



**2021 Triathlon Canada Triathlon AAP Nomination Criteria**  
For nominations for the 2021 Athlete Assistance Program carding cycle  
(Financially supported by Sport Canada)

**A. INTRODUCTION**

**This document replaces all previously published and approved 2021 Triathlon Canada Triathlon AAP Nomination Criteria. This is due to the cancellation and/postponement of 2020 events because of a pandemic. Dated January 30, 2021**

The purpose of this document is to outline the qualification and selection procedures (the “Selection Process”) that will be used by Triathlon Canada to select athletes to be nominated for Sport Canada’s Athlete Assistance Program (AAP).

The objective of the AAP is to identify and support Canadian athletes who have demonstrated the potential to achieve a top sixteen (16) result at the Olympic and World Championships. Sport Canada evaluates the number of athletes that will be supported for each sport and issues “cards” under the AAP program. The AAP is commonly referred to as the “carding” program hence the term “carded” for AAP supported athletes.

**B. POLICY DETAILS**

Sport Canada determines the card quotas for eligible NSOs and sport disciplines. Each eligible sport discipline is allotted a certain number of senior cards with a corresponding monetary amount. The annual allocation for Triathlon Canada is currently 7 senior cards, the equivalent of \$148,260. Sport Canada regularly reviews its allocation of cards; this quota is therefore subject to change.

Demonstrated performance is the primary requirement of the carding process. International and/or domestic results will be used to evaluate performance and determine eligibility under the carding criteria as collaboratively developed and agreed to by Sport Canada and Triathlon Canada.

**C. DEFINITIONS**

Carding Cycle refers to the period January 1<sup>st</sup> to December 31<sup>st</sup>.

Current Carding Cycle refers to the period January 1<sup>st</sup> of the current year and ending December 31<sup>st</sup> of the current year.

A Card is a general term for different types of Cards that exist:

- Senior International card (SR1/SR2)
- Senior Domestic card (SR/C1) \*
- Senior Injury card (SRI)
- Development card (D)
- Development Injury card (DI)



\* Senior cards awarded to athletes who meet the Senior Domestic criteria for the first time are called C1 Cards and are funded at the Development card level. If, however, the athlete has been previously carded at the SR1/SR2 level, has been named to the national senior team, or has competed in senior World Championships before meeting the national criteria for the Senior Card for the first time, the athlete will be funded at the Senior Card (SR) level rather than at the D level.

#### **D. TRIATHLON CANADA'S AUTHORITY FOR DECISIONS**

All matters relating to the nomination of athletes for AAP are the sole authority of Triathlon Canada. Triathlon Canada makes decisions relating to the approval of AAP nominations on the basis of the approved Triathlon Canada AAP Criteria and requirements. If an athlete does not meet the criteria or requirements set out in the Triathlon Canada AAP Criteria, the athlete will not be eligible for nomination by Triathlon Canada.

#### **SECTION 1: CARDING ALLOCATION**

- 1.1 Carding is only available for results obtained in ITU Standard, Sprint or Mixed Relay events in the Elite, U23 and Junior categories. Any eligible athlete must show that he/she is specializing in ITU Standard, Sprint, or Mixed Relay racing.
- 1.2 The annual carding qualification period is defined by the schedule of ITU points scoring events January 1<sup>st</sup> to December 31<sup>st</sup> of the current year.
- 1.3 Cards will be allocated based on the following priority ranking:
  - i. Senior cards –SR1, SR2, SR, C1 and SR Injury cards
    - Athletes eligible for “Senior International” cards;
    - Athletes eligible for “Senior Domestic” cards;
  - ii. Development cards – Athletes eligible for “Development” cards
- 1.4 The Triathlon Canada High Performance Director makes final recommendations, upon review with Triathlon Canada’s High Performance Athlete Selection Committee on nomination to Sport Canada’s AAP, based on Triathlon Canada’s carding criteria. The High Performance Director is responsible for the implementation of this policy.
- 1.5 Sport Canada is responsible for approving nominations in accordance with the AAP policies and the published Triathlon Canada approved and AAP compliant carding criteria.

#### **SECTION 2: MINIMUM QUALIFICATION REQUIREMENTS**

- 2.1 AAP support is subject to athletes’ availability to represent Canada in major international competitions, including World Championships, and the Olympic Games; participation in preparatory and annual training programs; and adherence to their Athlete/Triathlon Canada Agreement.
- 2.2 The athlete must be a **Canadian citizen or** PERMANENT RESIDENT OF CANADA, on the date of the beginning of the carding cycle, and the athlete shall have been a legal resident in Canada



(student status, refugee status, work visa or permanent resident) for a minimum period of one year before being considered for AAP support. The athlete would normally be expected to have participated in Triathlon Canada-sanctioned programs during that time period.

- 2.3 The athlete, under the eligibility requirements of the International Triathlon Union (ITU), **as it pertains to citizenship or residency status**, must currently be eligible to represent Canada at major international events, including World Championships.
- 2.4 The athlete must be in a Triathlon Canada approved training environment and have a coach-of-record for the entirety of the AAP carding cycle that;
- Is a Registered Coach with Triathlon Canada and,
  - Is in good standing with the Coaching Association of Canada or,
  - Is in good standing with their respective home countries recognized coaching association/National Federation and,
  - Is directly (this requires the coach to be demonstrably physically present at training sessions and/or races in a consistent manner) coaching the athlete in the daily training environment,
  - Agrees to share all training logs or plans with Triathlon Canada's High Performance Director upon request,
  - Agrees to direct and guide athlete training and competition in the best interest of Triathlon Canada's strategic direction and mandate for podium performances,
  - Agrees to communicate all athlete training and competition plans for approval by the HPD,
  - Is not the athlete.

### **SECTION 3: Allocation of AAP Cards Due to Absence/Reduction of 2020/2021 ITU Events**

If the criteria in Section 4, 5 and 6 cannot be effectively applied due to an absence or limited number of events with Olympic or World Ranking in 2020, Triathlon Canada will re-nominate 2020 AAP supported athletes for a six (6) month period (First Nomination Period) beginning January 1, 2021 and ending June 30, 2021. All maximal age/time limitations will be extended for one (1) full year. For example, athletes carded in 2020 in the LAST year of Development eligibility will not be excluded if Section 3 is executed. Athletes re-nominated under Section 3, must meet the following requirements in addition to those outlined in Section 2.

