may receive actual and necessary expenses [including grants, but not prize money, whereby the recipient has qualified for the grant based on his or her performance in a specific event(s)] to cover developmental training, coaching, facility usage, equipment, apparel, supplies, comprehensive health insurance, travel, room and board without jeopardizing the individual's eligibility for intercollegiate athletics, provided such expenses are approved and provided directly by the U.S. Olympic Committee (USOC), the appropriate national governing body in the sport (or, for international student-athletes, the equivalent organization of that nation) **or a governmental entity.**

5. Coach must submit a detailed Annual Training Plan identifying training objectives, season goals, testing & monitoring, and tentative race schedule. Annual training plan must identify macro-, meso- and microcycles, and include training volumes and intensities.

Athletes may not race triathlons as outlined below:

- Junior Athletes aged 17 or under as of December 31, 2015 may not compete in any event equal to or longer than 1500m swim/40K bike/10K run. Junior Athletes aged 16 as of December 31, 2015, may not compete in triathlons exceeding 750m swim/20km bike/5km run.

EVALUATION CRITERIA

The following evaluation criteria will be used to evaluate all applicants.

Points will be awarded in 2 categories: Standards, and Performance.

Athletes must score points in both categories to be eligible: i.e. an athlete with points in only one category (Standards or Performance) will be ineligible.

Only athletes who achieve a combined score (Standards and Performance) of 50 points or higher will be eligible.

Note:

- An athlete who previously received *Quest for Gold* funding and entered into a Sports Organization – Athlete Agreement must have complied with the terms of that agreement to the satisfaction of Triathlon Ontario in order to be considered for funding in fiscal 2014- 2015.
- Athletes may only score points in the category determined by their age category on December 31st, 2014. Junior members will be evaluated as Juniors, U23 members will be evaluated as U23 and Elites will be evaluated as Elites.

U23 athletes may use their elite results from an ITU Continental Cup (Section 7) or ITU World Cup in support of their application, but they must compete at the Canadian National Championships (Magog, QUE) in the U23 category to be considered as a U23 athlete, unless a variance has been approved by Triathlon Ontario.

- As outlined in the performance criteria below, athletes must finish within 8% of the winning time to qualify for points. The 8% cut-off time will be calculated as follows: The winning time will be converted to minutes and seconds (mm:ss) and multiplied by 1.08, rounded up to the nearest second, to determine the 8% cut-off. For example, an 8% cut-off time of 124 minutes and 5.1 seconds will be rounded up to 124 minutes and 6 seconds. Performances in excess of the 8% cut-off by 1 second or more will not be eligible for points in any Section and/or circumstance where the 8% cut-off is employed.

Points will be awarded for Standards and Performance, as follows:

STANDARDS

Athletes who meet Triathlon Canada'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.**

- a. Performances must be achieved between December 4th, 2013 and December 9th 2014, at 5pm EST.

SWIM PERFORMANCES

- a. Swim performances can be achieved in a 25m Short Course (SCM) pool, or a 50m Long Course (LCM) pool only.
- b. LCM swim times cannot be mathematically converted to SCM.
- c. Swim times achieved at altitude cannot be mathematically converted to sea level.
- d. Performances from sanctioned Swim Ontario or Masters Swim Ontario events will be accepted.
- e. Open Water swims will not be accepted.
- f. 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 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.

Quest for Gold OAAP Performance Standards

SWIM		NATIONAL STANDARDS: 10pts					
		400m		800m		1500m	
Category		mm:ss	/100m	mm:ss	/100m	mm:ss	/100m
MALE	Junior	5:04	1:16	10:24	1:18	20:00	1:20
	U23	4:56	1:14	10:08	1:16	19:30	1:18
	Elite	4:48	1:12	9:52	1:14	19:00	1:16
	FINA "B"	National Standards					
	FINA "A"	04:08.2	1:02	08:41.0	1:05	16:37.9	01:06.5
FEMALE	Junior	5:20	1:20	10:56	1:22	21:00	1:24
	U23	5:12	1:18	10:40	1:20	20:30	1:22
	Elite	5:04	1:16	10:24	1:18	20:00	1:20
	FINA "B"	National Standards					
	FINA "A"	04:30.2	01:07.6	9:19	1:09	17:59	1:11

