

Triathlon Saskatchewan Athlete Assistance

Purpose

The Purpose of our Athlete Assistance program is to support our athletes to achieve at the highest level in triathlon. Our goal is to increase our High Performance athletes exposure to Coaching; Multi-disciplinary Integrated Support; Event funding and Equipment. The ages targeted for this assistance are 13-23 years of age.

Coaching

Anyone 13-23 years of age in our High Performance or Performance program are eligible for the following:

- Access to our Provincial coach Brendan Mackenzie for help with training planning and programming.
- Access to the Triathlon Saskatchewan provincial training plan that has workouts for Tri Sask athletes without full triathlon coaching. E-mail Brendan for access to this plan.
- Provincial Training camp opportunities. We host 3 main Training camps annually with the potential for 4 if the season allows (New Years, February Break, Easter and Summer).

More information about technical, tactical and physiological elements of triathlon can be found on our website.

Contact Brendan Mackenzie via e-mail: coach@triathlonsaskatchewan.org

Sask Sport Med and Science Counsel (SMSC) Services

As a sport with a history of success, we are fortunate to receive support from Sask Sport and our membership to support our athletes through a multi-disciplinary approach to their training and performance. All of our high performance and performance athletes are eligible for: access to Sask Sport and Medicine Science Counsel funding. This funding provides services for Strength training, Nutritional consultations, Mental Training and many other services. To see what is available through the SMSC check out their website: www.smscs.ca/

These services are granted on group and an individual basis and are targeted at our high performance and performance athletes.

Event Funding

Triathlon Saskatchewan rewards athlete performance through funding for training and racing to alleviate some of the cost to participate in these events. Funding is based on a combination of two **Key Performance Indicators (KPIs)**.

Event Funding Con't

KPI's

- 1) **Race Performance** and qualification to represent our province and our country. For our Juniors and U23s. This is our main area of focus as this is the sum of all our athlete's skills and abilities.
- 2) **Swim and Run Times.** Swim and run times are monitored to predict race performance and can predict progress during the off season.

We have two levels of recognition for our athletes.

- 1) **High Performance Triathletes** are one of the top athletes in the province competing for podiums nationally in their division. High Performance athletes are recognized by placing top 10 in the country in their division or by achieving a minimum of one High Performance swim or run time and one Performance swim or run time.
- 2) **Performance Triathletes** Performance athletes are amongst the top athletes in the province and are striving to compete at a higher level Nationally. Performance athletes can be recognized by achieving a top 30 ranking in the country in their division or by achieving a minimum of one High Performance swim or run time, or a Performance time in both the swim and the run.

Eligibility

- 1) Be a STAC Member in good standing.
 - 2) Meet the age requirements in race, swim or in run performance standards (13-23 years of age).
 - 3) Athletes must register for a Triathlon Sask High Performance Membership. The fee of this membership is \$75.00/year. The fee includes cost of coaching at all camps (only facility and other direct costs will be billed); a Triathlon Sask Swim cap and a Triathlon Sask 22 Fresh hoodie)
 - 4) Be a resident of Saskatchewan or a former resident who has moved for triathlon training for international competitions.
 - 5) Sign the STAC code of conduct.
 - 6) Eligible athletes must compete for selection for games teams (Western Canada and Canada Games).
 - 7) Athletes must complete the Tri Sask Athlete GAP Analysis Document
 - 8) Athletes must complete the Tri Sask Athlete Goal Setting Worksheet
- *Code of Conduct, GAP Analysis and Goal Setting Worksheet can be found on our website www.trisask.org
- 9) One Parent or Legal guardian of a High Performance or Performance athlete must complete the Respect in Sport online evaluation.

Amounts

U23/Elite

High Performance U23 athletes can qualify for \$500 for up to 4 out of province races and 1 camp (\$2500 maximum total per athlete per year).

Performance U 23 athletes qualify for \$250 or up to 4 out of province races and 1 camp (\$1000 maximum total per athlete per year).

There is a total of 7,500 available for U 23 athletes annually.

Amounts Cont. Junior

High Performance Junior athletes (16-19 years old) can qualify for \$500 for up to 4 out of province races and 1 camp (\$2500 maximum total per athlete per year).

Performance Junior athletes can qualify for \$250 or up to 4 out of province races and 1 camp (\$1000 maximum total per athlete per year).

There is a total of \$10,000 available for Junior athletes.

Youth

High Performance Youth athletes can qualify for \$500 for up to 2 out of province races and 1 camp (\$1,500 total).

Performance Youth athletes can qualify for \$250 or up to 2 out of province races and 1 camp (\$750 maximum total per athlete per year).

There is a total of 7,500 available for Youth athletes.

Key Performance Indicator: Race Performance

Provincial Championships and National Championship Funding and Qualification.

