





## Athletics Canada 2016-2017 Athlete Assistance Program (AAP) Policy Olympic Stream

### 1. General program description and purpose

The Athlete Assistance Program (AAP) is a federal government program administered by Sport Canada that provides financial assistance and tuition support to high performance athletes. Also referred to as 'carding', AAP funding is intended to contribute to an athlete's living and training costs. It is not intended to serve as an athlete's sole source of income. Under Sport Canada policy, AAP funding is designed to support athletes for the upcoming year who have:

-  Demonstrated an ability to finish in the Top 16 and top ½ of the field at an IAAF Senior World Championships in Athletics or an Olympic Games, or
-  Been identified by Athletics Canada (AC) as progressing towards becoming a **finalist** at future IAAF Senior World Championships in Athletics or Olympic Games. (For the purpose of this document finalist is defined as - Top 8 – combined events and track – 100m to 800m, top 12 – field and 1500m, 3000m Steeplechase, 5000m, 10,000m, top 15 - Race Walk and Marathon)





This policy was developed by AC's National Team Committee (NTC) and was reviewed by Sport Canada before publication to ensure consistency with Sport Canada AAP Policies. The criteria in this policy are designed to enable AC to identify those athletes and coaches whose performances, progression and training environment are indicative of the athlete's ability to become a finalist and produce podium performances.






This policy applies to the carding cycle beginning November 1, 2016 and ending October 31, 2017. It sets out the process and criteria that will be used to recommend nominations for carding for this carding cycle. There are three appendices (attached) associated with this policy, all of which form an integral part of this policy:

- Appendix 1 – Categories of Cards
- Appendix 2 - Performance Standards
- Appendix 3 – Application form

### 2. Eligibility for AAP

To be eligible to be considered for carding nomination, an athlete must meet the following requirements:

-  Must be a current registered Individual Associate of AC, and a member in good standing of a provincial branch
-  Must have participated in the 2016 National Athletics Championships unless a request for an exemption due to injury, illness, or other exceptional circumstances is approved, in advance, by the Chief Technical Officer (CTO)/Head Coach, or the event is not offered at the Athletics Championships
-  Must possess Canadian citizenship by November 1, 2016 and must submit supporting documentation indicating that he/she will be eligible to compete for Canada in IAAF events within the 2016-2017 carding cycle
-  Must not be under suspension or other sanction for any doping or doping-related offense. Athletes who have been sanctioned for anti-doping rule violations for a period of two years or greater, are not eligible for AAP support

-  Must sign an Athlete Agreement approved by Athletics Canada and the Athlete Directors. This agreement can be modified as required to accommodate individual needs or situations
-  Must have a 2016-17 Training and Competition Plan approved by the Head Coach/CTO before any funding will be released. Failure to submit an approved plan may result in AC withdrawing the nomination to Sport Canada. For the AC YTP (Yearly Training Plan) template – [click here](#)
-  Must not currently be pregnant, injured or have a medical condition that prevents full training for longer than 3 months into the carding cycle, unless applying for a Medical Card
-  Must participate in major championship events (Olympic Games, World Championships, CWG) if selected, unless exempted by the Head Coach/CTO
-  Must otherwise comply with all eligibility requirements set out by Sport Canada in “[Athlete Assistance Program \(AAP\) Policies and Procedures](#)”

### 3. Authority for Carding Decisions

The NTC will apply the criteria contained within this document to nominate athletes for carding to Sport Canada. Ultimately, the final decision on granting AAP carding is made by Sport Canada.

The NTC for the 2016-2017 carding cycle is comprised of:

#### **Chair**

CTO/Head Coach

#### **Voting Members**

Athletics Canada Technical Staff (two, the CTO/Head Coach and one appointed by the CTO/Head Coach), Event Group Experts (two, appointed by the CTO/Head Coach – one from endurance and one from speed and power), Branch Representatives (two, as designated by Branch Council), Athlete Representatives (up to two, as designated by the Athlete Directors)

#### **Non-voting – present at NTC carding meeting**

Athletics Canada Staff (ex-officio, support)

Athletics Canada coaching and IST staff as necessary, statistician, legal advisor, note-taker as required

### 4. Allocation of Cards




AC’s Olympic Program has been allocated funds for the 2016-2017 carding cycle. The breakdown of these funds into Senior Cards, Development Cards, NCAA Cards and Medical Cards, is at the sole discretion of the NTC in consultation with AC technical staff. Appendix 1 provides additional details about these different categories of cards, and specifies further requirements that must be fulfilled by athletes nominated in these categories, in addition to those eligibility requirements in Section 2.

