



NEW!!!

Athletics Ontario

Quest for Gold – Ontario Athlete Assistance Program 2010-2011 ATHLETE SELECTION CRITERIA TEMPLATE

Quest for Gold – Ontario Athlete Assistance Program 2010-2011 (OAAP) is funded by the Government of Ontario, through the Ministry of Health Promotion (MHP), and operated through the Sport, Recreation & Community Programs Branch. The overarching goal of the *Quest for Gold* – OAAP is directly related to the Enhanced Excellence goals of the *Canadian Sport Policy* – to improve 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 program will provide direct financial assistance to Ontario junior-aged athletes through an “Ontario Card” designation. “Junior-aged athlete” is defined as those athletes who fall within the eligible age range for the Canada Games - 11 to 22 years of age. A PSO/MSO with a NSO-approved Long Term Athlete Development Model (LTADM) that identifies older athletes in the “Train to Train” and “Train to Compete” categories may apply to MHP for a variation to this 11-22 age range. A PSO/MSO may choose to allocate a maximum of 30% of its carding allotment to 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. **For Athletics Ontario the eligible age range is from 11-23 years of age in recognition of the later age at which some athletes in our sport develop.**

The intent of the OAAP is to provide funding to individual athletes based on their demonstrated commitment to high performance sport, allowing them to pursue athletic excellence at the highest levels of national and international competition.

How does it work?

In accordance with the OAAP guidelines, Athletics Ontario is responsible for developing sport specific selection criteria and forming a Selection Committee that will apply the criteria to select those athletes who will be awarded Ontario Card status in 2010-2011. The Selection Criteria are approved by the Board of Directors and reviewed by MHP staff. Nominated athletes will be required to sign and comply with an Athlete Agreement between the athlete and Athletics Ontario. Carding status will be for one year starting April 1, 2010 ending March 31, 2011.

In 2010-2011, the MHP allocated a certain amount of OAAP Ontario Cards to each eligible Provincial Sport / Multi-Sport Organization (PSO/MSO). Athletics Ontario has been allotted a total of 54 Ontario cards (split evenly as 27 male and 27 Female Cards).

A minimum of 70% of the Ontario cards will be allocated to junior-aged athletes (11 to 23 years of age inclusive). A maximum of 30% of the Ontario cards may be allocated to “Senior” athletes (athletes 24 years of age and over) who are no longer eligible for “junior athlete” status. There is no minimum number of Senior cards awarded. This means that athletes will be awarded Quest for Gold selection based on the criteria set

below, but if and when a maximum of 30% of the cards are awarded to Senior athletes, the rest will be awarded to Junior athletes regardless of the ranking of the rest of the Senior athletes.

Important: Athletes ages are determined as of their age on January 1, 2010.

As a result, the 54 cards issued to Athletics Ontario will be allocated as follows:

Category	Number of cards
Ontario Cards (Junior and Senior athletes)	46 Full Cards (23 male, 23 female)
Injury, Illness or Pregnancy Cards	8 Full Cards (4 male, 4 female) ***

*** To receive an Injury, Illness or Pregnancy Card, an athlete MUST have been either Nationally Carded or on the Quest for Gold program last year. Athletes **cannot** receive an Injury, Illness or Pregnancy card two years in a row.

The Selection Committee, which has been approved by the PSO/MSO Board of Directors is comprised of the following members:

Bill Stephens, volunteer, coach and President of Athletics Ontario
Carl Georgevski, volunteer and coach with Athletics Ontario
Colin Inglis, volunteer and coach with Athletics Ontario
Sue Wise, Athletics Ontario High Performance Coordinator
Ex-officio members are:
Roman Olszewski, Director of Technical Services for Athletics Ontario
John Craig, Managing Director of Athletics Ontario

How much funding is available?

The exact level of funding for the 2010-2011 carding year will be determined by the Ministry after the total number of athletes nominated for Ontario Card status has been determined. Funding will be released prior to March 31, 2011.

