

Athletics Ontario
***Quest for Gold* – Ontario Athlete Assistance Program 2018-2019**
ATHLETE SELECTION CRITERIA

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Quest for Gold Overview

Quest for Gold – Ontario Athlete Assistance Program 2017-2018 (OAAP) is funded by the Government of Ontario, through the Ministry of Tourism, Culture and Sport (MTCS), and operated through the Sport, Recreation & Community Programs Division. The overarching goal of the Quest for Gold – OAAP is directly related to the High Performance Sport goal of the Canadian Sport Policy – that Canadians are systematically achieving world-class results at the highest levels of international competition – by improving the performance and number of Ontario athletes performing at the national and international level, thereby contributing to the improved performance of Canada at international competitions.

Specific objectives of the program are:

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

The intent of the OAAP is to provide funding to individual athletes in the sport's 'Train to Train' and 'Train to Win' categories based on their demonstrated commitment to high performance sport, allowing them to continue to pursue athletic excellence at the highest levels of national and international competition. **Only those athletes that meet the required minimum performance standard detailed in this Selection Criteria will be considered for this program.** Ideally, an athlete will first receive a Quest for Gold "Ontario Card" for 1 to 3 years, which will allow them to train towards the goal of a national team position in subsequent years. Once an Ontario athlete reaches the national level and becomes a recipient of Sport Canada's carding program, they become eligible for the Quest for Gold "Canada Card". Athletes who are not planning to train towards this level of competition should not apply for this program.

2.0 How does it work?

In accordance with the OAAP guidelines, **ATHLETICS ONTARIO** develops sport-specific selection criteria and forms a Selection Committee that will apply these criteria. The top-ranked athletes, based on the criteria, will be awarded Ontario Card status in 2018-2019. This Selection Criteria has been approved by the Board of Directors and reviewed by MTCS staff. Nominated athletes will be required to sign and comply with an Athlete Agreement between the athlete and **ATHLETICS ONTARIO**. Carding status will be for one year starting April 1, 2018 ending March 31, 2019.

2.1 For 2018-2019, the MTCS has allocated **ATHLETICS ONTARIO** a total of ## Ontario cards (split evenly between male and female Cards).

| Category | Number of cards |
|---|--|
| Ontario Full Cards (Junior and Senior athletes) | 46 (able-body) 4 (para) |
| Ontario Half Cards (Junior and Senior athletes) | TBD Note: Half cards will only be used if there are remaining full cards. |
| Injury, Illness or Pregnancy Cards | 8 |

An athlete's age will be determined as of December 31, 2018

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

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

TBA

2.4 How much funding is available?

The exact level of funding for the 2018-2019 carding year will be determined by the MTCS after the total number of athletes nominated for Ontario Card status has been determined. Funding will be released by March 31, 2019.

2.5 How will the **ATHLETICS ONTARIO** Selection Committee decide who receives funding?

The **ATHLETICS ONTARIO** Selection Committee will use the Ministry of Tourism, Culture and Sport Eligibility Criteria and the Sport Specific Selection Criteria detailed below to determine which athletes will be nominated for Ontario Card status in 2018-2019.

3.0 Ministry of Tourism, Culture and Sport Eligibility Criteria

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

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

3.1 Residency Exceptions:

Exceptions to these criteria, known as a "Residency Exception" will be considered on a case specific basis by the

ATHLETICS ONTARIO Selection Committee provided that the athlete can substantiate in writing that:

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

Any change in an athlete's residency status must be communicated in writing to ATHLETICS ONTARIO immediately.

The onus is on the athlete to demonstrate that he/she needs to be out-of-province for one of the above reasons. The athlete must submit written documentation to ATHLETICS ONTARIO by no later than January 25th, 2019 at 4:00pm (ET) stating how they meet a residency exception(s).

Athlete's applying for a Residency Exception related to exception (a) above, who are training at an ATHLETICS CANADA approved National Training Centre MUST include a letter from ATHLETICS CANADA outlining their support for the athlete, the progress the athlete is making and the athlete's potential to make the national team level. Additional documentation may include, but shall not be limited to an explanation of why the athlete is training out of province, whether or not the athlete was formally invited by Athletics Ontario, what additional opportunities are being made available beyond those provided in Ontario;

and any other information that will illustrate that the athlete is receiving enhanced training while still meeting all obligations of Athletics Ontario.

3.2 Length of time living outside Ontario:

Athletes living outside Ontario for more than 30 consecutive days within the ministry fiscal year 2018-2019 for athletic or academic purposes must demonstrate, to the satisfaction of the ATHLETICS ONTARIO Selection Committee that appropriate training programs are in place and are being monitored by the ATHLETICS ONTARIO. The onus is on the athlete to:

1. Provide a written plan outlining their training and competition plans to the ATHLETICS ONTARIO prior to their departure from Ontario, as part of their Residency Exception request (January 25th, 2019); and
2. Adhere to the ATHLETICS ONTARIO-approved competition and training plan throughout the carding cycle. At a minimum, this requires regular contact by the athlete with the ATHLETICS ONTARIO High Performance Manager; and
3. Submit regular monthly training logs to the ATHLETICS ONTARIO to track progress against the ATHLETICS ONTARIO-approved competition and training plan.