- Submit a training and competition plan for January 1, 2021 till June 30, 2021 for approval by HPD by January 30, 2021
- Commit to and compete at specified targeted events and compliances (races, testing, time trials, evaluation camps, monitoring and reporting, etc) as communicated/requested by Triathlon Canada between Sept 1, 2020 and June 30, 2021.
- Adhere to an approved training and competition plan as approved by HPD

Triathlon Canada will publish performance criteria on or before February 1, 2021 for athlete nomination purposes between July 1, 2021 and December 31, 2021 (Second Nomination Period). The new criteria will be amended to this document. Re-nominated athletes from the First Nomination Period are NOT guaranteed for nomination in the Second Nomination Period.

Athletes meeting the published criteria and nominated for the Second Nomination Period MAY be



retroactively carded from January 1, 2021 to June 30, 2021 in addition to July 1, 2021 to December 31, 2021. This will be determined solely by Sport Canada and communicated if and when confirmed.

If ITU events continue to be postponed or cancelled in 2021 and the criteria (published no later than February 1, 2021) in Section 3 cannot be applied properly, Triathlon Canada will re-nominate the athletes from the First Nomination Period for the Second Nomination Period based on specific renomination criteria outlined in Appendix B.

**Note:** Section 7 will not be applicable if Section 3 (first re-nomination) is executed. Injury card application (Section 7) will be applicable if criteria is published and executed in this section for the carding period of July 1, 2021 to Dec 31, 2021

**Second Nomination/Renomination Period Criteria is found in Appendix C**

**SECTION 4: SENIOR INTERNATIONAL CARDING CRITERIA (SR1/SR2)**

The allocation of Senior International Cards will be based on the following performance criteria set by Sport Canada:

Olympic year	
Individual Event Olympic Games	Top 8 and top ½ of the field.
Mixed Relay Event Olympic Games	<p>Eligible athletes must meet BOTH the Team and Individual Performance Benchmarks</p> <p>Team Performance Benchmark: Top 8 and Top ½ of the field</p> <p>Individual Performance Benchmarks (penalties will be adjusted to the penalized athlete):</p> <ul style="list-style-type: none"> <li>• Finishing within 5% of the fastest overall time in their relay leg; and</li> <li>• Finishing within 5% of the fastest overall time in each discipline (swim, bike and run) of the fastest time in their relay leg; and</li> <li>• Finishing within 5% of the fastest overall time in each transition (T1 and T2) of the fastest time in their relay leg.</li> </ul> <p>Note: Triathlon Canada has adjusted the Relay placing criteria to reflect the importance of each athlete’s individual leg performance. This is consistent with Section 5.2.1 of the AAP policies and procedures.</p>



Athletes who meet the Senior International criteria are eligible to be nominated by Triathlon Canada for two consecutive years, with the card for the first year referred to as SR1 and the card for the second year referred to as SR2. The second year of carding is contingent on the athlete being re-nominated by Triathlon Canada and a training and competitive program approved by Triathlon Canada and Sport Canada being maintained. The athlete must also;

- Sign an Athlete/ Triathlon Canada Agreement and complete an AAP Application Form for the year in question.
- Compete in the Triathlon Canada National Championships for the year of the carding cycle
- Be in an approved Triathlon Canada training environment (as defined in Section 2.4)
- Continue to demonstrate world class ability by achieving at least one of the following results.
  - 1) Podium at a Major Games other than the Olympic Games
  - 2) Top 12 at an ITU World Triathlon Grand Final
  - 3) Top 10 at an ITU World Triathlon Series

OR at the sole discretion of Triathlon Canada’s High Performance Director based on a comprehensive assessment of an athlete’s results and/or physical testing.

#### **SECTION 5: SENIOR DOMESTIC CARDING CRITERIA (SR/C1)**

- 5.1 Senior carded athletes will normally have a maximum of 5 years, excluding the year(s) in which SR1/SR2 injury cards are awarded, to achieve International Card status (SR1) from the year they were first Senior carded, as a senior aged athlete. An athlete may be nominated for a 6th year or beyond at the SR level if the athlete meets the SR Card criteria 5.5 Priority # 1, and/or if in the opinion of Triathlon Canada’s High Performance Director based on a stringent review of past performance, future potential, and demonstrated improvement, it is determined that the athlete has the potential to qualify for a Senior International card (SR1/SR2), and/or assist other targeted athletes; in their role as a team athlete, in achieving SR1/SR2 status.
- 5.2 To be considered for an SR/C1 card, an athlete must have:

Requirements for ITU Senior age athletes
<ul style="list-style-type: none"><li>• Participated in a minimum of five (5) 2020 ITU Standard, Sprint or Mixed Relay Series events in the Elite categories. Note: the requirement to participate in five (5) ITU Events may be waived by the Triathlon Canada High Performance Director (see Appendix A Exemption request procedures). <b>AND</b></li><li>• Participated in the 2020 Triathlon Canada National Championship. Note: the requirement to participate at the Canadian Championship may be waived by the Triathlon Canada High Performance Director (see Appendix B Exemption request procedures).</li></ul>

Requirements for ITU U23/Junior age athletes

- Been selected to race and MUST compete at the 2020 ITU U23/Junior World Championships AND/OR an ITU Mixed Relay Series event or ITU Mixed Relay Qualification Event (see Appendix A Exemption request procedures). **AND**
- Participated in the 2020 Triathlon Canada National Championship within the current carding cycle. Note: the requirement to participate at the Canadian Championship may be waived by the Triathlon Canada High Performance Director (see Appendix A Exemption request procedures).

- 5.3 Unless otherwise stated in the Senior Domestic carding criteria, all results herein refer to the season prior to the carding cycle being considered for nomination to the AAP.
- 5.4 SR/C1 Cards will be allocated regardless of gender and prioritized by the order of the criteria below.
- 5.5 The remaining number of Senior cards will be allocated to eligible athletes in the following priority order:

**Priority #1 – Olympic Games**

Athletes who finish within the top 12 and top ½ of the field at the Olympic Games in the individual event.

Prioritization:

- I. If there are fewer cards than athletes meeting the Senior Domestic Priority #1 criteria, the athletes with the best finish at the Olympic Games will be ranked higher.

**Priority #2 - World Triathlon Series Podium**

Athletes who finish in the Top Five (5) at a 2020 ITU World Triathlon Series

Prioritization:

- I. If there are fewer cards than athletes meeting the Senior Domestic Priority #2 criteria, the athlete with the best performance as determined through Triathlon Canada's Depth of Field and Quality of Field Evaluation Process (Appendix B)

**Priority #3 - World Triathlon Series Top 8**

Athletes with a minimum of two (2) Top Ten (10) finishes at 2020 ITU World Triathlon Series (WTS) Events.