How will the Athletics Ontario Selection Committee decide who receives funding?

The Athletics Ontario Selection Committee will use both the Ministry of Health Promotion Eligibility Criteria and the Sport Specific Selection Criteria detailed below to determine which athletes will be nominated for Ontario Card status in 2010-2011:

Ministry of Health Promotion Eligibility Criteria:

All athletes must meet the Ministry of Health Promotion's minimum athlete eligibility criteria:

- Athletes who have achieved Canada Card status are not eligible for Ontario Cards.
- Athlete must be a Canadian citizen or landed immigrant.
- Athlete must be a permanent resident of Ontario **for one year prior** to his/her nomination for carding status.
- Athletes must be living in and continuing to train in Ontario. Exceptions may be made **on a case specific basis by the PSO/MSO Selection Committee** providing that the athlete can substantiate in writing at the time of application/nomination for carding status that:
 - 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);
 - He/She must attend a post-secondary institution out-of-province because the course of study is not offered by an Ontario institution;
 - 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. This information must be received by the Athletics Ontario Selection Committee by no later than **October 30, 2010** in order to be considered.

- 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 2010/2011;
- Athlete must demonstrate a commitment and dedication to a proper training and competitive program;
- Athlete must be instructed by a coach who has been trained and certified in the National Coaching Certification Program (NCCP) Level 2 or equivalent;
- 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 see the 2010-2011 *Quest for Gold* Athlete Handbook for details of this exemption, including a list of documents needed to verify eligibility for this waiver of the one-year Ontario residency requirement.

Important Notes:

- 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.
- Athletes who are attending any foreign post-secondary educational institution (including NCAA institutions) and are receiving an athletic scholarship in any sport are not eligible to receive OAAP support.
- An athlete that received Sport Canada Carding during any part of MHP's fiscal year April 1, 2009 to March 31, 2010 and/or any part of fiscal year April 1, 2010 and March 31, 2011 and is no longer in receipt of Sport Canada Athlete Assistance shall not be eligible to receive *Quest for Gold* funding

during fiscal year 2010-2011 (April 1, 2010 to March 31, 2011.) 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. However, exceptions may apply 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 (ex. reduction in Sport Canada carding allocation), injuries, etc.

- An athlete can only be nominated to receive *Quest for Gold* funding in one sport.
- The onus is entirely on the athlete to determine the impact of accepting OAAP funding on current or future NCAA eligibility and to decide whether or not to accept OAAP funding. The athlete will be required to acknowledge this onus and responsibility when signing the OAAP Ontario Card application form and agreeing to the related terms and conditions of the program. Athletes are strongly encouraged to contact the NCAA Eligibility Center to determine the impact of *Quest for Gold* - OAAP funding on current or future eligibility for a NCAA scholarship or on eligibility to compete in a non-scholarship NCAA sport.

National Collegiate Athletic Association

www.ncaa.org

NCAA Eligibility Center mailing address:

NCAA Eligibility Center

P.O. Box 7136

Indianapolis, IN 46207

Customer service hours - 8 a.m. to 6 p.m. Eastern time Monday through Friday.

Toll-free phone number (U.S. callers) - Customer service line – 877-262-1492

Phone number (international callers) - Customer service line – 317-223-0700

Fax number - 317-968-5100

- In the event of a conflict or inconsistency between the MHP eligibility requirements detailed in the MHP 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 MHP Binder/Athlete Handbook shall prevail.

Athletics Ontario's Sport Specific Athlete Selection Criteria:

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

This selection criteria is **NEW** for 2010. Please read it carefully and fully.

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

As the purpose of this funding is to "improve the performance and number of Ontario athletes performing at the national and international level", funding will be aimed at those Ontario athletes who have demonstrated both a high level of achievement and a commitment to continued training at an elite level.