SWIM		"INTERMEDIATE" STANDARDS: 15pts					
		400m		800m		1500m	
Category		mm:ss	/100m	mm:ss	/100m	mm:ss	/100m
MALE	Junior	4:52	1:13	10:00	1:15	19:15	1:17
	U23	4:44	1:11	9:44	1:13	18:45	1:15
	Elite	4:36	1:09	9:28	1:11	18:15	1:13
	FINA "B"	National Standards					
	FINA "A"	04:08.2	1:02	08:41.0	1:05	16:37.9	01:06.5
FEMALE	Junior	5:08	1:17	10:32	1:19	20:15	1:21
	U23	5:00	1:15	10:16	1:17	19:45	1:19
	Elite	4:52	1:13	10:00	1:15	19:15	1:17
	FINA "B"	National Standards					
	FINA "A"	04:30.2	01:07.6	9:19	1:09	17:59	1:11

SWIM		WORLD STANDARDS: 20pts					
		400m		800m		1500m	
Category		mm:ss	/100m	mm:ss	/100m	mm:ss	/100m
MALE	Junior	4:40	1:10	9:36	1:12	18:30	1:14
	U23	4:32	1:08	9:20	1:10	18:00	1:12
	Elite	4:24	1:06	9:04	1:08	17:30	1:10
	FINA "B"	3:58	0:59	8:18	1:02	15:45	1:03
	FINA "A"	3:49	0:57	8:01	1:00	15:13	1:00
FEMALE	Junior	4:56	1:14	10:08	1:16	19:30	1:18
	U23	4:48	1:12	9:52	1:14	19:00	1:16
	Elite	4:40	1:10	9:36	1:12	18:30	1:14
	FINA "B"	04:20.6	01:05.1	08:54.0	01:06.8	17:04	1:08
	FINA "A"	04:11.3	01:02.8	08:36.0	01:04.5	16:29	1:05

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.

Quest for Gold OAAP Performance Standards

RUN		NATIONAL STANDARDS: 10pts					
		3000m		5000m		10000m	
Category		mm:ss	/1k	mm:ss	/1k	mm:ss	/1k
MALE	Junior	10:12	3:24	17:40	3:32	36:40	03:40
	U23	9:48	3:16	17:00	3:24	35:20	03:32
	Elite	9:24	3:08	16:20	3:16	34:00	03:24
	"B"	7:59	2:39	13:44	2:44	28:45	02:53
	"A"	7:44	2:34	13:19	2:39	27:47	02:47
FEMALE	Junior	11:42	3:54	20:10	4:02	41:40	04:10
	U23	11:18	3:46	19:30	3:54	40:20	04:02
	Elite	10:54	3:38	18:50	3:46	39:00	03:54
	"B"	9:08	3:02	15:43	3:08	33:01	03:18
	"A"	8:41	2:53	14:56	2:59	31:20	03:08

RUN		"INTERMEDIATE" STANDARDS: 15pts					
		3000m		5000m		10000m	
Category		mm:ss	/1k	mm:ss	/1k	mm:ss	/1k
MALE	Junior	9:36	3:12	16:40	3:20	34:40	03:28
	U23	9:12	3:04	16:00	3:12	33:20	03:20
	Elite	8:48	2:56	15:20	3:04	32:00	03:12
	"B"	7:59	2:39	13:44	2:44	28:45	02:53
	"A"	7:44	2:34	13:19	2:39	27:47	02:47
FEMALE	Junior	10:57	3:39	18:55	3:47	39:10	03:55
	U23	10:33	3:31	18:15	3:39	37:50	03:47
	Elite	10:09	3:23	17:35	3:31	36:30	03:39
	"B"	9:08	3:02	15:43	3:08	33:01	03:18
	"A"	8:41	2:53	14:56	2:59	31:20	03:08

RUN		WORLD STANDARDS: 20pts					
		3000m		5000m		10000m	
Category		mm:ss	/1k	mm:ss	/1k	mm:ss	/1k
MALE	Junior	9:00	3:00	15:40	3:08	32:40	03:16
	U23	8:36	2:52	15:00	3:00	31:20	03:08
	Elite	8:12	2:44	14:20	2:52	30:00	03:00
	"B"	7:49	2:36	13:28	2:41	28:06	02:49
	"A"	7:45	2:35	13:21	2:40	27:49	02:47
FEMALE	Junior	10:12	3:24	17:40	3:32	36:40	03:40
	U23	9:48	3:16	17:00	3:24	35:20	03:32
	Elite	9:24	3:08	16:20	3:16	34:00	03:24
	"B"	8:57	2:59	15:24	3:04	32:00	03:12
	"A"	8:48	2:56	15:08	3:01	31:40	03:10