Prioritization:

- I. If there are fewer cards than athletes meeting the Senior Domestic Priority #3 criteria, the athlete with the best performance as determined through Triathlon Canada's Depth of Field and Quality of Field Evaluation Process (Appendix B)

#### **Priority #4 – Top 20 World Triathlon Individual World Ranking**

Athletes ranked within the Top 20 World Triathlon Individual World Ranking on Dec 1, 2020.

Prioritization:

- I. If there are fewer cards than athletes meeting the Senior Domestic Priority #4 criteria, the athlete with the highest (best) ITU Individual World Ranking will be ranked higher.

#### **Priority #5 – ITU Mixed Relay Olympic Qualification Event (Chengdu, China\*)**

Athletes competing in the ITU Mixed Relay Olympic Qualification Event Chengdu that finish in the Top Three (3) AND meeting the following individual performance benchmarks:

- Finishing within 5% of the fastest overall time on their relay leg; and
- Finishing within 5% of the fastest overall time in each discipline (swim, bike and run) of the fastest time in their relay leg.
- Finishing within 5% of the fastest overall time in each transition (T1 and T2) of the fastest time in their relay leg.

Prioritization:

- I. If there are fewer cards than athletes meeting the Senior Domestic Priority #5 criteria, the athlete with the highest percentage of the fastest time for their relay leg (i.e. closest percentage to winner of leg 1, etc.) will be ranked higher.
- II. If two or more athletes have the same overall percent difference of the fastest overall time on their relay leg, then the athlete with the highest GMP swim, bike and run their relay leg will be ranked higher

\*In the event the ITU Mixed Relay Olympic Qualification Event is changed but still part of the ITU qualification criteria, this priority will stand. However, if the ITU Mixed Relay Olympic Qualification Event is cancelled this priority will be null and void.

#### **Priority #6 – SR2 Injury**

Athletes carded the previous year at SR2 levels who meet the injury carding criteria.

#### **Priority #7 – SR Injury**

Athletes carded the previous year at SR/C1 levels who meet the Injury carding criteria.

## Priority #8 – SR Injury 2<sup>nd</sup> Year

Remaining Senior Cards will be awarded to athletes carded the previous year at SR2 injury or SR injury levels that meet the Injury carding criteria.

### SECTION 6: DEVELOPMENT CARD CRITERIA

6.1 The focus and guiding principle of the Development Card is to assist the transition towards achieving international excellence of development athletes who clearly demonstrate the potential to achieve the Senior International card criteria.

Athletes in the Junior and U23 age categories or within 2 seasons of their last year in U23 are eligible for Development carding support.

Athletes previously carded at the SR1/SR2 and SR/C1 (for two years or more) levels are no longer eligible to be nominated for Development cards unless they achieved the Senior International carding level at junior ages.

6.2 To be considered for a Development Card, an athlete must have:

- Participated at the Junior, U23 and/or Elite 2020 Triathlon Canada National Championship following a draft legal format, in the year of nomination for AAP support. Note: the requirement to participate at the National Championships may be waived by the Triathlon Canada High Performance Director (see Appendix A Exemption request procedures).
- An ITU World Ranking as of December 1, 2020

6.3 **The remaining number of Development cards will be allocated to eligible athletes in the following priority order:**

#### **Development Priority #1 – ITU WTS and World Cup Performances**

Athletes with a minimum of one (1) Top 20 finish at 2020 ITU WTS Triathlon Event AND one (1) Top 8 finish at 2020 ITU World Cup Triathlon Events.

Prioritization:

- I. If there are fewer cards than athletes meeting the Development priority #1 criteria, the athlete with best WTS performance as determined by Triathlon Canada's Depth of Field and Quality of Field Evaluation Process (Appendix B) will be prioritized.

#### **Development Priority #2 – World Cup Performances**

Athletes achieving one of the following 2020 ITU World Cup Triathlon performances, in priority order.

1. One (1) Top 8 finish (in events with DOF <40 for women and <50 for men)
2. Two (2) Top 12 finishes



3. Three (3) Top 20 finishes

\*DOF is calculated as per Triathlon Canada's Depth of Field and Quality of Field Evaluation Process (Appendix B)

Prioritization:

- I. If there are fewer cards than athletes meeting the Development priority #2 criteria, the athlete with best performance as determined by Triathlon Canada's Depth of Field and Quality of Field Evaluation Process (Appendix B) will be prioritized.

**Development Priority #3 - Under 23 ITU Triathlon World Championships Top 8**

Athletes finishing in the Top Eight (8), and top 1/2 of the field at the 2020 ITU U23 Triathlon World Championships.

Prioritization:

- I. If there are fewer cards than athletes meeting the Development Priority #3 criteria the athletes who achieved a higher finish will rank higher.
- II. If two or more athletes achieved the same finish, the athlete with the best run GMP will be ranked higher.

**Development Priority #4 – World Cup and Continental Cup Performances**

Athletes with a minimum of one (1) Top 20 2020 ITU World Cup Triathlon AND one (1) Top 3 2020 ITU Continental Cup Triathlon finishes.

Prioritization:

- I. If there are fewer cards than athletes meeting the Development priority #4 criteria, the athlete with best ITU World Cup performance as determined by Triathlon Canada's Depth of Field and Quality of Field Evaluation Process (Appendix B) will be prioritized.

**Development Priority #5 – ITU World Grand Final U23/Junior Mixed Relay Event**

Athletes competing in the ITU World Grand Final U23/Junior Mixed Relay Event that finish in the Top Three (3) AND meeting the following individual performance benchmarks:

- Finishing within 5% of the fastest overall time on their relay leg; and
- Finishing within 5% of the fastest overall time in each discipline (swim, bike and run) of the fastest time in their relay leg.
- Finishing within 5% of the fastest overall time in each transition (T1 and T2) of the fastest time in their relay leg.

Prioritization:



- I. If there are fewer cards than athletes meeting the Senior Domestic Priority #5 criteria, the athlete with the highest percentage of the fastest time for their relay leg (i.e. closest percentage to winner of leg 1, etc.) will be ranked higher.
- II. If two or more athletes have the same overall percent difference of the fastest overall time on their relay leg, then the athlete with the highest GMP swim, bike and run their relay leg will be ranked higher

#### **Development Priority #5 – Specific Junior Criteria**

Athletes finishing in the Top Eight (8) and Top ½ of the field at the 2020 ITU World Triathlon Grand Final Junior Event AND achieving three (3) Top 5 finishes in any of the following events.