Please Note: Athletes who believe they will be nominated for National Carding are encouraged to apply for Quest for Gold 'Ontario Card' funding as well. If you don't apply for the Quest for Gold 'Ontario Card' program and you do not receive National Carding, you will be too late to apply to the Quest for Gold 'Ontario Card' program and may end up with no financial support at all.

For the Year 2010:

Eligibility

1. There will be no age categories for Quest for Gold funding. All athletes' performances will be compared against the Athletics Canada National Carding "D" standard for their age. For 2010 there will be a maximum of 10 cards (5 male and 5 female) for athletes over 23 years of age. There will be no guarantee that athletes over 23 years of age will get carded; they will be assessed and ranked like all other applicants.

Please Note: Beginning in 2011 there will likely be a hard upper age limit of 23 years of age with no exceptions. This has yet to be confirmed.

2. To be considered for the Quest for Gold Athlete Assistance Program (AAP), athletes must apply to Athletics Ontario.
3. All qualifying athletes must have a **Full Year Competitive Membership** in Athletics Ontario in 2010.
4. ***To be eligible for Quest for Gold Funding, athletes must compete in the 2010 Ontario Junior or Senior Outdoor Championships in the event in which they are applying.*** Athletes score no points for competing in the Ontario Championships, but competing in these Championships makes them eligible for the Quest for Gold program.
5. All qualifying athletes must list a coach on their membership form who is registered as a coach with Athletics Ontario. Athletes who are self-coached must be registered as an Athlete/Coach for the year.
6. Athletes who have commitments to the Canadian National Team programme or who have the opportunity to compete outside the country, and in so doing have a conflict with the 2010 Athletics Ontario Outdoor Championships, may be excused if an exemption has been granted. *All requests for exemption must be made in writing (or email) a minimum of seven (7) working days prior to the start of the Championship, and exemptions must be approved by Athletics Ontario Quest for Gold Selection Committee.*
7. Athletes who apply for an Injury, Illness or Pregnancy card and as a result cannot compete in the 2010 Athletics Ontario Outdoor Championships, may be excused from this competition if an exemption has been granted. *All requests for exemption must be made in writing (or email) a minimum of seven (7) working days prior to the start of the Championship, and exemptions must be approved by Athletics Ontario Quest for Gold Selection Committee.*
8. ***Athletes who do not receive an exemption from the Selection Committee and who miss Athletics Ontario Outdoor Championships in order to compete elsewhere will not be eligible for Quest for Gold Funding.***
9. ***Athletes who do not receive an exemption from the Selection Committee and who miss Athletics Ontario Outdoor Championships because of injury, illness or pregnancy will not be eligible for Quest for Gold Funding.***
10. Athletes are encouraged to compete in Athletics Ontario Indoor Championships, but this is not a criteria for Carding eligibility.
11. All performances cited in the application must have been made while the athlete was a full member of Athletics Ontario / Athletics Canada. Marks achieved while not a member will not be recognized.

Scoring Points

12. All athletes applying for Quest for Gold funding will have the average of their best two performances for the season compared to the Athletics Canada "D" carding standard for their age (as per their current

As an example: the average of a 19 year old male triple jumper's two best seasonal performances is 15.48m. The National "D" Carding standard for 19 year old men in the triple jump is 15.38 (see attached chart).

Therefore: $(15.48 / 15.38) \times 100 = 100.650$

The triple jumper would score 100.650 points

Example Two: a 22 year old female 800m runner has an average time of her best two performances of 2:03.61. The National "D" Standard for women her age is 2:03.71.

Therefore: $2:03.61 = 123.61$ seconds
 $2:03.71 = 123.71$ seconds

$(123.71 / 123.61) \times 100 = 100.080$

The runner would score 100.080 points

Given the above two examples, the male triple jumper ranks higher than the female 800m runner.