PERFORMANCE CRITERIA

1. ITU WORLD CHAMPIONSHIPS PERFORMANCE

Performance at 2014 ITU Triathlon World Championships, Edmonton, AB (Junior draft-legal, U23 or Elite):

- a. Podium = 75pts
- b. 4th – 10th = 50pts
- c. 11th – 20th = 25pts

Performances in the Long Distance, Aquathlon, Team Relay, or Sprint (Elite or U23) events will not be considered.

2. ITU WORLD CHAMPIONSHIPS TEAM SELECTION

Athletes selected to the 2014 ITU Triathlon World Championships, Edmonton, AB, in one of the following categories will be awarded **20pts**:

Elite (Olympic draft-legal)
 U23 (Olympic draft-legal)
 Junior (Sprint draft-legal)

Selection to the Long Distance, Aquathlon, Team Relay, or Sprint (Elite or U23) teams will not be considered.

3. CANADIAN NATIONAL CHAMPIONSHIPS PERFORMANCE

Performance at 2014 Canadian Junior National Championships (Magog, QUE) and U23/Elite National Championships (Magog, QUE). Points will be awarded for finishing in the top 15 amongst **Canadian** competitors in the following format:

1 st	25pts
2 nd	20pts
3 rd	15pts
4 th	12pts
5 th	11pts
6 th	10pts

7 th	9pts
8 th	8pts
9 th	7pts
10 th	6pts
11 th	5pts
12 th	4pts
13 th	3pts
14 th	2pts
15 th	1pt

The following guidelines will govern the points allocated for performance at the Canadian National Championships:

- a. All athletes (Junior, U23, Elite) will be scored according to their rank amongst Canadian athletes, and must finish within 8% of the top Canadian performer to score points.

In the event that the Elite or U23 field has less than 10 Canadian competitors, the fields will be combined, and overall finishing position among all Canadian athletes of the same gender will be used to determine points. For example, a U23 athlete who places 3rd in a field of 4 Canadian U23 athletes and 8th overall including Canadian Elites will be awarded 8pts for finishing 8th. If the Elite and U23 fields are combined, only those athletes who finish within 8% of the top Canadian finishing time will be eligible to receive points for their performance at the National Championships.

4. ONTARIO PROVINCIAL CHAMPIONSHIPS

Performance at 2014 Ontario Draft-Legal Provincial Triathlon Championships (Ottawa, ON, August 2, 2014).

Points will be awarded for finishing in the top 10 amongst **Ontario** competitors in the following format:

1 st	20pts
2 nd	16pts
3 rd	14pts
4 th	12pts
5 th	10pts
6 th	8pts
7 th	6pts
8 th	4pts
9 th	2pts
10 th	1pt

The following guidelines will govern the points allocated for performance at the Ontario Provincial Championships:

- a. Athletes will compete in the Draft-Legal Provincial Championships (Elite, U23, Junior) (Ottawa, ON) on August 2nd, 2014.
- b. In the event that the Junior field has less than 10 Ontario competitors, athletes must finish within 8% of the winning Junior time in order to receive points. If the field consists of 10 or more Ontario Junior athletes, athletes do not need to finish within 8% of the winning time to receive points, provided they finish within the top 10.

5. ITU POINTS

For U23 and Elite applicants, points will be awarded for finishing in the top 10 amongst all Canadian competitors and who finish within 8% of the winning time, at any one (1) ITU Continental or World Cup, contested between Jan 1, 2014 and October 20, 2014 inclusive.

1st	20pts
2nd	16pts
3rd	14pts
4th	12pts
5th	10pts
6th	8pts
7th	6pts
8th	4pts
9th	2pts
10th	1pt

6. NATIONAL JUNIOR SERIES RACES

For Junior applicants, points will be awarded for finishing in the top 10 amongst all Canadian competitors, and who finish within 8% of the winning time, at any one (1) Junior Series Race, contested in Canada between Jan 1st, 2014 and September 30th, 2014 inclusive. Results achieved at the Junior National Championships will only be considered under Section 3: National Championships, and will not be considered for points under this Section. Athletes must finish within 8% of the winning time to be eligible for consideration.