- 2020 ITU Continental Cup (DOF <170 for women and <190 for men)
- 2020 Santo Domingo PATCO Panamerican Championship Junior
- 2020 ETU and OTU Junior Continental Cup

Prioritization:

- I. If there are fewer cards than athletes meeting the Priority #5 criteria, priority will be given to the athlete(s) with the higher finish in their 2020 ITU World Triathlon Grand Final Junior event.
- II. If athletes remain tied (e.g. two silver medallists), then the best run GMP of the ITU World Triathlon Grand Final Junior event will be ranked higher

#### **Development Priority #6 – D Injury**

Athletes carded the previous year at D levels, who meet the Injury carding criteria may be considered for Development Carding – Injury exemption.

#### **Development Priority #7 – Selected Athletes**

Prioritization:

Athletes in the Junior and U23 age categories or within 2 seasons of their last year in U23, will be ranked against each other in three categories to determine their priority for Development Carding. The sum of their rankings in these three areas will determine their priority for Development Carding, with the athlete with the lowest overall rank placing 1st. A committee, composed of High Performance Director, the Triathlon Canada Athlete Representative, and one or more Triathlon Canada staff will evaluate the athletes, based on this group's expert assessment and opinion, on the following criteria:

- I. Placing at 2020 ITU World Triathlon Grand Final Lausanne U23 event relative to other eligible athletes
  - (e.g. two athletes finishing 11<sup>th</sup> will receive a ranking of #1 and the next athlete who placed 12<sup>th</sup> will be ranked #3).
- II. Placing at 2020 ITU World Triathlon Grand Final Lausanne Junior event relative to other eligible athletes
  - (e.g. two athletes finishing 11<sup>th</sup> will receive a ranking of #1 and the next athlete who

placed 12<sup>th</sup> will be ranked #3).

- III. A review by Triathlon Canada's HP department of an athlete's best two additional in season races taking into consideration the following
  - QOF and DOF
  - Placing
  - % of winner
- IV. Fastest ratified swim and run standards relative to the current *Triathlon Canada Gold Medal Profile* document.
- V. Fastest stand-alone ratified swim and run standards

If two or more athletes are tied in overall ranking, the tied athletes will be prioritized according to the average of their age-graded swim and run standards, expressed as a percentage, relative to the current Triathlon Canada Gold Medal profile.

## SECTION 7: INJURY CARDING

- 7.1 A carded athlete, who at the end of the carding cycle has not achieved the standard required for the renewal of carding status because of strictly health related reasons, may be considered for re-nomination for the upcoming year. In this circumstance, the athlete may make written application for an injury card to the High Performance Director, supported by a medical certificate, no later than five (5) calendar days after the conclusion of the World Triathlon Grand Final of the current year as outlined in 1.2 above in order to be considered for selection.
- 7.2 The basic philosophy for selecting an athlete by granting an injury / illness/pregnancy request is that, all things being equal, the athlete nominated has clearly demonstrated superior performances in previous competition to other athletes being considered for AAP nomination.
  - An injury / illness/pregnancy request is considered as the last means by which an athlete can earn selection and is intended to provide for exceptional circumstances outside the normal selection criteria rather than being part of the normal means by which an athlete can earn selection.
- 7.3 The athlete will be considered for nomination for an injury card at the High Performance Director's sole discretion, subject to the following conditions:
  - In the view of the High Performance Director, the athlete has made reasonable efforts, through rehabilitation and training, to return to full high-performance training and competition as soon as possible after acquiring the injury or illness. Despite these reasonable efforts, the athlete failed to meet the selection criteria as outlined in this Selection Criteria document.
  - A qualified sport medicine physician, approved by Triathlon Canada, provides a written report to the High Performance Director indicating: (i) the scope of the injury, (ii) the rehabilitation required, (iii) the normal recovery term, and (iv) the prognosis of a full recovery by the athlete (the "Physician's Report"). The Physician's Report must indicate to the High Performance Director that the athlete will be ready to compete and achieve equal or superior performances to those achieved by the athlete prior to the athlete's injury by no later than five (5) calendar days after the conclusion of the World Triathlon Grand Final of



the current year as outlined in 1.2 above. Triathlon Canada's High Performance Director will review the Physician's Report and this individual may obtain a peer-reviewed evaluation of the applicant's information and readiness to return to full-time training and competition.

- 7.4 In the event that an athlete is nominated to receive Sport Canada AAP support on the basis of a successful injury/illness/pregnancy request they will be required to prove recovery, both from a medical perspective and also a performance perspective on or before March 15th.

The determination of what performance benchmarks, and/or health indicators will be utilized to constitute recovery will be made by the Triathlon Canada medical team, coaching staff and High Performance Director, and will be communicated to the individual athlete and their coach before January 15th.

These performance benchmarks, and/or health indicators will be based upon assessing the athlete's ability to perform at the same performance level that earned them selection to Sport Canada AAP support.

- 7.5 If an athlete is subsequently deemed medically unfit and/or is unable to meet the required performance benchmarks on or before March 15th, their nomination will be withdrawn by Triathlon Canada for the remaining months of carding cycle.

- 7.6 The request must be made in writing, signed by the personal coach, stating the circumstances with supporting evidence faxed or mailed to the Triathlon Canada office. Injury requests must include a medical certificate that indicates the type of injury, severity and estimated recovery time. Triathlon Canada has the right to seek a second medical opinion.

- 7.7 The Triathlon Canada High Performance Director will accept or reject all requests and deliver the decision in writing within two weeks of receiving the request.

## **SECTION 8: ATHLETES TRAINING OUTSIDE OF CANADA**

- 8.1 All athletes training outside of Canada are required to support the National program as outlined in this document.

- 8.2 Triathlon Canada will, at its sole discretion, determine if Canadians who achieve the carding criteria while living and training outside of the country will be nominated for AAP funding. The decision will be based on a number of factors which shall include, but not be limited to, the available daily training environment, ability to support the National program as outlined in this document, current and past health status, performance potential and other objective or subjective factors. Triathlon Canada is not obliged to nominate any athletes training outside of Canada.