13. Athletes may score bonus points by being in the top five Canadians in their event at the National Junior or Senior Championships. Points will be awarded as follows:

Championship	1st	2nd	3rd	4th	5th
Senior	.5	.4	.3	.2	.1
Espoir	.5	.4	.3	.2	.1
Junior	.5	.4	.3	.2	.1

14. For the purpose of scoring bonus points, Espoir athletes (those 20-23 years of age inclusive) will only be compared against Espoir athletes at the National Championships. When reporting finishing position at the National Championships on the Quest for Gold application form, Espoir athletes should only count those Canadians in the event who are of Espoir age or younger.
15. Athletes must score a minimum of 95 points (95% of the National Carding "D" standard) in order to apply for Quest for Gold carding. Applications from athletes who have not scored a minimum of 95 points will not be processed.
16. Junior athletes who apply for Quest for Gold funding in the *Junior/Espoir category* must compete in the Athletics Ontario Outdoor Championships as a Junior. They should, therefore, compete in the Junior category at the National Championships in order to score points in that event. Athletes applying for funding in the *Junior category* cannot score points by competing in the Senior National Championships - they can only score points by competing in the Junior National Championships.
17. However, Junior athletes are encouraged to also compete in the National Seniors and competing in the National Seniors will not disqualify them from the program. Junior athletes wishing to apply for funding in the Senior category may do so by competing in the outdoor Athletics Ontario and National Senior Championships as a Senior athlete.
18. If a Junior athlete competes and scores Quest for Gold AAP points in a Senior event, he or she may also compete and score points as a Junior athlete in another event.
19. An equal number of male and female Ontario Cards are available. For 2010 Athletics Ontario will have twenty-seven male and twenty-seven female cards available, unless there are not enough athletes in a specific category who meet all eligibility requirements.

20. With the exception of marathon and walking events, performances based on cross-country or road racing events will not be considered.
21. The time period allowed for athletes to achieve their top performances for all events, with the exception of those noted below in 'Exceptions', is December 1, 2009 to October 14, 2010.
22. Selection of athletes will be based on total Athlete Assistance Program (AAP) points that each athlete accumulates. Athlete Assistance Program points are awarded as follows:
 - a. Points will be awarded based on the **average** of an athlete's best two performances achieved in 2010 by October 14, 2010 as a percentage of the National Carding program's "D" standard for that event.
 - b. The two best performances must be made at different competitions (different day and different meet).
 - c. Athletes must compete in the Ontario Outdoor Championships in the event in which they are applying. Athletes score no points for competing in the Ontario Championships, but competing in these Championships makes them eligible for the Quest for Gold program.
 - d. Athletes may score bonus points by placing in the top 5 among Canadians of the same age or younger at the 2010 Junior National Outdoor Track and Field Championships or the 2010 Senior National Outdoor Track and Field Championships. For bonus points see point 13 above.
24. Performances must be in events normally conducted at the IAAF Outdoor World Championships.
25. For events in which no Canadian and/or Ontario Championships are conducted, athletes will be scored and ranked on the basis of their best performance during the period September 1, 2009 through October 14, 2010.
26. Performances must be made in Athletics Ontario-sanctioned or Athletics Ontario-approved competitions and all pertinent information must be available and **provided** with their application (wind readings etc). High school results will be accepted if they meet the above criteria.
27. Hand times may **not** be used for qualifying performances in races of 400m or less in distance.
28. All performances must be verified and verifiable. ***The responsibility of providing accurate information lies with the applying athlete, club and/or coach. ALL applications must include officials results of all performances used in the application, and must include detailed official results of the Ontario and Canadian Championships for the event.***
29. Indoor performances may count, but at least one of the two selection based performances must be from an outdoor competition. For indoor jumping and vaulting events, only performances achieved on runways complying with IAAF rules will be accepted. In the shot put, indoor performances achieved on landing surfaces which do not leave a mark are acceptable for the purposes of the Quest for Gold Program.
30. Indoor and/or outdoor performances made in events that are not normally conducted at the IAAF Outdoor World Championships will **not** be converted to standard events.

