



**Athletics Ontario**  
**Quest for Gold Ontario Athlete Assistance Program**  
**2024 SELECTION CRITERIA**

**Prepared by:** Athletics Ontario

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<http://athleticsontario.ca>

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# OVERVIEW

## DATES OF INTEREST

DATES	DESCRIPTION	LOCATION/INFORMATION
January 11, 2024	<ul style="list-style-type: none"><li>Applications Open</li></ul>	<a href="https://athleticsontario.ca/athletes/quest-for-gold/">https://athleticsontario.ca/athletes/quest-for-gold/</a>
January 28, 2024	<ul style="list-style-type: none"><li>Applications Close at 11:59 p.m. ET</li></ul>	<b>NO LATE APPLICATIONS ACCEPTED.</b>
February 7, 2024	<ul style="list-style-type: none"><li>Provisional QfG List Announced (Pending Appeals)</li><li>Appeals Open</li></ul>	AO Weekly Newsletter AO Website  See Appeals section for info.
February 11, 2024	<ul style="list-style-type: none"><li>Appeals Close at 11:59 p.m. ET</li></ul>	Submit to: <a href="mailto:office@athleticsontario.ca">office@athleticsontario.ca</a>
February 16, 2024	<ul style="list-style-type: none"><li>Athlete Agreements Due at 11:59 p.m. ET</li></ul>	Email To: <a href="mailto:angela.whyte@athleticsontario.ca">angela.whyte@athleticsontario.ca</a>
February 21, 2024	<ul style="list-style-type: none"><li>Final QfG List Announced</li></ul>	AO Weekly Newsletter AO Instagram/Facebook AO Website

Timeline subject to change without notice

## OBJECTIVES

The Quest for Gold (QfG) - Ontario Athlete Assistance Program (OAAP) 2024 - 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.

Specific objectives of the program are to:

1. help athletes continue their pursuit of athletic excellence at the highest level of national and international competitions;
2. encourage athletes to stay in Ontario to live and train;
3. enable athletes to successfully pursue excellence in sport while fulfilling their educational goals; and
4. enhance training and competitive opportunities available to athletes.

The QfG OAAP intends to provide funding to individual athletes in the “*Train to Compete*” and “*Train to Win*” categories (see Sport for Life LTAD [here](#)), based on demonstrated commitment to the high-performance sport, allowing athletes to continue to pursue athletic excellence at the highest levels.

Ideally, an athlete will first receive a Quest for Gold ‘*Ontario Card*’ for one to three 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 do not intend to pursue the sport of Athletics (track & field) at this high-performance level should not apply for this program.

## HOW DOES IT WORK?

Following the OAAP guidelines, Athletics Ontario develops sport-specific selection criteria and forms a Selection Committee that will apply these criteria. This funding is for athletes who compete in the sport of Athletics (i.e., track & field). The top-ranked athletes based on the criteria will be awarded ‘*Ontario Card*’ status in 2024. Nominated athletes will be required to sign and comply with an Athlete Agreement between the athlete and Athletics Ontario.

Specific funding amounts will be determined by the number of athletes who qualify for the program.

### The Selection Committee

As approved by Athletics Ontario, the Selection Committee is comprised of the following members:

**Angela Whyte** - Manager, High-Performance, Athletics Ontario (Chair)  
**Paul Osland** - CEO, Athletics Ontario  
**Saheed Khan** - Athlete, Coach, & Officials Development, Athletics Ontario  
**Kolton Kowalchuk** - High-Performance Athlete Development Advisor, CSIO  
**Meshell Lynch-James** - Board of Directors, Athletics Ontario  
**Amanda Fader** - Ontario Cerebral Palsy Sport Association (OCPSA)  
**Doug Hannum** - Ontario Para Network (ONPARA)  
**Richard Amelard** - Ontario Blind Sport Association (OBSA)

### How much funding is available?

The exact level of athlete funding for the 2024 funding year = \$208,000.

Total Number of AO ‘*Full Cards*’ (including ‘*Medical Cards*’) for 2024 funding year = 52

Maximum number of AO ‘*Medical Cards*’ for 2024 = 5 out of the 52

- Should there not be five (5) designated ‘*Medical Cards*’ distributed, the leftover cards will be returned as regular cards and distributed.

The total number of AO ‘*Full Cards*’ shall not exceed 52.

NOTE: Each Ontario Disability Sport Organization (DSO) have their own allotment of funds available. Please refer to each DSO for information on available funds.