- 8.3 As per Sport Canada policy (2.5.1), Athletes living outside Canada are not normally eligible for AAP support. Any exceptions to this requirement must be approved by Sport Canada. An athlete leaving Canada should be fully aware that an exception will be made only through special submissions by the NSO concerned to Sport Canada. Athletes living outside Canada for athletic or academic purposes must demonstrate, to the satisfaction of Sport Canada, that appropriate



training programs are in place and are being monitored by their NSO. Athletes who have been living full-time outside Canada for more than two successive years will not normally be considered eligible for AAP benefits, unless these athletes are competing within the Canadian sport system and representing Canada at international competition.

- 8.4 As per Sport Canada policy (2.5.2), Triathlon Canada will nominate athletes who are attending a foreign post-secondary educational institution and are receiving an athletic scholarship for AAP funding provided that they commit to support the National Team Program activities. These athletes will be nominated by Triathlon Canada for AAP support during the months they are not attending the foreign post-secondary institution. It is the responsibility of the individual athlete to notify Triathlon Canada of the applicable time period for which they will not be attending the foreign post-secondary educational institution.
- 8.5 If an athlete decides to train in a daily environment outside of Canada AFTER being nominated for AAP, Triathlon Canada at its sole discretion can recommend AAP support withdrawal to Sport Canada. The daily training environment/coach-of-record must continue to meet the requirements in Section 2.4

#### **SECTION 8: NCAA-BASED CARDED ATHLETES**

- 9.1 Sport Canada policy states that athletes attending a foreign post-secondary educational institution and who are receiving an athletic scholarship are not eligible to receive AAP support in the months in which they are attending the foreign post-secondary educational institution.
- 9.2 It is the responsibility of the NCAA-based athlete who is nominated by Triathlon Canada for AAP support to notify Triathlon Canada of the time period that the athlete will not be attending the foreign post-secondary educational institution. Once notified, Triathlon Canada will request that Triathlon Canada activate the athletes AAP support for that period. AAP support will only be activated if the athlete has submitted all of the required documentation to Triathlon Canada by the prescribed deadline in the fall of 2020.
- 9.3 It is the responsibility of the NCAA-based athlete to notify their institutions compliance department to confirm that they are eligible to receive AAP support. It is also NCAA-based athlete responsibility to determine any procedures that they must follow in order to meet the requirements of the institution's compliance department.

#### **SECTION 10: ATHLETES RECEIVING ATHLETIC SCHOLARSHIPS FROM FOREIGN POST-SECONDARY EDUCATIONAL INSTITUTIONS**

- 10.1 Sport Canada policy states that athletes attending a foreign post-secondary educational institution and who are receiving an athletic scholarship are not eligible to receive AAP support in the months in which they are attending the foreign post-secondary educational institution.
- 10.2 As per Sport Canada policy (2.5.2), Triathlon Canada will nominate athletes who are attending a foreign post-secondary educational institution and are receiving an athletic scholarship for AAP funding provided that they commit to support the National Team Program activities. These



athletes will be nominated by Triathlon Canada for AAP support during the months they are not attending the foreign post-secondary institution.

- 10.3 It is the responsibility of the individual athlete to notify Triathlon Canada of the applicable time period for which they will not be attending the foreign post-secondary educational institution. Once notified, Triathlon Canada will request that Triathlon Canada activate the athletes AAP support for that period. AAP support will only be activated if the athlete has submitted all of the required documentation to Triathlon Canada by the prescribed deadline in the fall of 2020.
- 10.4 It is the responsibility of the athlete who is attending a foreign post-secondary educational institution to notify their institution's compliance department to confirm that they are eligible to receive AAP support. It is also the athlete's responsibility to determine any procedures that they must follow to meet the requirements of the institution's compliance department.

#### **SECTION 11: NATIONAL PROGRAM MANDATORY EVENTS**

Once carded, all athletes must attend Triathlon Canada competitions for which they are deemed eligible and selected, and any Triathlon Canada camps for which they are selected.

##### **Mandatory events are as follows;**

- Triathlon Canada National Championships (unless a written exemption is provided by Triathlon Canada's High Performance Director)

#### **SECTION 12: CARDING REQUIREMENTS**

- 12.1 All carded athletes must complete and submit all required documentation by the specified deadline in their carding notification letter. Failure to do so will result in Triathlon Canada delaying or rescinding the athlete's nominations to Triathlon Canada for AAP funding. Funding will not be activated until such time that all required documentation is returned to Triathlon Canada.
- 12.2 All carded athletes shall be expected to attend to an appropriate standard of training suitable to progress their competitive standard.
- 12.3 All carded athletes must register in the Triathlon Canada approved athlete monitoring system (TBD). For details please contact the Triathlon Canada High Performance Director.
- 12.4 All carded athletes AND personal coaches of carded athletes will be required to submit a Triathlon Canada approved training plan to Triathlon Canada by January 15, 2020. All Triathlon Canada National/Performance Training Centres are to submit training plans.
- 12.5 All carded athletes will be required to submit a weekly web-based monitoring report to Triathlon Canada for the entire carding period.
- 12.6 All personal coaches of carded athletes will be required to submit quarterly web-based monitoring reports to Triathlon Canada for the entire carding period. All Triathlon Canada Training/Performance Centres coaches are to submit reports.



- 12.7 All athletes AND personal coaches of carded athletes will be expected to submit testing and monitoring data when requested by Triathlon Canada.
- 12.8 All personal coaches of carded athletes will be required to attend Carded Coaches Meetings as determined by the Triathlon Canada High Performance Director.
- 12.9 Any determination of unsuitable training will be made in concert with the athlete's personal coach.
- 12.10 If for any reason other than injury and illness (see Section 6) an athlete is unable to sustain or otherwise maintain a suitable level of training, their carding status will be reviewed. Should the review provide a negative result, a recommendation for withdrawal of carding will be made to Sport Canada.
- 12.11 Triathlon Canada High Performance Director retains decision making authority in recommendations to withdraw carding to Sport Canada.

### SECTION 13: WITHDRAWAL OF CARDING

Triathlon Canada retains the right to recommend the withdrawal of AAP support at any time during the AAP funding cycle if an athlete is found to be in violation of the following;

- Triathlon Canada Athlete Agreement
- Triathlon Canada Code of Ethics
- Sport Canada AAP Agreement
- WADA or CCES requirements
- Triathlon Canada Carding Criteria as noted in this document

Additionally, an athlete will be recommended **for withdrawal of AAP support if their coaching, competition and training status changes from the time of nomination.** If there is a change, it is an athlete's responsibility to request approval from Triathlon Canada's High Performance Director. Approval of the changes is at the sole discretion of Triathlon Canada.