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

3.3 Ministry criteria continued:

- Athlete must be a member in good standing with ATHLETICS ONTARIO and ATHLETICS CANADA where applicable;
- Athlete must have entered into a Sports Organization - Athlete Agreement with his or her ATHLETICS ONTARIO 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 ATHLETICS ONTARIO in order to be eligible for consideration in 2018-2019;
- Athlete must demonstrate a commitment and dedication to a proper training and competitive program, the goal of which is to continue to train towards a national team position and Sport Canada carding;
- Athlete's coach should be minimum Level 2 NCCP certified or trained status Competition Stream or the sport's equivalent in the Instruction Stream, or be engaged in completing this training, as determined by the PSO;
- Athlete must not be under a sanction that prohibits competition as per the Canadian Anti-Doping Policy;
- Athlete must be attending an educational institution full-time (i.e. elementary and secondary schools):
 - Exceptions will be made provided that the athlete can substantiate that his/her training will not allow for full-time attendance or if an athlete requires special needs that preclude full or part-time attendance (e.g. Athlete with a disability (AWAD) athlete);
- Athletes who have completed their area of study at the secondary level (i.e. high school) and who continue to train towards participation in major national or international competitions will also be considered;
- If eligible, the athlete must compete, and continue to compete solely for Ontario and/or Canada for one year from the date of the Minister's letter informing the athlete of acceptance into OAAP program, at Canada Games and other national competitions involving provincial team competitions;
- Athlete must not receive financial support from any other provincial/territorial athlete assistance program. This does not include academic scholarships, bursaries, student grants, student loans, social assistance, disability pensions, and other forms of financial assistance that have nothing to do with competitive sport.
- Eligibility will be limited to Ontario junior-aged athletes, ages 11-22 ("junior-aged" refers to chronological age, not a sport's specific age category - only exception is for ATHLETICS ONTARIO 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 ATHLETICS ONTARIO's selection process.

3.4 Residency Exemption for Military Families: The one-year Ontario residency requirement is waived for any Ontario Card or Canada Card applicant who is a spouse or dependant of a: Regular Force member of the Canadian Forces; or Reservist currently deployed by the Canadian Forces into active service and who takes up residence in

Ontario during the fiscal year. This means that eligible military family members now qualify for OAAP funding immediately upon becoming residents of Ontario. Please contact **ATHLETICS ONTARIO** for more information if you are applying for this exemption.

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

4.0 Athletes funded through the Sport Canada AAP

Ontario athletes who have been nominated and accepted for funding through Sport Canada's AAP within the government of Ontario's fiscal year (April 1, 2018 to March 31, 2019) and who continue to meet AAP and OAAP eligibility requirements will automatically be considered for a Quest for Gold 'Canada Card'. MTCS will contact those athletes directly at the mailing and email addresses the athlete provided to Sport Canada. Athletes are solely responsible for ensuring that their contact information is kept accurate and up to date at all times.

An athlete who received Sport Canada AAP carding during any part of MTCS' fiscal year April 1, 2017 to March 31, 2018 and/or any part of fiscal year April 1, 2018 to March 31, 2019 and is no longer in receipt of Sport Canada Athlete Assistance shall not be eligible to receive Quest for Gold funding during fiscal year 2018-2019 (April 1, 2018 to March 31, 2019.)

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.

4.1 Canada Card Exception (CCE)

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

It is the sole responsibility of the athlete to contact **ATHLETICS ONTARIO** Selection Committee prior to February 2nd 2019, to request a CCE. The athlete must submit, in writing, an explanation of why they have not been, or do not expect to be re-carded by their ATHLETICS CANADA. The submission must include a statement from the ATHLETICS CANADA, signed and dated on their letterhead, confirming that the athlete still has potential to return to the ATHLETICS CANADA's carding program in the future. It is the responsibility of the athlete to submit this letter to the PSO; ATHLETICS ONTARIO will not obtain this letter from the ATHLETICS CANADA on the athlete's behalf.

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

5.0 National College Athletic Association (NCAA)

On August 1, 2013, the NCAA revised their By-law that previously prevented an athlete from accepting grants from a governmental entity, such as Quest for Gold. Despite this change, any athlete considering an application to an NCAA institution is strongly encouraged to contact the NCAA Eligibility Center prior to applying for QFG funding.

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

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

6.0 ATHLETICS ONTARIO Athlete Selection Criteria:

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

| Section A: Administration | |
|---------------------------|--|
| 1 | <p>OBJECTIVE:</p> <p>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.</p> |
| 2 | <p>NATIONAL CARDED ATHLETES (existing or prospective):</p> <p>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 do not 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.</p> |
| 3 | <p>NCAA ATHLETES (existing or prospective):</p> <p>Athletes that are currently attending an NCAA Institution or plan to attend in the future are eligible for funding if they meet all the criteria.</p> |
| 4 | <p>CHECKLIST:</p> <p>All athletes and coaches are expected to review, complete and submit the Checklist of Requirements.</p> |
| 5 | <p>FORMS:</p> <p>All athletes and coaches are expected to utilize the appropriate QFG Forms provided when documenting and submitting information for review:</p> <ol style="list-style-type: none"> 1. Injury Application Form (Medical - Form) 2. Medical Documentation Form (Medical - Form) from a Medical Doctor with a description of the injury or illness, the rehabilitation program, the prognosis for recovery 3. Exemption Request Form (Exemption - Form) showing approval from AO with date, signature etc. 4. Residency Exception Form (Exemption - Form) <p><i>*Available on AO website and copies included in Package</i></p> |
| 6 | <p>MINISTRY REQUIREMENTS:</p> <p>It is vital that all applicants understand and follow the Ministry Requirements as stated in this package (i.e. Residency Requirements, Coach Level 2 (AO’s Club Coach or Performance Coach designation), etc.).</p> |
| 7 | <p>QUANTITY OF CARDS:</p> <p>An equal number of male and female Ontario Cards are available. For 2018, Athletics Ontario will have a quota of cards available; unless there are not enough athletes in a specific category who meet all eligibility requirements and minimum performance requirements. Athletics Ontario will nominate athletes for Half Cards if all Full Cards have not been utilized.</p> <p>The Ministry Criteria is finalized, approved and released in late Summer; therefore, quantities and dates are subject to change.</p> |
| 8 | <p>SUBMISSION DEADLINE:</p> <p>The deadline is firm; all athletes interested in the funding must apply on or before the deadline (Friday, January 25th, at 4:00pm (ET)).</p> |
| 9 | <p>APPLICATION:</p> <p>To be considered for the Quest for Gold (QFG) athletes must apply to Athletics Ontario. Applications must be received by Athletics Ontario by the deadline listed – the process is electronic.</p> <p>Athletics Ontario QFG REVIEW COMMITTEE:</p> <p>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. Athletics Ontario’s Quest for Gold Board Committee will follow the outlined Terms of Reference.</p> |
| 10 | <p>DOCUMENTS REQUIRED:</p> <p>All <i>selected</i> athletes will be required to:</p> <ol style="list-style-type: none"> 1. Submit a Training and Competition Plan for the upcoming season to AO’s liaison. 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. |