### **How is funding allocated?**

Funding will be distributed to 'Full Card' eligible athletes who meet the criteria until all funds are exhausted. Should the full allotment of 'Full Cards' not be distributed, the remaining cards will be split and issued as 'Half Cards'. The remaining funding will be distributed until all funds are exhausted. Funding will be released no later than March 31, 2024.

The Selection Committee will prioritize selection review in the following order:

- Medical Exemption
- Para athletes
- Remaining athletes

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

The Athletics Ontario Selection Committee will use the Sport Specific Selection Criteria detailed below to determine the athletes who will be nominated for 'Ontario Card' status in 2024.

## **ELIGIBILITY CRITERIA**

**All athletes *must* meet the following minimum eligibility criteria.**

- Must be a minimum of sixteen (16) years of age at the time of application.
- Must be a Canadian citizen or permanent resident (previously known as a landed immigrant).
- Must be a permanent resident of Ontario for one (1) year before their nomination for carding status (and continue to be a permanent resident throughout the term of the agreement).
- Must be living and continuing to train in Ontario, unless a residency exception is requested (see section on residency exceptions).
- Must be a 2024 Athletics Ontario full-year competitive member in good standing with Athletics Ontario at the time of application.
- Must have had a 2023 Athletics Ontario full-year competitive membership.
- **Cannot** receive financial support from any other provincial/territorial athlete assistance program outside of Ontario. 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 sports.
- Athletes who have been exited from Athletics Canada's AAP within the last twelve (12) months (between January 1, 2023, and December 31, 2023) are eligible to apply for the QfG 'Ontario Card' and will be considered on a case-by-case basis. These athletes may only receive QfG 'Ontario Cards' twice after being exited from Athletics Canada's AAP.

Athletes are ***ineligible*** if they:

- are receiving Sport Canada AAP (national carding).
- have received QfG 'Ontario Card' funding for a total of five (5) years;

- were on the 2023 QfG ‘Ontario Card’ program and **did not** compete at AO provincial championships and/or AC national championships and did not receive an exemption from Athletics Ontario. These athletes are ineligible to apply for one (1) year; and
- are receiving Quest for Gold funding in another source.

## RESIDENCY EXCEPTIONS

Exceptions to the residency 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 the following in writing (via the ‘Residency Exemption’ Form found [here](#)):

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

## RESIDENCY EXEMPTION FOR MILITARY FAMILIES

The one (1) year Ontario residency requirement is waived for an ‘Ontario Card’ applicant who is a spouse or dependant of a: regular force member of the Canadian Forces or a 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 Ontario Athlete Assistance Program funding immediately upon becoming residents of Ontario. Please contact Athletics Ontario for more information if you are applying for this exemption.

## NATIONAL COLLEGE ATHLETIC ASSOCIATION (NCAA) ATHLETES

On August 1, 2013, the NCAA revised their by-law that previously prevented an athlete from accepting grants from a governmental entity, such as QfG. Despite this change, any athlete considering an application to an NCAA institution is strongly encouraged to contact the NCAA Eligibility Center before applying for QfG funding to determine the impact of QfG funding on current or future eligibility for an NCAA scholarship or eligibility to compete in a non-scholarship NCAA 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. By signing the QfG ‘Ontario Card’ application, athletes acknowledge this responsibility as their own.

National Collegiate Athletic Association

[www.ncaa.org](http://www.ncaa.org)

700 W. Washington Street

P.O. Box 6222

Indianapolis, Indiana 46206-6222

Phone: (317) 917-6222

## SELECTED ATHLETES

Athletes selected to receive 2024 QfG OAAP are expected to meet the following requirements.

### MEMBERSHIP

- Maintain their full-year competitive membership in good standing throughout the funding year.

### ATHLETE AGREEMENT

- Selected athletes are required to read, agree, and sign off on the terms and conditions of the Athletics Ontario Athlete Agreement, and return the agreement by the posted deadline.

### ATHLETE'S COACH

- Selected athletes must list a coach on their Athletics Ontario membership who is a registered member in good standing.
- For athletes to receive funding, their coach **must be a minimum of NCCP Club Coach Certified** or higher (Performance Coach).
- Unattached athletes (those with no club affiliation) must list an Athletics Ontario registered coach who is in good standing.
- Athletes who have an international coach must notify Athletics Ontario of their coaching credentials.
- NCAA athletes must have their head coach sign their training and competition plan.

### TRAINING AND COMPETITION PLAN

- Athletes are required to submit a Training and Competition Plan for the upcoming season to the AO HP Manager. The athlete's coach must sign the plan, verifying that the athlete is committed to an ongoing, comprehensive, well-considered training schedule aimed at high performance in the athlete's selected event.