**5. The Carding Process:** Nominations for carding will be made using a two-phase approach, as follows:

#### **Phase 1 – General Carding Pool**

An athlete must be in the General Carding Pool to be considered for carding. Phase 1 is a list of the athletes who will be considered in the process outlined in Phase 2. Being listed does not guarantee selection.

The following athletes will be admitted to the General Carding Pool provided they submit a completed and signed Application Form (Appendix 3) and training and competition plan by the deadline date:

-  Current SR1 or SR2 carded athletes
-  Athletes who have achieved the performance standard outdoors for their event within the Qualifying Period (see Performance Standards and Qualification Periods noted in Appendix 2)
-  Athletes who are currently carded and who have submitted a “Notification of Injury, Illness or Pregnancy” form to maintain their carding status during the carding cycle, and who have otherwise fulfilled all requirements to be considered for a Medical Card

## Phase 2 – Nomination to Sport Canada

In October, 2016, the NTC will review the athletes in the General Carding Pool and select athletes to be nominated for carding. The NTC will consider athletes through the following five steps in sequential order:

### Step 1

- Athletes who won an individual medal at the 2016 Rio Olympics who the NTC believe demonstrate a realistic potential to win an individual or relay medal at the 2017 London IAAF World Championships
- Relay athletes who ran in the final and who won a medal in a relay at the 2016 Rio Olympics who the NTC believe demonstrate a realistic potential to win an individual or relay medal at the 2017 London IAAF World Championships

### Step 2

- Finalists (see Section 1 – General program description and purpose) in an individual event at the 2016 Rio Olympics who the NTC believe demonstrate a realistic potential to win an individual or relay medal at the 2017 London IAAF World Championships (see Appendix 1 – Senior Cards for clarification on SR1 and SR2 eligibility and the Sport Canada definition of a finalist)
- Relay athletes who ran in the final and finished in the Top 8 in a relay at the 2016 Rio Olympics who the NTC believe demonstrate a realistic potential to win an individual or relay medal at the 2017 London IAAF World Championships (see Appendix 1 – Senior Cards for clarification on SR1 and SR2 eligibility and the Sport Canada definition of a finalist)

### Step 3

- Athletes who finished in the top 16\* in an individual event (top 20\* – Race Walk and Marathon) at the 2016 Rio Olympics who the NTC believe demonstrate a realistic potential to become finalists at the 2017 London IAAF World Championships
- A maximum of 2 athletes from each of the relay squads at the 2016 Rio Olympics, who are not eligible under Steps 1 or 2\*\* who the NTC believe demonstrate a realistic potential to become finalists at the 2017 London IAAF World Championships


### Step 4

- Athletes who are eligible for Development or NCAA cards AND who the NTC believe demonstrate a realistic potential to become a finalist at the 2020 Olympic Games or 2019 IAAF World Championships


### Step 5


- All athletes in the Carding Pool who have not been nominated through any of the above 4 steps will be considered based on an athlete's realistic potential to become a finalist at the 2020 Olympic Games or 2019 IAAF World Championships
- Athletes will be ranked based on accumulated points from the criteria below. Ties will be broken by NTC voting

Evaluation of an athlete's "realistic potential to win a medal" and "realistic potential to become a finalist", as set out in the above steps, the NTC will consider the following factors:

-  The AC Statistical Analysis "High Performance Pathway" – Average seasonal best performances and career pathway analysis for the finalists at the last 3 major Championships (2013, 2015 World Championships, and 2016 Olympic Games). *Pathways will be published once completed*
  - 0-1 year out from finalist = 3 points
  - 2-3 years out from finalist = 2 points
  - 4-5 years out from finalist = 1 point

**NOTE:** For athletes who fall outside the pathway in regards to performance or age, the NTC will conduct a more in-depth athlete analysis

-  "Bridging the Gap" analysis – Athlete performance trend over the past 3 years compared with event progression (using Olympic Games/World Championship finalists and World Rankings in years without a major championship) over the past 3 years  
**NOTE:** Special attention will be given to factors that can skew results (medical – injury/illness/pregnancy, changing events, etc.). *Event progressions will be published once completed*
  - 1 point awarded to athletes who "Bridge the Gap" in their event – the gap between the event progression and their individual performance progression has decreased