Canadian Mixed Team Relay Nationals

The top 4 males and top 4 females 16+ in the province will be eligible for \$500 of funding to represent Saskatchewan at the Canadian National Mixed team relay championships.

-A Top 4 ranking will be based on this criteria:

-ITU ranking,

-Provincial championships placing

-A combination of the previous race season's ranking and recent swim and run times

U23/Elite

Top 3 Males and Top 3 Females in the U23 Division at Provincial Championships and those athletes who have been granted a Triathlon Canada International Competition Card are eligible for \$500.00 of funding for the Canadian U23 National Championships.

Junior (16 – 19 years of age)

Top 3 Males and Top 3 Females from Saskatchewan at Provincial Championship are eligible for up to \$500 of funding to compete at the Canadian Junior National Championships.

Youth (13– 15 years of age)

Top 3 Males and Top 3 Females at the Provincial Championship race will be eligible for up to \$500 of funding to go to Nationals or one Development Series races as decided by Triathlon Saskatchewan based on that year.

*Provincial Championship race selection will be made on an annual basis by Triathlon Saskatchewan. An athlete wanting to represent Saskatchewan outside of the province, must wear a Triathlon Saskatchewan race suit.

Other National and International competitions

U23/Elite

A top 10 National Elite Ranking qualifies for High Performance funding (\$500) to compete in up to 4 U23 National Series Events

A top 20 National Elite Ranking qualifies for Performance funding (\$250) to compete in up to 4 U23 National Series Events

Other international competitions as approved by Triathlon Saskatchewan.

Juniors (16-19)

A Top 10 Ranking in the National Development Series qualifies for \$500 of funding for up to 4 races in the National Developmental Series.

A Top 30 Ranking in the National Development Series qualifies for \$250 of funding for up to 4 races in the National Developmental Series.

Other international competitions as approved by Triathlon Saskatchewan.

Youth (13-15)

All funding for youth athletes is based on the provincial championships along with secondary KPI Swim and Run times.

Events Eligible for HP funding (annual basis)

U23/Elite

Competitions

Triathlon Canada recognized U23 Series Races including Nationals

CAMTRI Continental cups

ITU World Triathlon Championships

World University Championships (FISU)

World Duathlon Championships (Jr., U23, Senior Elite)

Camps

One out of province camp

Junior athletes (16-19)

Competitions

Up to 3 National U23 Series Races or Junior Development series events (Based on previous race season and Swim and Run times)

Triathlon Canada National Championships (top 3 at Provincial Championships)

CAMTRI North American Junior Championships

CAMTRI Junior Championships

Youth Olympic Games Trials

ITU World Triathlon Championships.

Camps

One out of province camp

Events Eligible for HP funding con't

Youth athletes (13-15)

Competitions

Up to 2 out of province Triathlon Canada recognized Development series events including National Championships

Camps

One out of province Triathlon Sask Training camp.

**Any Other international competitions as approved by Triathlon Saskatchewan*

Key Performance Indicator: Swim and Run Performance Standards

Time Standards: Ages are as of Dec 31 in the competition year. Athletes must meet time standards within the training year (Sept-Aug)

Times may be adjusted each year.

Athletes must be Draft legal certified to receive funding for Performance Standards.

High Performance triathletes can qualify for up to \$500 of funding per event by achieving one high performance swim time along with one high performance run time.

Performance triathletes can qualify for up to \$250 of funding per event by achieving one performance swim time along with one high performance run time.

Proof of Performance

- 1) **Official Results from a sanctioned swim meet, track meet or road race.**
- 2) **Triathlon Saskatchewan approved Time Trials.**

Achievement	Funding Amount \$ per event
Single Performance Standard	\$100
Single High Performance Standard	\$200
Two Performance Standards	\$250
One High Performance Standard and One Performance Standard	\$400
Two High Performance Standards	\$500

Swim Standards
Male High Performance Swim Standards
 Based on 96% of Age Graded GMP

Age	GMP %	400m	800m	1500m
13	85	5:13		
14	86	5:09		
15	87	5:06		
16	88	5:02	10:10	
17	89	4:59	10:03	
18	90	4:55	9:57	
19	91	4:52	9:50	
20	92	4:49	9:44	18:07
21	93	4:45	9:37	17:55
22	94	4:42	9:31	17:45
23	95	4:39	9:25	17:34

Female High Performance Swim Standards
 Based on 96% of Age Graded GMP

Age	GMP %	400m	800m	1500m
13	85	5:27		
14	86	5:23		
15	87	5:19		
16	88	5:15	10:36	
17	89	5:12	10:29	
18	90	5:08	10:22	
19	91	5:05	10:15	
20	92	5:01	10:09	19:17
21	93	4:58	10:02	19:04