In some cases, especially for younger athletes and where event specifications (hurdle heights or implement weights) differ from those in the AC standards chart, conversion factors may be applied in order to allow an accurate evaluation of performance.
31. In the short sprint and hurdles events and the horizontal jumping events, only performances achieved with a following wind of 2.0 metres per second or less will be accepted. In the combined events, all performances (final point totals) will be accepted, regardless of wind conditions.

32. There will be no limit on the number of athletes who can qualify in any given event.
33. Athletes may apply for Quest for Gold funding in one or more events, but may qualify for funding in only one event.
34. To be eligible, athletes must apply to the program. Applications must be received by Athletics Ontario between August 23, 2010 and October 30, 2010. The applicants with the best point totals who complete the application process will be nominated for Ontario Cards, pending the awarding of Ontario Cards to athletes who are, or have been, injured, ill or pregnant.
35. Athletes who may not qualify for funding due to illness, injury or pregnancy in 2010 and who believe they should be funded may appeal to the Selection Committee directly. These athletes must submit a rationale for selection including a description of the injury or illness, documents from a certified physician and/or therapist detailing the nature of the illness or injury, the rehabilitation program, the prognosis for recovery, and the athlete's two best performances from January 2009 to present. All other conditions hereto set forth must be met, and a full application form must be submitted. A maximum of four male and four female athletes (regardless of age) may qualify for an illness, injury or pregnancy card.
36. Applications for Injury, Illness or Pregnancy cards will be ranked according to the athlete's 2010 world ranking of his or her best performance since January 1, 2008. Failing this, athletes applying for Injury, Illness or Pregnancy cards will be ranked based on their IAAF Scoring Table score of the average of the two best performance since January 1, 2008.
37. To be eligible for a Pregnancy, Injury or Illness Card, the applicant must have been on the Quest for Gold program – or the National Carding program – in the previous year.
38. Athletes who miss Athletics Ontario or Canadian Championships because of illness or injury cannot compete in a different competition for a period of ten days before and/or after these Championships without jeopardizing their chances of getting an injury card.
39. Athletes who wish to apply for consideration under the Illness, Injury or Pregnancy category should send all pertinent information to Athletics Ontario office as an addendum to the Athlete Application Form.
40. Athletes may not receive an Injury, Illness or Pregnancy card two years in a row.
41. Ties for the final position(s) in the Quest for Gold program will be resolved on the following basis:
 - in favour of the athlete who places highest in the 2010 Ontario Outdoor Championships if the athletes are in the same event.
 - if the tie is still not broken, the tie will be resolved in favour of the athlete with the best IAAF Scoring Table score of the average of the two best performance submitted as part of the application.
42. All *selected* athletes will be required to complete a formal application form with the Ministry of Health Promotion, and sign an Athlete–Athletics Ontario agreement.
43. All *selected* athletes will be required to submit a training and competition plan for the 2010-11 season. The athlete's coach must also sign the plan, verifying that the athlete has committed to an ongoing, comprehensive, well-considered training schedule aimed at high performance in the athlete's selected event.

Athletics Ontario's High Performance Coordinator, Sue Wise, will be available to assist athletes and coaches in drafting a yearly training plan if requested. Please contact Athletics Ontario at: ontrack@eol.ca or (416) 426-7215 if you would like to work with Sue.

Exceptions

1. Athletes in the following events may use two performances in the same event or use another event as the second event to be scored. To be consistent, in using a performance in a second event, only the *second* best performance in that event will be considered:

10,000m (JrM, SW, SM): Athletes may use 2 performances in 10,000m or 1 performance at 10,000m and one performance at 5,000m. Points earned in the second event may be equal to but may not exceed points earned in the first, primary event.