-  National Team Performances as stated below (points will only be assigned at highest level)
  - Olympic Team member receives 1 bonus point
  - Olympic Games performance points breakdown:
    - Top 12 = 3 points
    - Top 16 = 2 points
    - Top 20 = 1 point
  - World Juniors Team performance points breakdown:
    - Top 3 = 2 points
    - Top 8 = 1 point

 The athlete's medical history, in the case of medical cards

 The fulfillment of any previous conditions and/or targets set for the athlete, where applicable

 Any other information introduced by the CTO/Head Coach and deemed relevant by the NTC

**NOTE:** Athletes are awarded points for a single event, and will receive carding for that same event

All NTC members will participate in this process unless a NTC member has a conflict of interest in relation to any athlete being considered, in which case he or she must declare the conflict. The Chair of the NTC

will decide if that NTC member can participate in the deliberations of the NTC in relation to that particular athlete.

All members of the NTC will vote on carding nominations decisions. A member will abstain from voting if the member has declared a conflict of interest. The CTO/Head Coach will have a tie-breaking vote in the event there is a tie.

In determining carding nominations, the NTC will also have the discretion to determine the relative allocation of cards among the different categories of cards (Senior, NCAA, Medical, Development).

### **Funding Opt-Out**

AAP funding is intended to contribute to an athlete's living and training costs. An athlete who expects to earn in excess of \$100,000 in the 2016 -17 cycle may choose to decline / opt-out of receiving AAP funding; however, those athletes will still be listed on the AAP Carding list and will remain eligible for enhanced funding, CSI access, COC services and the Bell Athlete's Connect program. The opt-out carding funds would then create another position for an athlete to be named to the carding list.

### **Results**

AC makes every effort to track athletes' results that may qualify them for carding; however, a large portion of results may be achieved at events outside the National Team program so it is impossible for AC to be aware of all relevant performances. Therefore, it is the responsibility of each athlete to ensure that AC is aware that they are eligible for carding support by checking that the AC Ranking page has the most up-to-date performance recorded.

### **Coaching**

For a carded athlete's coach to be listed on the AAP Carding list, they must complete the following:

- Submit a completed AC YTP (Yearly Training Plan)
- Write the training plan and be present in the DTE (daily training environment) for that athlete at least 80% of the year
- Submit quarterly reports with training and competition/camp benchmarks

#### **NOTES:**

\* Top 16 for track events will be calculated by taking the finalists from the Rio 2016 Olympic Games, and the next fastest eligible athletes from the semi-finals (including ties)

\*\* The NTC is not obligated to name a relay athlete for each relay squad, or fill each of the 2 available places. The athlete(s) in question must also have engaged fully with the relay program during 2016

## **6. Requirements to Remain Carded**

All athletes approved by Sport Canada for carding must sign a final Athlete Agreement that stipulates obligations that the athlete must fulfill to remain carded. All carded athletes are expected to remain fully engaged with AC's high performance programming, including ongoing communication with AC staff which may include signing any written agreements required by AC staff coaches.

On a case by case basis, the NTC may impose additional criteria for the athlete to maintain his or her carding in the subsequent year. These criteria will be clearly communicated to the athlete in writing at the beginning of the carding cycle.

Athletes must complete monthly self-reports on the AC Information Portal.

## **7. Appeals**




Athletes who are not nominated for carding may appeal, which will be heard in accordance with AC's Procedures for Carding outlined in [Rule 140](#) – Commissioner's Office – Terms of Reference of AC's Rules and Bylaws. Appeals are restricted to those athletes who were eligible to be considered for carding by virtue of meeting the requirements set out in Section 2, who met the requirements to be admitted to the General Carding Pool as described in Section 5 and who fulfilled any additional requirements for the different categories of cards as specified in Appendix 1. The full process for appeals can be found [here](#).

## **8. Amendments to this document**








The NTC reserves the right to amend this document at any time up to the Selection Date for changes imposed by parties external to the NTC or for changes that, in the opinion of the NTC would improve or enhance the selection process. Any changes made by the NTC are deemed to come into effect immediately upon publication on the AC website. Additional publication of the amended Selection Criteria will be made by whatever means and wherever the original Selection Criteria was published.