1st	20pts
2nd	16pts
3rd	14pts
4th	12pts
5th	10pts
6th	8pts
7th	6pts
8th	4pts
9th	2pts
10th	1pt

Breaking a Tie:

In the event that two applicants of the same sex achieve the same score after all criteria are considered (ie. a tie), the following procedure, in order, will be used to break the tie:

- i. The athlete who placed higher at the National Championships among Canadian athletes will be ranked higher. (Note that U23 athletes competing in a field of less than ten (10) U23 competitors will be considered within the combined Elite and U23 field to determine placing.)
- ii. In the event that both applicants did not compete or finish the National Championships, the athlete with more points from achieving World, Intermediate or National Standards will be ranked higher.
- iii. In the event that both athletes accumulate the same number of points from World, Intermediate or National Standards, the swim and run standards from the two athletes will be calculated to find the differential (%) of their standards to the World Standard for their age, and it will be averaged. The better average differential [ie. closest to the World Standard OR higher than the World Standard, a negative differential] will be determined the winner.

INJURY CONSIDERATION CRITERIA

An athlete, who has, for strictly health-related reasons, not achieved carding status in the current season, will be considered for nomination for the upcoming carding period under the following conditions:

1. The athlete scored a minimum of 50 points, as per the Quest for Gold Criteria in the preceding year.
2. The athlete has fulfilled all reasonable training and rehabilitation necessary, to expedite a timely return to full high-performance training and competition, during the period of his or her injury, illness or pregnancy and, despite making every reasonable effort to attain the applicable carding standards during the year in which the injury, illness or pregnancy occurred, has failed to do so, in the view of the Selection Committee, for reasons strictly related to the injury, illness or pregnancy.
3. The athlete must provide a medical certificate that indicates the type of injury, severity and estimated recovery time. Triathlon Ontario has the right to seek a second medical opinion.
4. The athlete has demonstrated and continues to demonstrate his or her long-term commitment to high-performance and competition goals, as well as his or her intention to pursue full high-performance training and competition throughout the carding period.
5. The athlete must apply for consideration and provide all required documentation no later than December 15, 2014.

EVALUATION OF SCORING FOR ATHLETES WHO ARE APPROVED FOR INJURY CONSIDERATION

1. The score of any athlete who has met the Injury Consideration Criteria will be determined by the score the athlete achieved in the previous year as determined by the Quest for Gold Criteria from the previous year.
2. The score of any athlete who has met the Injury Consideration Criteria will be placed in the scoring grid with all other athletes being considered.
3. Cards will be distributed to the highest scores in the scoring grid; the depth will be based on the posted number of cards available.
4. Injury Consideration will be granted for a single year, and will not be awarded for consecutive years.

Alternates: TRIATHLON ONTARIO will also nominate alternates to those athletes nominated for Ontario Card status. Alternates will be those athletes who are ranked directly behind those athletes nominated for the allotment of Ontario Cards in a particular category/discipline. The names of alternates will be published along with the names of nominated athletes. If an athlete drops out or is removed from the OAAP an alternate will be substituted into that athlete’s position, provided that:

- Alternate is substituted within 2014-2015 fiscal year;
 - An alternate is available from the same category/discipline/card level (Full/Half);
 - Funding for athlete being substituted is still available within fiscal year (e.g. full funding for card has not already been paid out to athlete no longer in program).
-

TRIATHLON ONTARIO Paratriathlon (AWAD) Athlete Selection Criteria:

The following sport specific athlete selection criteria will be utilized in the identification, ranking and selection of athletes for Ontario Cards:

ii. ELIGIBILITY CRITERIA (AWAD)

Athletes who meet the following criteria are eligible for consideration for Quest for Gold Funding for the 2014-2015 funding cycle:

1. Must complete a sanctioned paratriathlon in North America before October 24, 2014.

2. Para-athletes will be considered at all ages, but must provide a letter from the Triathlon Canada National High Performance Director confirming that they are deemed to be a next generation National Team Athlete (targeted by Triathlon Canada to reach national team in the next 1-3 years).
3. Canadian citizen and Ontario resident for a minimum of 1 year prior to nomination for carding status. Member in good standing of the Triathlon Ontario and must remain a member in good standing for the duration of the funding period.
4. Athlete must be instructed by a coach who is certified or trained in Triathlon's Competition Stream (Comp Intro or Comp Dev). The coach must be fully engaged in developing and implementing the training program. Triathlon Coach name and NCCP Coaching Card Number (CC#) must accompany application.
5. Coach must submit a detailed Annual Training Plan identifying training objectives, season goals, testing & monitoring, and tentative race schedule. Annual training plan must identify macro-, meso- and microcycles, and include training volumes and intensities.