20,000m Walk (SW, SM): Athletes may use 2 performances in 20km Walk or 1 performance at 20km Walk and one at 10km Walk. Points earned in the second event may be equal to but may not exceed points earned in the first, primary event

2. Athletes in the following events require only a single performance in the event.
 - Marathon (SW, SM)
 - 50km Walk (SM)
 - Heptathlon (JrW, SW)
 - Decathlon (JrM, SM)
3. For 2010 athletes competing in the 20km Walk Ontario Championships will have until October 30 to apply for funding.
4. In Canadian Championships, Ontario finishers shall count in the final positions when scoring Canadians only. If necessary, results from the penultimate round may be used to obtain the top 3 Ontarians.
5. Athletes may not compete in both the Junior and Senior categories in the same event (even if the specifications are different) at the Ontario Championships. If a Junior athlete is, for some reason, permitted to run the same or equivalent event in both the Junior and Senior categories at the Ontario Championships, only the performance in the Junior event will be considered and scored for the purposes of the Quest for Gold program.

Athletics Canada's National Carding "D" Standards

Men

Event	Age										
	18	19	20	21	22	23	24	25	26	27	28
100	10.64	10.54	10.45	10.39	10.37	10.30	10.24	10.22	10.18	10.18	10.16
200	21.60	21.53	21.36	21.18	21.12	20.92	20.81	20.72	20.68	20.64	20.62
400	48.30	47.84	47.21	46.86	46.64	46.53	46.42	46.21	46.08	45.87	45.68
110mH	14.58	14.42	14.31	14.18	13.99	13.95	13.91	13.81	13.76	13.72	13.68
110mH (99cm)	14.23	14.13									
400mH	53.45	52.76	52.22	51.73	51.23	50.78	50.42	50.57	50.45	50.27	49.86
800	1:49.20	1:48.98	1:48.23	1:47.88	1:47.23	1:46.82	1:46.62	1:46.42	1:46.12	1:46.12	1:46.12
1500	3:50.42	3:48.26	3:47.67	3:45.42	3:43.65	3:42.65	3:42.01	3:41.76	3:40.14	3:39.26	3:38.61
Mile	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
3000	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
5000	13:50.63	13:44.53	13:35.63	13:33.78	13:30.12	13:29.43	13:24.65	13:22.78	13:21.57	13:19.87	13:18.87
10000	29:25.24	29:25.24	29:07.74	29:07.74	28:59.68	28:59.68	28:33.17	28:21.95	28:11.21	28:02.43	27:56.39
3000SC	8:44.01	8:44.01	8:39.21	8:36.12	8:31.20	8:26.37	8:24.51	8:22.63	8:21.36	8:20.37	8:19.63
Marathon	2:14.20	2:14.20	2:14.20	2:14.20	2:14.20	2:14.20	2:14.20	2:14.20	2:14.20	2:14.20	2:14.20
20kmW	1:31.02	1:31.02	1:29.04	1:29.04	1:25.52	1:25.52	1:25.19	1:25.19	1:24.45	1:24.45	1:24.21
50kmW	3:58.21	3:58.21	3:58.21	3:58.21	3:58.21	3:58.21	3:58.21	3:58.21	3:58.21	3:58.21	3:58.21
HJ	2.07	2.11	2.15	2.19	2.22	2.22	2.25	2.25	2.26	2.26	2.28
PV	5.00	5.00	5.15	5.25	5.30	5.35	5.40	5.45	5.50	5.55	5.60
LJ	7.32	7.44	7.48	7.56	7.69	7.76	7.80	7.84	7.88	7.90	7.92
TJ	15.14	15.38	15.72	15.88	16.18	16.31	16.40	16.51	16.62	16.73	16.81
SP	15.28	15.86	16.97	17.33	18.12	18.38	18.78	19.21	19.34	19.53	19.75
SP (6kg)	16.81	17.45									
DT	48.59	52.99	55.63	56.85	57.98	58.37	60.67	61.44	62.12	62.74	63.12
DT (1.75kg)	51.27	54.76									
HT	57.29	62.12	64.32	65.37	66.78	67.72	68.78	70.16	71.63	72.65	73.78
HT (6kg)	60.35	65.23									
JT	66.64	66.83	69.34	71.33	72.67	74.78	76.40	77.67	78.47	79.14	80.23
Dec	6688.00	6756.00	6944.00	7177.00	7389.00	7555.00	7635.00	7795.00	7835.00	7885.00	7936.00