22	94	4:55	9:56	18:53
23	95	4:52	9:49	18:40

Male Performance Swim Standards

Based on 88% of Age Graded GMP

Age	GMP %	400m	800m	1500m
13	87	5:44		
14	88	5:40		
15	89	5:36		
16	90	5:33	11:11	
17	91	5:28	11:03	
18	92	5:24	10:55	
19	93	5:20	10:47	
20	94	5:17	10:39	19:43
21	95	5:13	10:32	19:57
22	96	5:09	10:24	20:11
23	97	5:06	10:17	20:25

Female Performance Swim Standards

Based on 88% of Age Graded GMP

Age	GMP %	400m	800m	1500m
13	77	5:59		
14	78	5:55		
15	79	5:50		
16	80	5:47	11:40	
17	81	5:43	11:31	
18	82	5:38	11:23	
19	83	5:34	11:15	
20	84	5:30	11:07	21:05
21	85	5:26	10:59	20:50

22	86	5:23	10:51	20:35
23	87	5:19	10:44	20:22

Male High Performance Run Standards

Based on 88% of Age Graded GMP

Age	GMP %	1200m	1500m	2000m	3km	5km	10km
13	77	3:48					
14	78	3:45		6:40	10:07		
15	79	3:43		6:35	9:59		
16	80		4:36		9:52	17:06	
17	81		4:33		9:45	16:54	
18	82		4:29		9:37	16:41	
19	83		4:26		9:30	16:29	
20	84		4:23		9:22	16:17	33:59
21	85		4:20		9:14	16:05	33:35
22	86		4:17		9:06	15:53	33:10
23	87		4:14		8:58	15:41	32:45

Female High Performance Run Standards

Based on 88% of Age Graded GMP

Age	GMP %	1200m	1500m	2000m	3km	5km	10km
13	77	4:16					
14	78	4:13		7:25	11:15		
15	79	4:10		7:20	11:07		
16	80		5:09		11:01		
17	81		5:05		10:53	18:48	
18	82		5:01		10:44	18:35	
19	83		4:57		10:36	18:21	
20	84		4:54		10:29	18:08	37:37

21	85		4:50		10:22	17:55	37:10
22	86		4:46		10:15	17:43	36:43
23	87		4:42		10:08	17:31	36:20

Male Performance Run Standards

Based on 80% of Age Graded GMP

Age	GMP %	1200m	1500m	2000m	3km	5km	10km
13	69	4:15					
14	70	4:12		7:25	11:15		
15	71	4:08		7:19	11:05		
16	72		5:07		10:55	19:00	
17	73		5:03		10:45	18:45	
18	74		4:59		10:35	18:30	
19	75		4:55		10:26	18:15	
20	76		4:51		10:17	18:00	37:30
21	77		4:47		10:08	17:45	37:03
22	78		4:43		9:59	17:30	36:37
23	79		4:41		9:50	17:15	36:08

Female Performance Run Standards

Based on 80% of Age GMP

Age	GMP %	1200m	1500m	2000m	3km	5km	10km
13	69	4:44					
14	70	4:40		8:13	12:28		
15	71	4:36		8:07	12:19		
16	72		5:40		12:10	21:45	
17	73		5:34		12:01	21:27	
18	74		5:28		11:52	21:09	
19	75		5:22		11:43	20:52	
20	76		5:16		11:34	20:34	41:40

21	77		5:10		11:25	20:16	41:09
22	78		5:04		11:16	19:58	40:48
23	79		4:58		11:07	19:40	40:27

***GMP** stands for Gold Medal Profile and is a percentage based on what it takes to win a gold medal at the Olympics. The GMP is also age graded from 24 years of age downward. A safe progression is 1-2% per year in the later stages of development but a newer athlete can see more significant gains on an annual basis.

Here is a link for more information on Triathlon Canada's GMP:
www.competitionsport.ca/wp-content/uploads/Triathlon-Canada-Gold-Medal-Profile-2014.10.30.pdf

Exemptions

Athletes who have met KPIs in the Previous year may apply to the Triathlon Saskatchewan head coach for an exemption of race or time Standard performances due to injury or other unforeseen circumstances. The athlete is required to send an e-mail request to the Head Coach of Triathlon Saskatchewan at: coach@triathlonsaskatchewan.org along with a note of recommendation by their local triathlon coach. Approval is based on the previous years funding and will be considered on a case by case basis.

Equipment

As a recognized high performance or performance athlete you may be eligible for equipment on an event, seasonal or annual basis.

Equipment available:

Powertaps
 Bike Trainers
 Rollers
 Bike Boxes for travel to camps and races

For more information on access to any of this equipment please e-mail Brendan Mackenzie: coach@triathlonsaskatchewan.org