### COMPETITION REQUIREMENT

- Athletes must compete solely for Ontario and/or Canada for one (1) year from the date of return of the signed Athletics Ontario Athlete Agreement.
- Athletes must participate at the AO provincial/AC national championships during the 2024 competitive season. Exceptions to this requirement will be addressed on a case-by-case basis and must be done in writing.
  - Athletes seeking an exemption from provincial and/or national championships must contact the AO HP Manager a minimum of five (5) working days before the championship to make their appeal.

### SPENDING LOG

- It is the athletes' responsibility to track their QfG spending in the supplied QfG Spending Log and submit it at the end of the outdoor competitive season.

**If athletes believe they cannot adhere to the above requirements for the 2024 season, it is recommended that those athletes not apply. Note that athletes who do not meet the above requirements during the 2024 season may not be eligible to apply for QfG 'Ontario Card' funding in subsequent years.**



## ATHLETICS ONTARIO QfG ATHLETE SELECTION CRITERIA

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

The Selection Committee reserves the right to consider other relevant information not outlined in the selection criteria to ascertain an athlete's fit for the 2024 QfG OAAP.

<b>GENERAL INFORMATION</b>	
	<p><b>ELIGIBILITY</b></p> <ul style="list-style-type: none"> <li>● Athletes must meet the minimum Eligibility Criteria to be considered for selection.</li> <li>● See the Eligibility Criteria section.</li> </ul>
	<p><b>APPLICATION</b></p> <ul style="list-style-type: none"> <li>● All interested athletes must submit their application using the QfG Application link on the Athletics Ontario website.</li> <li>● Applications and supporting documents must be submitted using the link.</li> <li>● Applications are submitted electronically. <b><i>E-mail and paper copies will NOT be accepted.</i></b></li> </ul>
	<p><b>SUBMISSION DEADLINE</b></p> <ul style="list-style-type: none"> <li>● The deadline to submit an application is on or before <b><i>January 28<sup>th</sup>, 2024.</i></b></li> <li>● <b><i>WITHOUT EXCEPTION, NO LATE APPLICATIONS WILL BE ACCEPTED.</i></b></li> </ul>
<b>ELIGIBLE MARKS</b>	
	<p><b>PERFORMANCE PERIOD</b></p> <ul style="list-style-type: none"> <li>● Submitted marks must be achieved between January 1, 2023 and December 31, 2023</li> </ul>
	<p><b>PERFORMANCE SUBMISSIONS</b></p> <ul style="list-style-type: none"> <li>● All applicants must submit their best two (2) performances from the 2023 competition season.</li> <li>● <b><i>Athletes may only apply in one event.</i></b> It is the responsibility of the applicant to choose the best event and submit their best performances.</li> <li>● Indoor performances may count, but one of the two submitted performances <b><i>must be</i></b> from an outdoor competition.</li> </ul>
	<p><b>TIMING SYSTEM</b></p> <ul style="list-style-type: none"> <li>● All timed performances must be fully automatic timing. Hand times will <b><i>NOT</i></b> be accepted as qualifying performances in races of 10,000m or less in distance.</li> </ul>
	<p><b>WIND READINGS (Sprints, Hurdles, Horizontal jumps)</b></p> <ul style="list-style-type: none"> <li>● Performances must have a wind reading.</li> <li>● Only performances achieved with a following wind of 2.0 m/s or less will be</li> </ul>