EVALUATION CRITERIA

The following evaluation criteria will be used to evaluate all AWAD (athletes with a disability) applicants for Paratriathlon Q4G funding.

Points will be awarded according to Athlete Performances at ITU World Paratriathlon Events (WPEs), and ITU Points events, which also includes Canadian Paratriathlon National Championships (www.triathlon.org under "Paratriathlon Elite Events").

Note:

1. An athlete who previously received *Quest for Gold* funding and entered into a Sports Organization – Athlete Agreement must have complied with the terms of that agreement to the satisfaction of Triathlon Ontario in order to be considered for funding in fiscal 2014- 2015.
2. Athletes must be officially classified and in an IPC/ITU Paralympic medal class for Rio 2016 prior to October 1, 2014, and have completed an ITU sanctioned event.
3. Athletes must finish within 30% of the winning time to qualify for points in ITU sanctioned events. For Quest for Gold consideration, athletes must have achieved within 20% of the winning time in their event/classification.

Points will be awarded for **Paratriathlon Performance**, as follows:

PERFORMANCE CRITERIA

1. ITU WORLD CHAMPIONSHIPS PERFORMANCE

Performance at 2014 ITU Triathlon World Championships, Edmonton, AB (Elite Para):

- a. **Podium = 75pts**
- b. **4th – 10th = 50pts**
- c. **11th – 20th = 25pts**

2. ITU WORLD CHAMPIONSHIPS TEAM SELECTION

Athletes selected to the 2014 ITU Triathlon World Championships, Edmonton, AB, in the Para Elite Class will be awarded **20pts**

3. ITU POINTS

Points will be awarded for Canadian competitors at WPEs and who finish in the top half of the Top 8 / Top Half of their classification and who finish within 20% of the winning time, at any one (1) ITU Continental or WPE, contested between Jan 1, 2014 and October 20, 2014 inclusive.

1st	20pts
2nd	16pts
3rd	14pts
4th	12pts
5th	10pts
6th	8pts
7th	6pts
8th	4pts
9th	2pts
10th	1pt

Breaking a Tie:

In the event that two applicants of the same sex achieve the same score after all criteria are considered (ie. a tie), the following procedure will be used to break the tie:

The athlete who placed higher at the World Championships and are the lowest percentage from the winner among Canadian athletes will be ranked higher.

INJURY CONSIDERATION CRITERIA

An athlete who has, for strictly health-related reasons, not achieved carding status in the current season, may be considered for nomination for the upcoming carding period under the following conditions:

1. The athlete scored a minimum of 50 points, as per the Quest for Gold Criteria in the preceding year.
2. The athlete has fulfilled all reasonable training and rehabilitation necessary, to expedite a timely return to full high-performance training and competition, during the period of his or her injury, illness or pregnancy and, despite making every reasonable effort to attain the applicable carding standards during the year in which the injury, illness or pregnancy occurred, has failed to do so, in the view of the Selection Committee, for reasons strictly related to the injury, illness or pregnancy.
3. The athlete must provide a medical certificate that indicates the type of injury, severity and estimated recovery time. Triathlon Ontario has the right to seek a second medical opinion.
4. The athlete has demonstrated and continues to demonstrate his or her long-term commitment to high-performance and competition goals, as well as his or her intention to pursue full high-performance training and competition throughout the carding period.
5. The athlete must apply for consideration and provide all required documentation no later than December 15, 2014.

EVALUATION OF SCORING FOR ATHLETES WHO ARE APPROVED FOR INJURY CONSIDERATION

1. The score of any athlete who has met the Injury Consideration Criteria will be determined by the score the athlete achieved in the previous year as determined by the Quest for Gold Criteria from the previous year.
2. The score of any athlete who has met the Injury Consideration Criteria will be placed in the scoring grid with all other athletes being considered.
3. Cards will be distributed to the highest scores in the scoring grid; the depth will be based on the posted number of cards available.
4. Injury Consideration will be granted for a single year, and will not be awarded for consecutive years.