Women

Event	Age										
	18	19	20	21	22	23	24	25	26	27	28
100	11.91	11.85	11.74	11.62	11.52	11.48	11.44	11.40	11.38	11.36	11.35
200	24.71	24.44	24.26	24.04	23.89	23.76	23.69	23.62	23.57	23.51	23.47
400	56.31	55.43	54.85	54.31	53.31	52.76	52.56	52.32	52.02	51.85	51.79
100mH	14.23	14.01	13.77	13.69	13.54	13.47	13.33	13.18	13.12	13.08	13.05
400mH	60.87	60.11	58.90	58.11	57.87	57.55	57.28	57.01	56.72	56.51	56.31
800	2:07.63	2:06.45	2:05.63	2:04.87	2:03.71	2:03.28	2:02.87	2:02.53	2:02.12	2:01.76	2:01.53
1500	4:32.14	4:26.02	4:21.36	4:15.23	4:14.23	4:13.61	4:12.56	4:11.67	4:10.57	4:09.63	4:08.57
Mile	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
3000	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
5000	15:39.77	15:38.16	15:33.21	15:29.86	15:16.11	15:15.37	15:14.67	15:13.45	15:12.31	15:11.21	15:09.32
10000	33:35.31	33:30.65	33:16.61	32:55.81	32:36.25	32:30.12	32:25.14	32:20.19	32:14.87	32:08.63	32:03.19
3000SC	10:38.81	10:20.31	10:05.63	9:58.21	9:54.36	9:51.21	9:48.32	9:45.23	9:42.58	9:39.76	9:36.34
Marathon	2:33.57	2:33.57	2:33.57	2:33.57	2:33.57	2:33.57	2:33.57	2:33.57	2:33.57	2:33.57	2:33.57
20kmW	1:39.14	1:39.14	1:38.21	1:38.21	1:37.38	1:37.38	1:36.41	1:36.41	1:35.02	1:35.02	1:34.12
HJ	1.76	1.78	1.78	1.81	1.84	1.87	1.89	1.90	1.90	1.91	1.91
PV	3.80	3.90	4.00	4.10	4.20	4.30	4.35	4.40	4.45	4.50	4.50
LJ	5.79	5.91	6.05	6.07	6.25	6.35	6.45	6.58	6.62	6.62	6.62
TJ	12.72	12.72	13.17	13.17	13.44	13.44	13.56	13.56	13.76	13.76	13.91
SP	14.10	14.87	15.32	15.70	16.01	16.28	16.56	16.78	17.28	17.43	17.68
DT	44.07	46.99	49.33	53.26	53.67	54.67	55.88	56.33	57.43	57.78	58.23
HT	51.85	53.74	55.67	57.32	58.37	59.85	61.84	63.27	64.21	66.54	67.54
JT	46.84	48.35	51.73	52.69	53.94	55.54	56.23	56.89	57.65	57.93	58.36
Hep	4666.00	4840.00	5167.00	5373.00	5463.00	5587.00	5767.00	5823.00	5896.00	5923.00	5976.00

Failure to Meet Selection Criteria for Health-related Reasons

Athletes who, for strictly health-related reasons, have not achieved the standards required for nomination of carded status **may** be considered for nomination under the following conditions:

- The athlete has fulfilled all reasonable training and rehabilitation requirements aimed at a speedy 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 PSO/MSO, for reasons strictly related to the injury, illness or pregnancy.
- Athletics Ontario, based on its technical judgement and that of our High Performance Coordinator, indicates in writing the expectation that the athlete will achieve at least the minimum standards required for carding during the upcoming carding period.
- The athlete has demonstrated and continues to demonstrate his or her long-term commitment to high-performance training and competition goals, as well as his or her intention to pursue full high-

performance training and competition throughout the carding period for which he or she wishes to be renewed despite not having met the carding criteria.