### SECTION 14 APPEAL PROCESS

Appeals of Triathlon Canada AAP nomination/re-nomination decision or of a Triathlon Canada's recommendation to withdraw carding through Triathlon Canada's [appeal policy](#).



## APPENDIX A

### EXEMPTION REQUEST AND PROCEDURES

As a condition of nomination to the AAP, athletes are required to compete in a minimum of five (5) ITU International events (i.e. major games (Olympic Games; Paralympic Games; Commonwealth Games; Pan American Games); World Triathlon Series; World Cup; and CAMTRI events as posted on [www.triathlon.org](http://www.triathlon.org)) and the Triathlon Canada National Championships. Exemptions can only be requested for exceptional circumstances to the Triathlon Canada High Performance Director.

- I. Exceptional circumstances for exemption may include but are not limited to: a death in the immediate family, an injury, an academic conflict, or a calendar conflict with another competition that is deemed more appropriate, by the Triathlon Canada High Performance Director. Triathlon Canada High Performance Director has the sole authority to determine what an exceptional circumstance is.
- II. Request must be made as soon as the problem/issue is known.
- III. In an injury case:
  - unless the injury occurs within 2 weeks of the event, the request must be received at TC office within 2 weeks of occurrence of the injury;
  - when the injury occurs within 2 weeks of the event, the request must be received at the TC office prior to commencement of the event;
  - when the injury occurs at the event, the injury must be reported to the TC appointed chief medical officer within a week of the end of the event, who will be responsible to report it to TC office.
- IV. Except for 3 (c): the request must be made in writing, signed by the personal coach, stating the circumstances with supporting evidence faxed or mailed to the Triathlon Canada office. Injury requests must include a medical certificate that indicates the type of injury, severity and estimated recovery time. Triathlon Canada has the right to seek a second medical opinion.
- V. The Triathlon Canada High Performance Director will accept or reject all requests and deliver the decision in writing within two weeks of receiving the request.



## Appendix B

### Triathlon Canada Depth of Field and Quality of Field Evaluation Process

The purpose of this document is to outline the process that Triathlon Canada will use to determine the Depth of Field (DOF) and Quality of Field (QOF) of an event, as well as how both will be used to evaluate athlete performance. DOF will be used to evaluate an event as a whole, and an athlete's performance will be evaluated relative to the QOF.

Triathlon Canada is aware that events (especially at the Continental Cup and World Cups) vary greatly in terms of competitiveness. The objective of using DOF and QOF is to ensure that athletes, and their coaches, can objectively assess their performances and progression through Triathlon Canada's Podium Pathway. In doing so, they can provide the necessary feedback and make the appropriate shifts to their planning to maximize performance.

Additionally, utilizing DOF and QOF, Triathlon Canada can continue to ensure the top performing athletes are prioritized for selection/nomination through objective comparison of performances. This is in alignment with Triathlon Canada's High Performance mission.

### TRIATHLON CANADA'S AUTHORITY FOR DECISIONS

All matters relating to the selection of athletes for ITU competition are the sole authority of Triathlon Canada.

### DEPTH OF FIELD

Depth of field is defined as the overall competitiveness of an event. Triathlon Canada will determine and publish the DOF within the week prior to the event start date. The process is as follows.

- Average ITU World Ranking of the Top 8 Women and Top 10 men on the start list of the event

**Note:** The ITU World Ranking points range between women is significantly larger than men. Additionally, the total number of women in ITU races is smaller than men. Therefore, Top 10 will be used for men and Top 8 for women.

Example 1.

Event	Program	DOF (Rank AVG)	Points (AVG)	Rank (Count)	Rank (Range)	Top-3 (Rank Avg)
2019 AJ Bell World Triathlon Leeds	Elite Men	5.5	5171.026	10	9	2
2019 AJ Bell World Triathlon Leeds	Elite Women	5.875	4980.40125	8	11	2
2019 Huatulco ITU Triathlon World Cup	Elite Men	38.9	2344.74	10	42	20.3333333
2019 Huatulco ITU Triathlon World Cup	Elite Women	33	2755.4775	8	45	11.6666667

## QUALITY OF FIELD

Quality of field is defined as the relative competitiveness of the participants in an event. Whereas DOF uses the absolute ITU World Ranking, QOF takes into consideration the actual ITU World Ranking Points and the difference between the absolute rankings.

Example 2

Event	Program	DOF (Rank AVG)	QOF (Points AVG)	Rank (Count)	Rank (Range)	Top-3 (Rank Avg)
2019 AJ Bell World Triathlon Leeds	Elite Men	5.5	5171.026	10	9	2
2019 AJ Bell World Triathlon Leeds	Elite Women	5.875	4980.40125	8	11	2
2019 Huatulco ITU Triathlon World Cup	Elite Men	38.9	2344.74	10	42	20.3333333
2019 Huatulco ITU Triathlon World Cup	Elite Women	33	2755.4775	8	45	11.6666667

For an event such as the Olympic Games or WTS Grand Final, the DOF and QOF are reflective of the most competitive event. This is due to the understanding that the Top 8/10 athletes will be in attendance. Finish position at those events are an accurate representation of the highest level of competition. However, the competition level of events below the WTS Grand Final and Olympic games is less consistent.

For example, two events can have the same DOF but not necessarily the same QOF. This is where QOF will be one tool to evaluate athlete performance relative to the athlete pool in the event.

## EVALUATION OF ATHLETE PERFORMANCE

To further improve the accuracy of assessing athlete performance, DOF and QOF will be utilized in conjunction with Triathlon Canada's Gold Medal Profile and race analysis.

DOF will be used to determine the competitive level of an event and if an athlete achieving selection criteria meets the performance standards. It can also be used to compare two performances with the same result but in different events.

*Example 3: Use of DOF*

4<sup>th</sup> at Huatulco WC vs 4<sup>th</sup> at Banyoles WC

Event	Program	DOF (Rank AVG)	QOF (Points AVG)	Rank (Count)	Rank (Range)	Top-3 (Rank Avg)
2019 Huatulco ITU Triathlon World Cup	Elite Men	38.9	2344.74	10	42	20.3333333
2019 Banyoles ITU Triathlon World Cup	Elite Men	15.3	3917.7	10	28	3.3333333



Banyoles WC would be considered the higher level event and thus the result in Banyoles is prioritized.