## Appendix 1 – Categories of Cards




### Senior Cards

-  Senior Cards are the top level of cards and are valued at \$1,500 per month, except the first year of a Senior Card that is referred to as a C-1 Card and is valued at \$900 per month. An athlete may only receive a C-1 Card once
-  SR1 and SR2 Cards are International cards granted to those athletes who are finalists at the IAAF Senior World Championships or the Olympic Games. Alternates in relays who do not compete are not eligible for this card
-  SR1 Cards are typically awarded for two years (with the second year of the card termed SR2), provided the athlete adheres to an approved training plan, and continue to improve and progress within Athletics Canada's High Performance Pathways and benchmarks over the course of the two years





### Medical Cards

-  Athletes who are currently carded and who become ill, injured or pregnant must submit a [“Notification of Injury, Illness or Pregnancy” form](#) within 30 calendar days to maintain their carding status during the carding cycle. Must report pregnancy within 30 days into the second trimester
-  To renew carding, the athlete must submit a medical doctor's diagnosis and prognosis for the athlete's return to high performance training and competition, and must include a rehabilitation and training program prepared by the athlete, coach and coordinating therapist which is acceptable to AC's medical personnel
-  A request for a Medical Card does not guarantee nomination. Athletes may be nominated for Medical Cards at the sole discretion of the NTC based on the number of cards available, the nature and details of the diagnosis and prognosis, the documentation provided, the quality of the athlete's rehabilitation and training plan, the advice of medical experts, and the realistic expectation that the athlete can continue to progress towards becoming a finalist
-  Athletes may only receive a Medical Card for an injury or illness once, special considerations may be given for a 2<sup>nd</sup> year on CTO/Head Coach discretion
-  Athletes may only receive a Medical Card for a pregnancy once in their athletic career, but may receive up to an additional 6 months of AAP funding on a case-by-case basis during the following year. Special considerations may be given for a 2<sup>nd</sup> pregnancy on CTO/Head Coach discretion
-  Athletes may not receive Medical Cards in consecutive years
-  NCAA athletes are not eligible for a Medical/Injury card while they are competing in the NCAA

## NCAA Cards

-  NCAA Cards are Senior Cards that are allocated on a pro-rated basis to athletes who have NCAA or other foreign collegiate obligations. Such athletes may obtain a seasonal NCAA Card for four months of the year (May, June, July and August)
-  Prior to receiving a NCAA Card, an athlete must receive written permission from their educational institution and must commit to a mutually agreed upon training and competition plan with AC Coaching staff for the duration of the card (May, June, July and August), and must compete at the 2016 National Championships
-  Injury Cards will not be considered for NCAA athletes while competing in the NCAA

## Development Cards

-  Development Cards are valued at \$900 per month. The purpose of Development Cards is to support developing athletes who have demonstrated to the satisfaction of the NTC that they are on the Athletics Canada pathway to become a finalist in future World Championships and Olympic Games
-  Development Cards may only be awarded to athletes competing at the Junior level, or who are in their first five years of eligibility as a Senior competitor. However, athletes may only receive a Development Card for a maximum of three years post-Junior before progressing to a Senior Card
-  Athletes who have previously received Senior Cards (including C1 Card) are not eligible for Development Cards
-  NCAA Cards may receive a Development Card for one transitional year only, provided they meet all other requirements for Development Cards



## Appendix 2 – Performance Standards and Qualifying Periods


MEN	EVENT	WOMEN
10.32	100m	11.35
20.85	200m	23.28
46.22	400m	52.75
1:46.92	800m	2:02.64
3:39.28	1500m	4:12.61
13:34.78	5000m	15:37.59
28:25.86	10000m	33:10.17
8:29.92	3000m SC	9:52.48
13.80	110mH/100mH	13.32
50.14	400mH	56.65
1:25:24	20KW	1:34:55
4:02:06	50KW	
2:13:59	Marathon	2:34:13
2.22	High Jump	1.90
7.71	Long Jump	6.50
16.43	Triple Jump	13.72
5.47	Pole Vault	4.35
19.30	Shot Put	16.86
60.50	Discus	57.98
76.34	Javelin	55.55
73.11	Hammer	65.97
7760	CE	5738

### Qualifying Periods

Standards must be achieved outdoors within the following Qualifying Periods:

<b>Marathon, Race Walks and 10,000m</b>	October 1 <sup>st</sup> , 2015 – October 16 <sup>th</sup> , 2016
<b>All other Events</b>	January 1 <sup>st</sup> , 2016 – October 16 <sup>th</sup> , 2016

### Appendix 3 – Application Form

 The [online application form](#) must be completed in its entirety and submitted to on or before **October 16<sup>th</sup>, 2016** and must be accompanied by a Training and Competition Plan – [click here](#). Should you have any questions please email [carding@athletics.ca](mailto:carding@athletics.ca).