Alternates: TRIATHLON ONTARIO will also nominate alternates to those athletes nominated for Ontario Card status. Alternates will be those athletes who are ranked directly behind those athletes nominated for the allotment of Ontario Cards in a particular category/discipline. The names of alternates will be published along with the names of nominated athletes. If an athlete drops out or is removed from the OAAP an alternate will be substituted into that athlete's position, provided that:

- Alternate is substituted within 2014-2015 fiscal year;
- An alternate is available from the same category/discipline/card level (Full/Half);
- Funding for athlete being substituted is still available within fiscal year (e.g. full funding for card has not already been paid out to athlete no longer in program).

To Apply:

All required information must be submitted no later than **December 8th, 2014, 5pm EDT** to:

Phil Dale, Executive Director
ed@triathlonontario.com
3 Concorde Gate, Suite 205
416-426-7025 (phone), 416-426-7303 (fax)

Any athlete requesting a "Residency Exception" must submit this information by November 25th, 2014 as detailed above.

It is the sole responsibility of the athlete to provide a full and complete application that meets all stated requirements. TRIATHLON ONTARIO will neither review applications in advance of the deadline in order to make applicants aware of any missing/incorrect information and/or attachments nor make corrections on behalf of the athlete. Any revisions on the part of the athlete will only be accepted prior to the posted submission deadline.

Applications that are sent directly to the Ministry of Tourism, Culture and Sport rather than to TRIATHLON ONTARIO will not be considered valid or to have been received by the TRIATHLON ONTARIO deadline.

An email will be sent by **December 10th, 2014** confirming receipt. It is the athlete's responsibility to contact TRIATHLON ONTARIO if this email is not received to be certain that the application has been successfully received by the deadline date.

The Sports Organization – Athlete Agreement will only come into effect if an athlete is selected and accepts carding status through the OAAP program. Athletes who fail to return a signed Athlete Agreement by the deadline date will not be carded. The Athlete Agreement, requiring athletes to train and compete on behalf of Ontario, shall be in effect for one year from the date of the Ministry's Approval Letter to the athlete. An athlete who chooses to withdraw prematurely, or violates the Athlete Agreement, will be required to return the Quest for Gold funds, as detailed in the Athlete Handbook.

TRIATHLON ONTARIO will publish or make known a draft list of athletes nominated for Ontario Card status by no later than **January 14, 2015**.

In the event of a conflict or inconsistency between the MTCS eligibility requirements detailed in the MTCS binder provided to PSO/MSOs and duplicated in the Athlete Handbook provided to each nominated athlete and the eligibility requirements listed in the PSO/MSO Athlete Selection Criteria Document prepared by the PSO/MSO, the MTCS Binder/Athlete Handbook shall prevail.
--

Appeals

Athletes who have not been nominated for an Ontario Card by the TRIATHLON ONTARIO Selection Committee or who have been nominated for a 'Half Card' versus a 'Full Card', where applicable will be allowed to appeal that decision by filing a "Notice of Appeal" with MTCS. Appeals will be heard by an Appeals Committee comprised of representatives from the sport community, selected by the MTCS.

Grounds for appeals will be limited strictly to issues related to:

- A) Whether or not the Selection Committee has completed the selection process in accordance with its own published selection criteria and related procedures;
- B) Whether or not the Selection Committee applied the selection criteria in a manner that was free from bias, discrimination and/or conflict of interest.

Issues related to the specific content or selection requirements contained in the TRIATHLON ONTARIO Selection Criteria are not grounds for an appeal and should therefore be discussed directly with the leadership of TRIATHLON ONTARIO.

Please note that before an athlete can file a Notice of Appeal, he or she must first ask TRIATHLON ONTARIO for reasons explaining why he or she was not nominated for an Ontario Card.

If the athlete is not satisfied with the TRIATHLON ONTARIO response, the athlete may submit a **Notice of Appeal**, found below. A Notice of Appeal will only be accepted from the athlete or their parent/guardian on the MTCS-provided template (typed or hand-printed, no hand-written entries) through email, regular post, registered mail, courier or delivered in person. One appeal cannot be written on behalf of multiple athletes. The Notice of Appeal must be received by MTCS by noon on the deadline day. Appeals that are delivered personally or by courier shall be deemed to be received on the date of delivery.