QOF will be used in comparing differing athlete results between two or more races.

*Example 4: Use of QOF*

8<sup>th</sup> at Banyoles WC vs 6<sup>th</sup> at Huatulco WC

Event	Program	DOF (Rank AVG)	QOF (Points AVG)	Rank (Count)	Rank (Range)	Top-3 (Rank Avg)
2019 Huatulco ITU Triathlon World Cup	Elite Men	38.9	2344.74	10	42	20.3333333
2019 Banyoles ITU Triathlon World Cup	Elite Men	15.3	3917.7	10	28	3.333333

QOF is the average of the Top 10 athletes starting in the event (the final results of the athlete is highlighted)

Rank	Banyoles Top 10 ITU World Ranking Points	Huatulco Top 10 ITU World Ranking Points
1	6333.16	3513.06
2	6231.99	2765.62
3	4584.55	2663.22
4	4134.84	2431.39
5	3790.55	2181.9
6	3099.76	2160.73
7	2878.81	2093.05
8	2886.09	1966.62
9	2557.97	1842.62
10	2494.64	1829.19

Though the athlete achieved a higher placing in Huatulco (4<sup>th</sup>), using the ITU World Ranking points as an indicator of athlete performance level, an athlete achieving 8<sup>th</sup> in Banyoles is in fact performing at a higher level by comparing the relative ITU World Ranking points of the athlete ranked in that position prior to the race. This evaluation can be done for any result.

Triathlon Canada’s event selection policy outlines the priority criteria and achieving a higher priority criteria is still the primary measure of performance.



## Appendix C

Second Nomination Period Criteria (July 1, 2021 to December 31, 2021)

Please note: All eligibility and requirements within this document are still applicable.

### A) Criteria for Event Performances (Nomination Criteria)

#### Senior Domestic Carding Criteria for July 1, 2021 to December 31 (SR or C1)

- World Triathlon Events or Targeted Events for consideration must occur between February 1, 2021 and June 30, 2021
- Nominations will be presented to Sport Canada after July 1, 2021 but approved AAP support will be for the July 1, 2021 to December 31, 2021 period
- SR/C1 Cards will be allocated regardless of gender and prioritized by the order of the criteria below.
- SR1/SR2 Card criteria is documented in Section 4
- Athletes meeting the published criteria and nominated for the Second Nomination Period MAY be retroactively carded from January 1, 2021 to June 30, 2021 in addition to July 1, 2021 to December 31, 2021. This will be determined solely by Sport Canada and communicated if and when confirmed.

#### SR/C1 Priority #1 – Top 15 World Triathlon Individual Olympic Ranking and World Triathlon Individual World Ranking

Athletes ranked within the Top 15 in both the World Triathlon Individual Olympic Ranking and World Triathlon Individual World Ranking on June 30, 2021.

Prioritization:

- II. If there are fewer cards than athletes meeting the Senior Domestic Priority #1 criteria, the athlete with the best World Triathlon Individual Olympic Ranking will be ranked higher.

#### SR/C1 Priority #2 – Top 5 Performances at World Triathlon Championships Series Event or World Triathlon Cup Event

Athletes achieving two (2) Top 5 individual performances at World Triathlon Championship Series Events or World Triathlon Cup Events

Prioritization:

- I. If there are fewer cards than athletes meeting the Senior Domestic Priority #2 criteria, the athlete with the best performance as determined through Triathlon Canada's Depth of Field and Quality of Field Evaluation Process (Appendix B)

#### SR/C1 Priority #3 – Top 3 Performance at World Triathlon Championship Series Event or World Triathlon Cup Event



Athletes achieving a podium performance at a World Triathlon Championship Series Event or World Triathlon Cup Event

Prioritization:

- I. If there are fewer cards than athletes meeting the Senior Domestic Priority #3 criteria, the athlete with the best performance as determined through Triathlon Canada's Depth of Field and Quality of Field Evaluation Process (Appendix B)

**SR/C1 Priority #4 – Top 8 Performances at World Triathlon Championship Series Event or World Triathlon Cup Event**

Athletes achieving two (2) Top 8 individual performances at World Triathlon Championship Series Events or World Triathlon Cup Events

Prioritization:

- I. If there are fewer cards than athletes meeting the Senior Domestic Priority #4 criteria, the athlete with the best performance as determined through Triathlon Canada's Depth of Field and Quality of Field Evaluation Process (Appendix B)

**SR/C1 Priority #5 – Top 3 World Triathlon Olympic Qualification Event Mixed Relay**

Athletes competing in the World Triathlon Mixed Relay Olympic Qualification Event that race and finish the team in the Top three (3) AND meeting the following individual performance benchmarks:

- Finishing within 3.5% of the fastest overall time on their relay leg; and
- Finishing within 3.5% of the fastest overall time in each discipline (swim, bike and run) of the fastest time in their relay leg.
- Finishing within 5% of the fastest overall time in each transition (T1 and T2) of the fastest time in their relay leg.

Prioritization:

- III. If there are fewer cards than athletes meeting the Senior Domestic Priority #5 criteria, the athlete with the highest percentage of the fastest time for their relay leg (i.e. closest percentage to winner of leg 1, etc.) will be ranked higher.
- IV. If two or more athletes have the same overall percent difference of the fastest overall time on their relay leg, then the athlete with the highest percentage of the fastest time for their relay leg in priority order of run, swim, bike will be ranked higher

**SR/C1 Priority #7 – SR Injury**

Athletes carded the previous year at SR/C1 levels who meet the Injury carding criteria (Section 7)

**Development Carding Criteria for July 1, 2021 to December 31 (DEV)**

- World Triathlon Events or Targeted Events for consideration must occur between February 1, 2021 and June 30, 2021

Ratified by the Triathlon Canada Board: February 7, 2020



- Nominations will be presented to Sport Canada after July 1, 2021 but approved AAP support will be for the July 1, 2021 to December 31, 2021 period
- DEV Cards will be allocated regardless of gender and prioritized by the order of the criteria below.