	accepted. In the combined events, all performances (final point totals) will be accepted regardless of wind conditions.
	<p><b>IMPLEMENTS/HURDLE HEIGHTS</b></p> <ul style="list-style-type: none"> <li>All throws and hurdles performances must have been achieved with the senior athlete implement weights and hurdle heights. No junior weights/hurdles height performances will be accepted.</li> </ul>
	<p><b>VERIFICATION OF RESULTS</b></p> <ul style="list-style-type: none"> <li>All submitted performances must be verified and verifiable. All applications must provide a link to the official results of the submitted performances.</li> <li>All performances must be listed in the Athletics Canada rankings including high school performances.</li> <li><b><i>It is the responsibility of the applying athlete, club, and/or coach to provide an accurate and complete application.</i></b></li> <li><b><i>Any application without links to results will automatically be rejected.</i></b></li> </ul>
	<p><b>CONVERTED MARKS</b></p> <ul style="list-style-type: none"> <li>Track events: <b><i>no converted marks will be accepted.</i></b> This includes both converted distances and converted indoor times.</li> </ul>
	<p><b>EXCEPTIONS</b></p> <p><b>SINGLE EVENT - Endurance</b></p> <p>Athletes in the following events may use two performances in a single event or a performance from a secondary event.</p> <ul style="list-style-type: none"> <li>10,000m (U20 athletes): Athletes may use two (2) performances in the 10,000m OR one (1) performance at 10,000m and one (1) performance at 5,000m.</li> <li>20km Race Walk (Senior athletes): Athletes may use two (2) performances in the 20km race walk OR one (1) performance at the 20km race walk and one (1) performance at the 10km race walk.</li> </ul> <p><b>SINGLE PERFORMANCES</b></p> <p>Athletes in the following events are required to submit only one (1) performance</p> <ul style="list-style-type: none"> <li>Marathon (Senior athletes)</li> <li>30km Race Walk (Senior Men)</li> <li>Decathlon (U20, Senior Men) - two (2) performances for this event unless two (2) performances are not achievable in the minimum recovery time frame of a minimum four (4) weeks between each decathlon.</li> </ul> <p><b>MEDICAL CARDS (year of performance)</b></p> <ul style="list-style-type: none"> <li>Athletes applying for a 'Medical Card' (based on health-related issues including injury, illness, and pregnancy) may use performances from the 2022 season.</li> </ul>
<b>SELECTION PROCESS (Para athletes - see Para selection process below)</b>	
	<ul style="list-style-type: none"> <li>Athletes will be ranked based on a calculation of the average of the two (2) best submitted performances in comparison to the performance standards (<a href="#">Appendix A</a>).</li> <li>There is no limit to athletes who can qualify in any given event.</li> </ul>

### **POINTS CALCULATION**

Athletes/coaches should follow the formula below to determine points.

**Example One - Track Event:** A female 800m runner has an average time for her best two performances of 2:03.66. The standard for women's 800m is 2:05.00 (125.00)

Performance Points:

- Perf 1 = 2:03.61 = 123.61
- Perf 2 = 2:03.71 = 123.71
- Avg Perf =  $(123.61 + 123.71 / 2) = 123.66$
- $125.00$  (QfG Standard) /  $123.66 \times 100 = 101.084$
- This athlete would score 101.084 points
- This athlete is eligible for a '*Full Card*'

**Example Two - Field Event:** A male triple jumper has an average distance of his best two performances of 15.90m. The standard for men's triple jump is 16.22m.

Performance Points:

- Perf 1 = 15.93m
- Perf 2 = 15.87m
- Avg Perf =  $(15.93 + 15.87 / 2) = 15.90m$
- $15.90 / 16.22$  (QfG Standard)  $\times 100 = 98.027$
- This athlete would score 98.027 points
- This athlete is eligible for a '*Half Card*'

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

### **RANKINGS**

- All athletes will be compared across event groups. Given the allotment of available funding, there are 52 '*Full Cards*' available.
- The available number of TOTAL CARDS shall not exceed 52.
- The Selection Committee will evaluate athletes who have applied for a '*Medical Card*' first. Should all five (5) available '*Medical Cards*' not be allocated, the remaining '*Medical Cards*' will be added back into the general pool of available cards.
- The remaining cards will be allocated to eligible athletes who have a point total that equals or exceeds the QfG Standard (100%+) until all funds are exhausted.
- Should there not be enough athletes who meet or exceed the '*Full Card*' threshold, the remaining cards will be split into '*Half Cards*' and distributed to the next highest ranked eligible athletes (with a score under 100% of QfG standard) until all funds are exhausted.

### **TIE BREAKERS**

- Ties for the final position(s) in the QfG OAAP will be resolved on the following basis:
  - a. In favour of the athlete with the best WA Scoring Table score of the average calculated from the two (2) submitted performances (submitted as a part of the application).