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| | <ol style="list-style-type: none"> 2. Submit a Budget of Planned Expenditures with the assistance grant 3. Coordinate and have a Meeting with the Athletics Ontario liaison to review the plans and discuss other opportunities (i.e. competitions, training, providers, IST, etc.) 4. Submit the Online Agreement Forms with the Ministry of Tourism, Culture and Sport, and sign and send Athlete–Athletics Ontario agreement to Athletics Ontario liaison. <p>Athletics Ontario’s High Performance Manager will be available to assist athletes and coaches in drafting a yearly training plan if requested. Please contact Athletics Ontario at: questforgold@athleticsontario.ca</p> |
| Section B: Eligibility | |
| 11 | <p>AGE:</p> <p>Athletes will be considered in only one (1) of the two age classifications:</p> <ol style="list-style-type: none"> 1. Open (Senior) 2. Junior (U20) (Ages 19 and under inclusive as of January 1, 2019) |
| 12 | <p>MEMBERSHIP STATUS:</p> <p>All qualifying athletes must have a current Full Year Competitive Membership with Athletics Ontario in the year applying.</p> <p>*Note: 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.</p> |
| 13 | <p>ATHLETE’S COACH:</p> <p>All qualifying athletes must list a coach on their membership form who is registered with Athletics Ontario as a coach (minimum Level 2/ Club Coach). Athlete and Coach must complete the application together and include the signature of both.</p> <p>UNATTACHED ATHLETE:</p> <p>An Athlete who is unattached (no club affiliation) that has a Coach– that Coach must be an AO Member and a current/ maintained NCCP Level 2 (Club Coach) or higher (Performance Coach) certification.</p> <p>An Athlete who is unattached (no club affiliation) that does not have a Coach– must establish a Coach that is an AO Member and a current/ maintained NCCP Level 2 or higher certification and receive their signature for the application.</p> <p>NCAA ATHLETE:</p> <p>An Athlete that is currently attending an NCAA Institution may include the Head Coaches signature of their varsity team.</p> |
| 14 | <p>PERFORMANCE PERIOD:</p> <p>The time period allowed for athletes to achieve their top performances for all events is from January 1, 2018 to December 1, 2018.</p> |
| 15 | <p>PARTICIPATION AT AO INDOOR CHAMPIONSHIPS:</p> <p>Selected athletes <u>who are not</u> in NCAA programs or Ontario-based Universities/ Colleges are required to compete in Athletics Ontario 2019 Indoor Championships. Request for exemptions will be considered on an individual basis and must be submitted at least five working days prior to the competition using the Exemption Form (e-mailed to the AO Liaison).</p> |
| 16 | <p>PARTICIPATION AT AO/AC OUTDOOR CHAMPIONSHIPS:</p> <p>Athletes must compete at the AO and AC Championships in their respective age group (U20 or Open) in order to be eligible for Quest for Gold funding. Request for exemptions will be considered on an individual basis and must be submitted at least five working days prior to the competition using the Exemption Form (e-mailed to questforgold@athleticsontario.ca).</p> |
| 17 | <p>MINIMUM PERFORMANCE:</p> <p>Athletes must achieve a minimum standard (see Appendix A) averaging their top two performances in order to apply.</p> <p>*Note Throws/ Hurdles: Athletes who are 18 years or younger will be compared to the standards for 19 years olds (using the implements and hurdle heights for that age group).</p> |
| 18 | <p>RETURNING ATHLETES:</p> |