**DEV Priority #1 – Top 10 Performance at World Triathlon Championship Series Event or World Triathlon Cup Event**

Athletes achieving a Top 10 individual performances at World Triathlon Championship Series Events or World Triathlon Cup Events

Prioritization:

- II. If there are fewer cards than athletes meeting the Development Priority #1 criteria, the athlete with the best performance as determined through Triathlon Canada's Depth of Field and Quality of Field Evaluation Process (Appendix B)

**DEV Priority #2 – Top 20 Performances at World Triathlon Championship Series Event or World Triathlon Cup Event**

Athletes achieving two (2) Top 20 individual performances at World Triathlon Championship Series Events or World Triathlon Cup Events

Prioritization:

- I. If there are fewer cards than athletes meeting the Development Priority #2 criteria, the athlete with the best performance as determined through Triathlon Canada's Depth of Field and Quality of Field Evaluation Process (Appendix B)

**DEV Priority #3 – Top 3 Performances at World Triathlon Continental Cup Events**

Athletes achieving two (2) podium individual performances at World Triathlon Continental Cup Events (Depth of Field <170 for women and <190 for men)

Prioritization:

- I. If there are fewer cards than athletes meeting the Development Priority #3 criteria, the athlete with the best performance as determined through Triathlon Canada's Depth of Field and Quality of Field Evaluation Process (Appendix B)

**DEV Priority #4 – Selected Athletes**

Prioritization:

Athletes in the Junior and U23 age categories or within 2 seasons of their last year in U23, will be ranked against each other in three categories to determine their priority for Development Carding. The sum of their rankings in these three areas will determine their priority for Development Carding, with the athlete with the lowest overall rank placing 1st. A committee, composed of High Performance Director, the



Triathlon Canada Athlete Director, and one or more Triathlon Canada staff will evaluate the athletes, based on this group's expert assessment and opinion, on the following criteria:

- I. A review by Triathlon Canada's HP department of an athlete's best two additional in season races taking into consideration the following
  - QOF and DOF
  - Placing
  - % of winner
- II. Fastest ratified swim and run standards between February 1, 2021 and June 30, 2021

If two or more athletes are tied in overall ranking, the tied athletes will be prioritized according to the average of their age-graded swim and run standards, expressed as a percentage, relative to the current Triathlon Canada Gold Medal profile.

### **DEV Priority #7 – DEV Injury**

Athletes carded the previous year at DEV levels who meet the Injury carding criteria (Section 7)

### **B) Criteria Due to Inability to Execute Section A of Appendix B (Renomination Criteria)**

In the event Section A cannot be executed appropriately and fairly, the following criteria will be applied.

Renomination Criteria (Priority #1 and #2) is eligible to those athletes nominated between January 1, 2021 and June 30, 2021 only. SR/C1 cards will be rolled down to DEV cards if athletes renominated in the First Renomination Period do not meet the SR/C1 renomination criteria below. DEV cards will be rolled down to NEW athletes if athletes renominated in the First Renomination Period do not meet the DEV renomination criteria below

Athletes can submit as many ratified times as needed within the qualification period (Feb 1, 2021 – June 30, 2021).

Athletes meeting the published criteria and nominated for the Second Nomination Period MAY be retroactively carded from January 1, 2021 to June 30, 2021 in addition to July 1, 2021 to December 31, 2021. This will be determined solely by Sport Canada and communicated if and when confirmed.

### **SR/C1 Renomination Priority #1 – Ratified Run Time\***

Note: SR/C1 Renomination Priority #1 is only applicable to SR/C1 athletes approved for AAP support during the First Renomination Period

Male athletes meeting one of the following ratified run times between February 1, 2021 and June 30, 2021

- 3000m (track) – 8:16.00 or faster
- 5km (official road) – 14:20.00 or faster
- 5000m (track) – 14:11.00 or faster

Ratified by the Triathlon Canada Board: February 7, 2020



AND meeting one of the following ratified swim times between February 1, 2021 and June 30, 2021

- 750m Short Course meters – 8:18.00
- 750m Long Course meters – 8:30.00

Female athletes meeting one of the following ratified run times between February 1, 2021 and June 30, 2021

- 3000m run (track) – 9:25.00 or faster
- 5km (official road) – 16:20.00 or faster
- 5000m (track) – 16:11.00 or faster

AND meeting one of the following ratified swim times between February 1, 2021 and June 30, 2021

- 750m Short Course meters – 9:14.00
- 750m Long Course meters – 9:26.00

#### **DEV Renomination Priority #2- Ratified Run Time\***

Note: DEV Renomination Priority #2 is only applicable to DEV athletes approved for AAP support during the First Renomination Period

**Male athletes** meeting one of the following ratified run times between February 1, 2021 and June 30, 2021

- 3000m run (track) – 8:23.00 or faster
- 5km (official road) – 14:37.00 or faster
- 5000m (track) – 14:28.00 or faster

AND meeting one of the following ratified swim times between February 1, 2021 and June 30, 2021

- 750m Short Course meters – 8:24.00
- 750m Long Course meters – 8:36.00

**Female athletes** meeting one of the following ratified run times between February 1, 2021 and June 30, 2021

- 3000m run (track) – 9:45.00 or faster
- 5km (official road) – 16:55.00 or faster
- 5000m (track) 16:45.00 or faster

AND meeting one of the following ratified swim times between February 1, 2021 and June 30, 2021

- 750m Short Course meters – 9:20.00
- 750m Long Course meters – 9:32.00



### **DEV Priority #3 – Ratified Run Time**

Note: Priority #3 is only eligible to athletes meeting the terms defined in Section 6.1 and 6.2 of this document AND only if there are any DEV cards remaining.

Eligible athletes will be ranked based on their submitted ratified times as a 'percent of' the following time standards. Only athletes that meet the minimum standards will be considered for ranking.

### **The remaining number of Development cards will be allocated to eligible athletes in the following priority order:**

Male athletes meeting one of the following ratified run times between February 1, 2021 and June 30, 2021

- 3000m run (track) – 8:23.00 (minimum standard is 8:33.00)
- 5km (official road) – 14:37.00 (minimum standard is 14:55.00)
- 5000m (track) – 14:28.00 (minimum standard is 14:45)

AND meeting one of the following ratified swim times between February 1, 2021 and June 30, 2021

- 750m Short Course meters – 8:24.00
- 750m Long Course meters – 8:36.00

Female athletes meeting one of the following ratified run times between February 1, 2021 and June 30, 2021

- 3000m run (track) – 9:45.00 (minimum standard is 9:56.00)
- 5km (official road) – 16:55.00 (minimum standard is 17:15.00)
- 5000m (track) 16:45.00 (minimum standard is 17:05.00)

AND meeting one of the following ratified swim times between February 1, 2021 and June 30, 2021

- 750m Short Course meters – 9:20.00 (minimum standard is 9:30.00)
- 750m Long Course meters – 9:32.00 (minimum standard is 9:40.00)