Once MTCS has received the Notice of Appeal, it will share it with TRIATHLON ONTARIO, who will then submit a "**Response**" with MTCS by a specified deadline. The Response will outline why TRIATHLON ONTARIO believes that the Selection Committee's decision not to nominate the athlete should be upheld by the Appeals Committee. MTCS will share the TRIATHLON ONTARIO Response with the athlete.

If, after receiving the TRIATHLON ONTARIO Response, the athlete believes that TRIATHLON ONTARIO has raised new or additional reasons to justify the Selection Committee's decision not to nominate the athlete for an Ontario Card, then the athlete will have an opportunity to file a "**Reply**" with MTCS, responding to these additional reasons. The Reply must be limited to these additional reasons and cannot be used to make submissions already raised in the Notice of Appeal, or that the athlete neglected to include in the Notice of Appeal. The Reply will only be accepted on the MTCS-provided template.

Once MTCS receives the Notice of Appeal, the Response, and the Reply (if applicable), it will provide those materials to the Appeals Committee. The Appeals Committee will discuss all appeals at once. During its review of the appeals, the Appeals Committee reserves the right to request additional information from both the athlete and TRIATHLON ONTARIO.

After reviewing an appeal the Appeals Committee will have the authority to:

- 4. Direct TRIATHLON ONTARIO to redo the selection process using the correct criteria/process and submit a new list of nominated athletes;
- 5. Deny the appeal; or
- 6. Allow the appeal and nominate the appellant for carding status.

Once the Appeals Committee has reached its decision, it will contact the athlete and TRIATHLON ONTARIO in writing to communicate its decision and the reasons therefore.

An athlete who has had his or her appeal denied is not permitted to submit a second appeal to the Appeals Committee on the same or different grounds.

Note: TRIATHLON ONTARIO is encouraged to resolve disputes or disagreements informally with athletes who have not been nominated to avoid, wherever possible, formal appeals.

The deadline for athletes to submit an “**Athlete’s Notice of Appeal**” to the Appeals Committee is January 26, 2015

Appeals must be completed on the Notice of Appeal template below and will be directed to:

Quest for Gold Appeals Committee
c/o Sport, Recreation and Community Programs Division
Ministry of Tourism, Culture and Sport
Suite 2302, 777 Bay Street
Toronto, Ontario M7A 1S5

2014-2015 *Quest for Gold* – Ontario Athlete Assistance Program Athlete’s Notice of Appeal Template

The deadline for an athlete to submit an appeal to the Appeals Committee is 12 noon on November 24, 2014 for Cycle 1 or 12 noon on January 26, 2015 for Cycle 2. Appeals will only be accepted on the MTCS-provided Notice of Appeal template. **Please refer to the appeals section of your PSO/MSO’s Athlete Selection Criteria document prior to completing this form.**

Return form to:

***Quest for Gold* Appeals Committee
c/o Ministry of Tourism, Culture and Sport
Sport, Recreation and Community Programs Division
777 Bay Street, Suite 2302, Toronto ON M7A 1S5
Fax: 416-314-7458 Email: Scott.Cooper@ontario.ca**

Full Name _____
Address _____ City _____
Postal Code _____ Phone _____ Email _____
Sport / PSO _____

Reason for Appeal (Check all that apply):

- Whether or not the PSO/MSO has completed the selection process in accordance with its own published selection criteria and related procedures;
- Whether or not the PSO/MSO applied the section criteria in a manner that was free from bias, discrimination and/or conflict of interest.

Provide a two-line summary of the reason for the appeal:

In the space below, (continue on to next page as needed) provide the reasons communicated to you by your PSO/MSO as to why you were not nominated for an Ontario Card. (Note: If your PSO/MSO did not provide you with any reasons, please make a request to your PSO/MSO to see these reasons before completing this Appeal Template.)

In the space below (continue on to next page as needed), provide a detailed account of the situation to allow the Appeals Committee to understand the basis of the appeal (please submit additional pages/supporting documentation as necessary):

PLEASE NOTE that all decisions of the Appeals Committee are final.

Print Name of Appellant

Signature of Appellant

Date

All information provided to the Appeals Committee will be shared with both the Appellant and the PSO/MSO.