| | |
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| | Athletes who were on the program in the previous year must have a 2018 performance (personal best) that is equal to or better than their best performance the year prior. This must be evident in their highest scoring event in 2018. This DOES NOT include Tier 1/ AC Nationally carded athletes (see below). |
| 19 | <p>INTERNATIONAL CLASS (formerly TIER 1) ATHLETES:</p> <p>CRITERIA FOR INTERNATIONAL ATHLETES:</p> <ul style="list-style-type: none"> • 2018/2019 non-AC Carded athlete from November 2018 to October 2019 • Must have been selected to a National 2018 Senior Team (World Championships, Olympic/ Paralympic Games, Commonwealth Games, Pan/ Para pan American Games and FISU) • Must have the minimum standard • Must be under the age of <u>28 years old</u> (inclusive; as of January 1, 2019) • Must compete at Provincial and National Championships (unless exemptions are applicable i.e. conflict with National Team commitments) <p>NOT INCLUDED:</p> <ul style="list-style-type: none"> • Athletes competing in only relay events (must be in individual events) – Relay members will be considered under Tier 2 with the closest performance (following the Championships (if missed) used for calculating placing points – these points will not displace other placing points) • Injured athletes (will be considered under the injury criteria with other applicants i.e. Tier 2) • Cross Country, Road Race or other non-IAAF Championships Teams <p>CONSIDERATIONS FOR INTERNATIONAL ATHLETES ONLY:</p> <ul style="list-style-type: none"> • If for whatever reason an International level athlete does not post a performance at an International, National or Provincial competition, they will still be considered as a member of International level and be a part of the program (excluding injury) • International level athletes would not have to demonstrate improvement as being on a National Senior team would indicate that they are still on the HP (CAPP) pathway • Any International level athlete moving down from AC carding would still have to be approved by AC (Ministry criteria) |
| 20 | <p>TALENT CONFIRMATION (formerly TIER 2) ATHLETES:</p> <p>CRITERIA FOR TALENT CONFIRMATION ATHLETES</p> <ul style="list-style-type: none"> • Not a member of a National Senior Team (see above) • Has obtained the minimum standard (see tables) with the average of the top two performances of the 2018 season in the same event • Has competed in the Athletics Ontario (Junior (U20) or Senior) and Athletics Canada (Junior (U20) or Senior) Championships (unless received exemptions – see below) • NOTE: Youth aged athletes must compete at the Athletics Ontario Junior (U20) and Athletics Canada Junior Championships. |
| 21 | <p>TALENT CONFIRMATION EVENTS:</p> <p>Athletes can only apply for one (1) event that is listed as a part of the IAAF/IPC program (Junior (U20) or Senior – as listed in the Standards section). See Scoring Points section for determining numbers.</p> <p>(A) International Events:</p> <p>Under normal circumstances, performances from the National Team event will be compared to the performances at the AO or AC Championships. National Team athletes will not displace the points. No Exemption Form request is necessary.</p> <p>TALENT CONFIRMATION EXEMPTIONS:</p> <p>CHAMPIONSHIPS EXEMPTIONS:</p> <p>(B) International Events:</p> <p>When there is a conflict with an International event with either the AO or AC Championships athletes may compete in different events only with <u>prior approval using the Exemption Form</u> to Athletics Ontario (i.e. athlete competes in a AO 200m and World Jr. 400m event).</p> <p>(C) Higher Age Group:</p> |

| | |
|----------------------------------|--|
| | Despite the categories, the athlete can choose to compete in the higher age group (not lower) in the same event (i.e. Junior athlete runs in a Senior event) <u>with advance permission from AO liaison (5 days prior to competition)</u> and be scored and considered as a senior at that meet; yet be evaluated as a junior carded athlete with their performance points and ranking. Points will be not displaced for other athletes (i.e. 1st place athlete remains; senior athlete in 2nd place will remain in 2nd place). |
| 22 | WIND REQUIREMENTS (sprints, hurdles, horizontal jumps only): In the sprints, hurdles and horizontal jumps, only performances achieved with a following wind of 2.0 meters per second or less will be accepted. In the combined events, all performances (final point totals) will be accepted regardless of wind conditions. |
| 23 | LIMIT OF ATHLETES: There will be no limit of athletes who can qualify in any given event. |
| 24 | TIES: Ties for the final position(s) in the Quest for Gold program will be resolved on the following basis: <ul style="list-style-type: none"> In favour of the athlete who places highest in the 2018 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 performances submitted as part of the application. |
| 25 | PARA ELIGIBILITY: <ol style="list-style-type: none"> There will be no age categories for Quest for Gold funding. All athletes' performances will be compared and ranked as a percentile versus the 8th ranked international performance in their category). All qualifying athletes must have a Full Year Competitive Membership in Athletics Ontario in 2018. All performances cited in the application must have been made while the athlete was a full member of Athletics Ontario / Athletics Canada. |
| Section C: Scoring Points | |
| 26 | POINTS CALCULATION: Athletes/coaches should follow the formula below in order to determine points. <p>Example One: a male triple jumper</p> <ul style="list-style-type: none"> Performance Points: <ul style="list-style-type: none"> Perf 1 = 15.48 Perf 2 = 15.38 Avg Perf = $(15.48 + 15.38 / 2) = 15.43$ average $15.43 / 15.38 \times 100 = 100.325$ $100.325 / 2 = 50.163$ The triple jumper would score 50.163 points Score Calculations: <ul style="list-style-type: none"> Presuming the athlete placed 1st at AO and 2nd at AC Championships, they would receive 20 points (AO) + 29.5 points (AC) = 49.5/ 50 TOTAL Points (Placing & Performance) = 50.163 + 49.5 = 99.663 Performance Points: <ul style="list-style-type: none"> Perf 1 = 15.48 Perf 2 = 15.48 Avg Perf = $(15.48 + 15.48 / 2) = 15.48$ average $15.48 / 15.38 \times 100 = 100.650$ $100.650 / 2 = 50.325$ The triple jumper would score 50.325 points Score Calculations: <ul style="list-style-type: none"> Presuming the athlete placed 1st at AO and 2nd at AC Championships, they would receive 20 points (AO) + 29.5 points (AC) = 49.5/ 50 TOTAL Points (Placing & Performance) = 50.325 + 49.5 = 99.825 <p>Example Two: a female 800m runner has an average time of her best two performances of 2:03.61. The Standard for women is 2:03.71.</p> <ul style="list-style-type: none"> Performance Points: |