Note: Applications for Injury, Illness or Pregnancy cards will be ranked according to the athlete's 2010 world ranking of his or her best performance since January 1, 2008. Failing this, athletes applying for Injury, Illness or Pregnancy cards will be ranked based on their IAAF Scoring Table score of the average of the two best performance since January 1, 2008.

Alternates: Athletics 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 2010-2011 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).

Applying for Quest for Gold Funding

All required information (**application, hard-copy proof of performances, supporting documents for Injury, Illness and Pregnancy applications**) must be submitted to:

Quest for Gold Program
Athletics Ontario
3 Concorde Gate, Suite 211
Toronto, Ontario, M3C 3N7
Phone: (416) 426-7214, Fax: (416) 426-7358
Email: ontrack@eol.ca

no later than **October 30, 2010**. The Athletics Ontario – Athlete Agreement will only come into effect if an athlete is selected and accepts carding status through the OAAP program.

Athletics Ontario will publish or make known the athletes nominated for Ontario Card status by no later than **January 14, 2011**.

Appeals

Appeals will be allowed from athletes who have not been nominated by a PSO/MSO for Ontario Card status. Appeals will only be accepted directly from athletes (or from their parent/guardian for athletes under 18 years of age). Appeals will be dealt with by an Appeals Committee comprised of representatives from the sport community and chosen by the Ministry.

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

A) Whether or not the PSO/MSO has completed the selection process in accordance with their own published selection criteria and related procedures;

B) Whether or not the selection criteria applied by the PSO/MSO were fair, objective, transparent and free from discrimination or conflict of interest.

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

1. Direct the PSO/MSO to redo the selection process using the correct criteria/process and submit a new list of nominated athletes;
2. Deny the appeal; or
3. Allow the appeal and nominate the appellant for carding status.

Appeals will only be accepted on the MHP-provided template (typed or hand-printed, no hand-written entries) through regular post, registered mail, courier or delivered in person.

Appeals must be received by MHP by 5 p.m. on the deadline day as posted below. Appeals that are delivered personally or by courier shall be deemed to be received on the date of delivery. Appeals submitted by e-mail or fax will not be accepted. The Appeals Committee will discuss all appeals at once, after PSO/MSOs publish their list of nominated athletes. Appeals received in advance of the PSO/MSO announcing nominees will not be reviewed until after the Appeals deadline.

The deadline for athletes to submit appeals to the Appeals Committee is

Cycle Two: January 26, 2011.

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

Quest for Gold Ontario Athlete Assistance Program Appeals Committee
c/o Sport, Recreation and Community Programs Branch
Ministry of Health Promotion,
7th floor, 777 Bay Street
Toronto, Ontario M7A 1S5

2010/2011 *Quest for Gold* – Ontario Athlete Assistance Program Appeal Template

The deadline for athletes to submit appeals to the Appeals Committee is January 26, 2011 for Cycle 2. Appeals will only be accepted on the MHP-provided template. **Please refer to the appeals section of your PSO/MSO's Athlete Selection Criteria document prior to completing this form.**

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

Reason for Appeal (Check one only):

- Whether or not the PSO/MSO has completed the selection process in accordance with their own published selection criteria and related procedures;
- Whether or not the selection criteria applied by the PSO/MSO were fair, objective, transparent and free from discrimination 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 a detailed account of the situation to allow the Appeals Committee to understand the basis of the appeal (please submit additional pages/supporting documentation if necessary):

Print Name of Appellant

Signature of Appellant

Date

Any/all information provided to the Appeals Committee may be shared with the athlete's PSO by the Appeals Committee.