| | <ul style="list-style-type: none">○ Perf 1 - 2:03.61 = 123.61 seconds○ Perf 2 - 2:03.71 = 123.71 seconds○ Avg Perf - (123.71 + 123.61/ 2) = 123.66○ 123.66/ 123.31 (D Std) x 100 = 100.284○ 100.284/ 2= 50.142○ The runner would score 50.142 points <ul style="list-style-type: none">- Score Calculations:- Presuming the athlete placed 2nd at AO and 2nd at AC Championships, they would receive 19.5 (AO) + 29.5 (AC) = 49/ 50- TOTAL = 50.142 + 49 = <u>99.142</u> <p>Given the above two examples, the male triple jumper ranks higher than the female 800m runner.</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------------|---|-------------------------|-----|------|-----------------|------|-----------------|------|---|-----|---|--------|----|------|----|------|----|------|----|------|--------------|----|------|----|------|----|------|----|------|
| 27 | <p>SCORE CALCULATION (PROVINCIAL):</p> <p>Athletes score points by being in the top 8 Ontario athletes in their event at the Provincial (Ontario) Junior (U20) or Senior Championships. Athletes will only be compared to Ontarians. Points will be awarded as follows:</p> <p><i>*Note:</i> If an athlete is granted an exemption from the Provincial Championships (not including NCAA athletes), points will be awarded based on their finish at the National Championships against Ontario athletes.</p> <table><tr><th>Provincial Championship</th><th>1st</th><th>2nd</th><th>3rd</th><th>4th</th><th>5th</th><th>6th</th><th>7th</th><th>8th</th><th rowspan="3">After 8th place points continue to decrease by .5 per placing</th></tr><tr><td>Senior</td><td>20</td><td>19.5</td><td>19</td><td>18.5</td><td>18</td><td>17.5</td><td>17</td><td>16.5</td></tr><tr><td>Junior (U20)</td><td>20</td><td>19.5</td><td>19</td><td>18.5</td><td>18</td><td>17.5</td><td>17</td><td>16.5</td></tr></table> | Provincial Championship | 1st | 2nd | 3rd | 4th | 5th | 6th | 7th | 8th | After 8 th place points continue to decrease by .5 per placing | Senior | 20 | 19.5 | 19 | 18.5 | 18 | 17.5 | 17 | 16.5 | Junior (U20) | 20 | 19.5 | 19 | 18.5 | 18 | 17.5 | 17 | 16.5 |
| Provincial Championship | 1st | 2nd | 3rd | 4th | 5th | 6th | 7th | 8th | After 8 th place points continue to decrease by .5 per placing | | | | | | | | | | | | | | | | | | | | |
| Senior | 20 | 19.5 | 19 | 18.5 | 18 | 17.5 | 17 | 16.5 | | | | | | | | | | | | | | | | | | | | | |
| Junior (U20) | 20 | 19.5 | 19 | 18.5 | 18 | 17.5 | 17 | 16.5 | | | | | | | | | | | | | | | | | | | | | |
| 28 | <p>SCORE CALCULATION (NATIONAL):</p> <p>Athletes score points by being in the top 8 Canadians in their event at the National Junior (U20) or Senior Championships. Athletes will only be compared against Canadians. Points will be awarded as follows:</p> <p><i>*Note:</i> reference 'Exceptions' section below.</p> <table><tr><th>National Championship</th><th>1st</th><th>2nd</th><th>3rd</th><th>4th</th><th>5th</th><th>6th</th><th>7th</th><th>8th</th><th rowspan="3">After 8th place points continue to decrease by .5 per placing</th></tr><tr><td>Senior</td><td>30</td><td>29.5</td><td>29</td><td>28.5</td><td>28</td><td>27.5</td><td>27</td><td>26.5</td></tr><tr><td>Junior (U20)</td><td>30</td><td>29.5</td><td>29</td><td>28.5</td><td>28</td><td>27.5</td><td>27</td><td>26.5</td></tr></table> | National Championship | 1st | 2nd | 3rd | 4th | 5 th | 6th | 7th | 8th | After 8 th place points continue to decrease by .5 per placing | Senior | 30 | 29.5 | 29 | 28.5 | 28 | 27.5 | 27 | 26.5 | Junior (U20) | 30 | 29.5 | 29 | 28.5 | 28 | 27.5 | 27 | 26.5 |
| National Championship | 1st | 2nd | 3rd | 4th | 5 th | 6th | 7th | 8th | After 8 th place points continue to decrease by .5 per placing | | | | | | | | | | | | | | | | | | | | |
| Senior | 30 | 29.5 | 29 | 28.5 | 28 | 27.5 | 27 | 26.5 | | | | | | | | | | | | | | | | | | | | | |
| Junior (U20) | 30 | 29.5 | 29 | 28.5 | 28 | 27.5 | 27 | 26.5 | | | | | | | | | | | | | | | | | | | | | |
| 29 | <p>PARA SCORING POINTS:</p> <ol style="list-style-type: none">1. All athletes applying for Quest for Gold funding will have their best performance compared and ranked as a percentile versus the 8th ranked international performance in their category).2. Performances must be made 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.3. Performances made in events that are not normally conducted at the IPC Outdoor World Championships will not be converted to standard events.4. Ties for the final position(s) in the Quest for Gold program will be resolved on the following basis:<ol style="list-style-type: none">a. in favour of the athlete who places highest in the past year's Ontario Outdoor Championships if the athletes are in the same event.b. if the tie is still not broken, the tie will be resolved in favour of the athlete with the best IPC RAZZA score of the average of the two best performances submitted as part of the application. | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 30 | <p>DISTANCE/ ENDURANCE CHAMPIONSHIPS:</p> <p>For the 50 km Walk and the Marathon in which there is no Provincial (Ontario) Championships conducted, athletes will score placing points based on their placing at National Championships among Ontarians. These points will be included as AO Championship points and both will be used in the score calculation.</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 31 | <p>COMBINED NATIONAL & PROVINCIAL CHAMPIONSHIPS:</p> <p>For Championships where there is combined Canadian and Ontario Championships the athlete may use placing points for both Championships results.</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| | |
|------------------------------|---|
| 32 | <p>VERIFICATION OF RESULTS:</p> <p>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 official results of a performance used in the application, and must include detailed official results of the Ontario and Canadian Championships for the event. All performances must be in the Athletics Canada rankings (including HS performances).</p> |
| 33 | <p>TIMING SYSTEM:</p> <p>Hand times will <u>not</u> be used for qualifying performances in races of 400m or less in distance.</p> |
| 34 | <p>INDOOR PERFORMANCE:</p> <p>Indoor performances may count, but at least one of the two selection based performances must be from an outdoor competition.</p> <p>JUMPING: For indoors: long jump, triple jump, high jump and pole vault, only performances achieved on runways complying with IAAF rules will be accepted for the Quest for Gold Program.</p> <p>THROWS: 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.</p> |
| Section D: Exceptions | |
| 35 | <p>EVENTS (Distance/ Endurance):</p> <p>Athletes in the following events may use two performances in the same event or use another event as the second event to be scored.</p> <p>10,000m (U20 M, U20 W): Athletes may use 2 performances in 10,000m or 1 performance at 10,000m and one performance at 5,000m.</p> <p>20,000m Walk (SW, SM): Athletes may use 2 performances in 20km Walk or 1 performance at 20km Walk and one at 10km Walk.</p> |
| 36 | <p>SINGLE PERFORMANCES:</p> <p>Athletes in the following events require only a single performance in the event.</p> <p>Marathon (SW, SM)</p> <p>50km Walk (SM)</p> <p>Decathlon (U20 M, SM) <i>*two performances for this event unless schedule is not conducive to completing two in the minimum recovery time frame (minimum of 4 weeks between each to recover).</i></p> <p>See Marathon example below.</p> <p>Typical Scoring (2 performances):</p> <p>Avg of Perf 1 + Perf 2 = 50% of score</p> <p>Place at Nationals (30%) + Place at Provincials (20%) = 50% of score</p> <p>Avg of Perf 1 + Perf 2 = 50% of score</p> <p>Example Marathon (1 performance):</p> <ul style="list-style-type: none"> In one race, performance score = 49 points / 50% In one race, placing score = 30 points/ 30(1st place in AC/ National Championships =50/50) Total points = 49 + 50 = 99 Therefore Performance points and placing points will each contribute 50% to the total points. |
| 37 | <p>PROVINCIAL ATHLETES AT NATIONAL CHAMPIONSHIPS:</p> <p>In Canadian Championships, Ontario finishers shall count in the final positions when scoring Canadians only. If necessary, results from the qualifying rounds may be used to obtain the top 3 Ontarians. For example, an athlete from another country who is competing in the Canadian Championships will not displace the finish order. This includes Senior and Junior (U20) athletes.</p> |
| 38 | <p>INTERNATIONAL EVENTS:</p> <p>Athletes who have Games or World Championships commitments to the Canadian National Team, and in so doing have a conflict with the 2018 Athletics Ontario Outdoor or 2018 Athletics Canada Outdoor Championships will receive an automatic exemption from the Ontario Championships (Talent Confirmation – NACAC, World Juniors, Pan Am Juniors, etc.).</p> <p>PLACING POINTS:</p> |

| | |
|----|--|
| | <p>Athletes may apply their performance from the National Team for placing points as compared to the Provincial or National Championships in that specific event. Athletes who attended the Ontario or National Championships will not be displaced by the National Team athletes, meaning that in some cases duplicate points will be awarded.</p> <p>RELAY NATIONAL TEAM MEMBERS: National Team members competing on a relay team will use the result achieved in the selected event in the competition closest to the Provincial or National Championships.</p> <p>TALENT CONFIRMATION ATHLETE INCIDENT (i.e. False Start, DNF, DQ): Any Talent Confirmation athlete that does not have a recorded performance i.e. FS, DNF, DQ etc. at AO, AC Championships or International events will NOT be considered.</p> <p>*New in 2018* An exception may be made at the discretion of the Q4G Committee where an athlete can demonstrate that the lack of recorded performance is due to circumstances beyond their control. Athletes who do not have a recorded performance due to an injury or illness are required to follow the procedures outlined in Section 8.0</p> |
| 39 | <p>NCAA Athletes: ONLY when the NCAA <u>DI, DII, and DIII</u> Championships fall on the same dates of the Provincial or National Championships, athlete's performances at the NCAA Championships will be used to score points in the appropriate event/ meet. Athletes who attended the Ontario or National Championships will not be displaced by the NCAA athletes, meaning that in some cases duplicate points will be awarded. This does not include athletes competing in Relays.</p> |

7.0 Breaking a Tie

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 2018 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 performances submitted as part of the application

8.0 Failure to Meet Selection Criteria for Health-related (injury, illness, pregnancy) Reasons

CRITERIA:

- In order for an athlete to receive an injury card they must have been on the 2017-18 QFG Program

PRE-COMPETITION:

- If an athlete is applying for an Injury, Illness, or Pregnancy card and did not compete in the 2018 Athletics Championships (AC or AO), they **must** have been granted an exception from AO by submitting the Exemption Form.

All requests for exemption must be made in writing (or email) a minimum of five working days prior to the start of the Championship to the Athletics Ontario liaison.

Athletes cannot compete for five working days following the championships. This request for exemption **must** be accompanied by a letter from a Medical Doctor (excludes physiotherapist, chiropractors and/or massage or athletic therapists).

DURING COMPETITION:

If an athlete is injured during a competition, they may apply for an injury card provided that they submit within five working days of the event/ Championship both:

| |
|---|
| <ol style="list-style-type: none"> 1. a signed QFG Medical Report Form (and receive sign off from the medical lead at the event) 2. a signed QFG Medical Form and additional medical documentation from a Medical Doctor (excludes; physiotherapist, chiropractors and/or massage or athletic therapists) |
| <p>EXEMPTION REVIEW:</p> <p>Athletes who submitted a form/ request but do not receive an exemption from the Athletics Ontario liaison and who miss/ do not attend/ do not complete the Athletics Ontario and/or Athletics Canada Outdoor Championships will not be eligible for Quest for Gold Funding.</p> |
| <p>SCORING:</p> <p>STANDARDS: Applications for Injury, Illness or Pregnancy cards will be scored using the IAAF Scoring Tables.</p> |
| <p>SCORING:</p> <p>TIE: In the case of a tie, ranking will be according to the athlete's 2018 world ranking of his or her best performance since January 1, 2017.</p> |
| <p>SCORING:</p> <p>2017-2018 Returning Provincial (AO) Carded Athletes:</p> <p>Injured, ill or pregnant athletes who were a part of the program as Provincially carded athletes in 2017-18 who do not have two performances from the 2018 year, can apply for an injury card using their top two 2017 performances. These athletes must be approved by AO's QFG Committee.</p> |
| <p>SCORING:</p> <p>National (AC) Carded Athletes:</p> <p>Injured, ill or pregnant athletes who were a part of the program as Nationally carded athletes in 2017-18 who do not have two performances from the 2018 year, can apply for an injury card using their top two 2017 performances. These athletes must be approved by AC's Head Coach as having the ability to resume progress on the Podium Pathway.</p> |
| <p>TERM:</p> <p>Athletes may not receive an Injury, Illness or Pregnancy card two years in a row.</p> |

9.0 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 2018-2019 fiscal year;
- An alternate meeting all requirements 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).

10.0 To Apply

All required information must be submitted no later than **Friday January 25th, 2019 at 4:00pm ET** online at the following link: <https://www.surveymonkey.com/r/2018-19AQQFG> (See Appendix B for Checklist)

10.1 Any athlete requesting a “Residency Exception” must submit this information by **January 25th, 2019 at 4:00pm ET** as detailed above.

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

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

10.3 An email will be sent within 24 hours confirming receipt. It is the athlete’s responsibility to contact **ATHLETICS ONTARIO** if this email is not received to be certain that the application has been successfully received by the deadline date.

The Sports Organization – Athlete Agreement will only come into effect if an athlete is selected and accepts carding status through the OAAP program. Athletes who fail to return a signed Athlete Agreement by the deadline date will not be carded.

10.4 **ATHLETICS ONTARIO** will publish or make known a draft list of athletes nominated for Ontario Card status by no later than **February 15, 2019**.

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

11.0 Appeals (Subject to Change based on Ministry Approval)

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

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

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

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

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

If the athlete is not satisfied with the **ATHLETICS ONTARIO**’s response, the athlete may submit a **Notice of Appeal**, found below. A Notice of Appeal will only be accepted from the athlete or their parent/guardian on the MTCS-provided template (typed or hand-printed, no hand-written entries) through email, regular post, registered mail, courier or

delivered in person. One appeal cannot be written on behalf of multiple athletes. The Notice of Appeal must be received by MTCS by noon on the deadline day. Appeals that are delivered personally or by courier shall be deemed to be received on the date of delivery.

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

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

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

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

1. Direct **ATHLETICS ONTARIO** 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.

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

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

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

11.1 The deadline for athletes to submit an “**Athlete’s Notice of Appeal**” to the Appeals Committee is **February 26**, at 12 noon

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

Quest for Gold Appeals Committee
c/o Sport, Recreation and Community Programs Division
Ministry of Tourism, Culture and Sport
777 Bay Street, 18th Floor
Toronto, ON M7A 1S5
Email: scott.cooper@ontario.ca

Appendix A: Performance Standards (Able-Bodied)

| WOMEN | EVENT | MEN |
|----------|------------|-------------|
| 11.35 | 100m | 10.32 |
| 11.74 | | 10.54 |
| 11.91 | | 10.64 |
| 23.28 | 200m | 20.85 |
| 24.04 | | 21.36 |
| 24.71 | | 21.60 |
| 52.75 | 400m | 46.22 |
| 54.85 | | 47.84 |
| 56.31 | | 48.30 |
| 02:02.64 | 800m | 1:46.90 |
| 02:06.64 | | 1:48.23 |
| 02:07.63 | | 01:49.20 |
| 04:12.60 | 1500m | 3:39.30 |
| 04:21.36 | | 3:45.42 |
| 04:32.14 | | 03:50.42 |
| 15:37.60 | 5000m | 13:34.8 |
| 15:39.77 | | 13:50.63 |
| 15:39.77 | | 13:50.63 |
| 33:10.20 | 10000m | 28:25.90 |
| 33:35.31 | | 29:25.24 |
| 33:35.3 | | 29:25.24 |
| 13.32 | 100/110m H | 13.80 |
| 14.01 | | 14.31 |
| 14.23 | | 14.23/14.58 |
| 56.65 | 400mH | 50.14 |
| 58.90 | | 52.22 |
| 60.87 | | 53.45 |
| 9:52.50 | 3000m SC | 08:30.0 |
| 10:20.31 | | 08:39.21 |
| 10:38.81 | | 08:44.01 |
| 01:34.5 | 20Km RW | 1:25:20 |
| 1:38:21 | | 1:29:04 |
| 01:39.1 | | 1:31:02 |
| | 50km RW | 3:48:19 |
| | | 3:58:21 |
| | | |
| 2:34:10 | Marathon | 2:13:59 |
| 2:51:08 | | 2:18:12 |
| | | |

| WOMEN | EVENT | MEN |
|--------------------------|-------------|-------------|
| 6.50 | Long Jump | 7.71 |
| 6.05 | | 7.44 |
| 5.79 | | 7.32 |
| 13.72 | Triple Jump | 16.34 |
| 12.72 | | 15.88 |
| 12.72 | | 15.14 |
| 1.9 | High Jump | 2.22 |
| 1.78 | | 2.11 |
| 1.76 | | 2.07 |
| 4.35 | Pole Vault | 5.47 |
| 4.00 | | 5.15 |
| 3.8 | | 5.00 |
| 57.98 | Discus | 60.55 |
| 51.26 | | 55.63 |
| 46.85 | | 48.58/51.27 |
| 55.55 | Javelin | 76.30 |
| 51.73 | | 69.34 |
| 46.84 | | 66.64 |
| 16.86 | Shot Put | 19.3 |
| 15.32 | | 17.33 |
| 14.1 | | 15.28/16.81 |
| 65.97 | Hammer | 73.11 |
| 57.32 | | 64.32 |
| 53.74 | | 57.29/60.35 |
| | Decathlon | 7760 |
| | | 6944 |
| | | 6686 |
| 5738 | Heptathlon | |
| 5273 | | |
| 4666 | | |
| | | |
| Athletics Canada Carding | | |
| Q4G Full Card | | |
| Q4G Half Card | | |
| | | |

Appendix B: Checklist of Requirements

Please check off all the following before you submit your Quest for Gold Application:

1. **DEADLINE:** Quest for Gold Application Deadline is **Friday January 25th, 2018 4:00pm (ET)** applications must be completed online at the following link: <https://www.surveymonkey.com/r/2018-19AOQFG>
 2. **REQUIREMENTS:**
 - a. **COACHED ATHLETE:** The Coach must have a current/ maintained NCCP Level 2 (Club Coach) or Higher (Performance Coach) certification; OR
 - b. **UNATTACHED ATHLETE:** An Athlete who is unattached (no club affiliation) may have a Coach– that Coach must be an AO Member and a current/ maintained NCCP Level 2 (Club Coach) or Higher (Performance Coach) certification.
 3. **ADMINISTRATION:** Athletes and coach **must sign** the bottom of this application checklist. This is considered an official document.
 4. **NATIONAL CARDED ATHLETES (existing or prospective):** 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.
 5. **NATIONAL CARDED ATHLETES (existing or prospective):** if an athlete receives AC Carding they must still complete any forms/applications that are sent by the Ministry of Ontario in order to receive the top-up QFG funding.
 6. **PERFORMANCES:** Please note that all performances must have been achieved between January 1, 2018 and December 1, 2018 and must have a legal wind reading. For exceptions see Athletics Ontario Selection Criteria.
 7. **PERFORMANCES:** Athletes applying must have competed in both Athletics Ontario and Athletics Canada Championships (see exceptions in criteria).
 8. **PERFORMANCES:** Athletes **must** ensure their results are captured in the Athletics Canada rankings (link: <http://athletics.ca/calendar-rankings/rankings/>) of all performances/placings or the application will be returned. Athletics Ontario will not verify performances/placings that aren't documented.
 9. **PERFORMANCES:** Athletes **can only** apply in one event. If you are uncertain as to your best event, please do a comparison calculation prior to submitting application.
 10. **PERFORMANCES:** Athletes may apply for funding only in events which are normally conducted at the IAAF/IPC Outdoor World Championships and listed in the Standards section.
 11. **PERFORMANCES:** The athlete's two best performances of the year **must** be submitted and they must be from different competitions (different day and different meet).
 12. **EXCEPTIONS:** Athletes applying for an **Injury or Illness or Pregnancy Card** **must** have been a QFG 2017-2018 Athlete recipient and must submit a completed:
 - a. Injury Application Form
 - b. Medical Documentation Form from a Medical Doctor with a description of the injury or illness, the rehabilitation program, the prognosis for recovery
 13. **EXCEPTIONS:** Athletes that have received an **Exemption** for any reason (injury) must include the Exemption Request Form showing approval from AO with date, signature etc.
 14. **RESIDENCY:** all athletes must fulfil **residency** requirements outlined in this package (below); if not, they must complete ministry requirements.
-

Appendix C: Athletics Ontario Exemption Form

Athletics Ontario Exemption Form: Medical / Special Championship Requests / Other

These requests must be submitted according to the QFG guidelines as published on the Athletics Ontario website:
<http://athleticsontario.ca/quest-for-gold/>

Requests will be reviewed by the QFG Committee and responses will be sent in a timely manner.

Athlete Information

Name: _____ Email: _____
Address: _____ Phone (cell): _____
Coach's Name: _____ Email: _____
Coach's Cell: _____ Club affiliation: _____

A. Medical Request (including being injured at a Championship)

Event (Championship): _____ Date: _____

Medical Reason: (If injured at Championship please indicate the nature of the injury and have the medical attendant at the meet sign this document.)

Medical Documentation from a Certified Medical Doctor: (please attach additional **SIGNED** documentation)

If injured at a Championship:

Name of Medical attendant at Championship _____

Signature _____ Submission Date _____

B. Competing in different events/age categories at Championships (AO or AC) Or competition issues surrounding Championship events.

Rationale: Please include any relevant documentation.

C. Other (Bereavement, Compassionate grounds, Financial hardship, etc.)

Rationale: Please include dates and specifics of Championship(s) the request relates to.

Athlete Signature _____ Date: _____

Coach's Signature _____ Date: _____

Appendix D: Athlete Application for Ontario Card (Para and Able Body)

Please review the Appendix B – ***Checklist of Requirements*** above to ensure you have read and understood all requirements before submitting the application.

Submission of applications are to be completed electronically at the following link:

<https://www.surveymonkey.com/r/2018-19AOQFG>

Emailed and paper applications will not be accepted.

In filling in the application form below, all applicants **MUST** ensure their results of all performances cited are captured on the Athletics Canada results page/ website. Athletics Ontario staff **will not** search results pages or internet sites to verify performance or results.