continued below

<b>PARA SELECTION PROCESS</b>	
	<p><b>ADDITIONAL ELIGIBILITY REQUIREMENTS</b></p> <p>Para athletes must meet the minimum eligibility criteria to be considered for selection in addition to:</p> <ul style="list-style-type: none"> <li>● <b>CLASSIFICATION:</b> Athletes must be nationally classified.</li> <li>● 2024 QfG OAAP will support athletes in Para Athletics events and classification combinations that were contested at the 2023 World Para Athletics Championships for rankings.</li> </ul>
	<p><b>POINTS CALCULATION &amp; RANKING</b></p> <p>All Para athletes applying for 2024 QfG funding will have their two (2) best submitted performances compared and ranked as a percentile versus the 8th ranked international performance as per the official World Para Athletics Rankings published on December 31<sup>st</sup> 2023. <a href="https://www.paralympic.org/athletics/rankings">https://www.paralympic.org/athletics/rankings</a>.</p> <ul style="list-style-type: none"> <li>● Para athletes who have achieved 60% of the 8th ranked international performance will be automatically selected for a 'Full Card'.</li> <li>● *Exceptions to the 'Full Card' performance standard may be made at the discretion of each Ontario Disability Sport Organization (DSO).</li> <li>● Each DSO will determine the number of 'Full Cards' available, and any additional financial support, based on each organization's funding allotment. <ul style="list-style-type: none"> <li>○ *AO and DSO 'Full Card' and 'Half Card' allotment and value may differ. Final selection to the QfG program is at the sole discretion of the organizations listed below, as representatives of para athletes in the classes stated below:</li> <li>○ Athletics Ontario (AO): <b>20's, 40's, 60's</b></li> <li>○ Ontario Blind Sport Association (OBSA): <b>10's</b></li> <li>○ Ontario Cerebral Palsy Sport Association (OCPSA): <b>30's</b></li> <li>○ Ontario Para Network (ONPARA): <b>50's</b></li> </ul> </li> </ul>
	<p><b>TIE BREAKERS</b></p> <p>Ties for the final position(s) in the QfG OAAP will be resolved on the following basis.</p> <ul style="list-style-type: none"> <li>● The tie will be broken in favour of the athlete with the highest ranking of their 3<sup>rd</sup> best performance from the 2023 season.</li> </ul>
	<p>Performances made in events that are not normally conducted at the IPC Outdoor World Championships/Paralympic Games will <i>not</i> be converted to standard events. Performances are subject to the PERFORMANCE PERIOD, TIMING SYSTEM, WIND READING, IMPLEMENT WEIGHTS, PERFORMANCE VERIFICATION, CONVERTED MARKS, EXCEPTIONS and MEDICAL CARD requirements as stated above.</p>

## FAILURE TO MEET SELECTION CRITERIA FOR HEALTH-RELATED REASONS (INJURY, ILLNESS, PREGNANCY)

For an athlete to receive a 'Medical Card' they must have been on the 2023 QfG Program. Exceptions may be considered for athletes who were on AAP funding in the past calendar year. There are a maximum of five (5) 'Medical Cards' for 2024 OAAP. All 'Medical Cards' are 'Full Cards' and therefore only athletes who meet 'Full Card' criteria are eligible to apply for a 'Medical Card' (found [here](#)).

### 2023 QfG "Ontario Card" Recipients

Athletes who were on QfG 'Ontario Card' in 2023 may apply for a 'Medical Card' under the following conditions.

- **PRE-COMPETITION** - If an athlete is applying for a 'Medical Card', they **must** have been granted an exception from AO by submitting the Medical Exemption Form.
  - All requests for an AO/AC championships exemption must be made in writing/by e-mail a minimum of five (5) business days before the start of the championship to the Athletics Ontario HP Manager
  - Athletes cannot compete for five (5) working days following the championships.
  - Requests for exemption **must** be accompanied by documentation from a medical doctor (**excludes** physiotherapists, chiropractors, massage therapists and/or athletic therapists).
- **DURING COMPETITION** - If an athlete is injured during an AO/AC championship, they may apply for a 'Medical Card' provided that they submitted an injury notification within five (5) business days of the event/championship when the injury occurred. The injury **must** be documented by providing the following:
  - a signed 2024 QfG Medical Report form with a signature from the medical lead at the event;
  - a signed 2024 QfG Medical Report form accompanied by documentation from a Medical Doctor (**excludes** physiotherapists, chiropractors, massage therapists and/or athletic therapists).
- Athletics Ontario reserves the right to nominate athletes who can demonstrate a significant number of missed training days which impacted the ability to meet all the necessary requirements to be nominated for a 'Medical Card'.

### EXEMPTION REVIEW

Athletes who submitted a form/request but do/did not receive an exemption from the AO HP Manager AND did not/do not attend/do not compete at the AO provincial and/or AC national championships will **not** be eligible for 2024 QfG 'Ontario Card' funding.

### MEDICAL CARD REVIEW

Athletes applying for a 'Medical Card' must indicate that they are doing so on their application and supply the required supporting documentation.

## **2023 QfG ATHLETES**

Athletes who were a part of the 2023 QfG 'Ontario Card' program applying for a 'Medical Card' may apply using their top two (2) performances from the 2022 or 2023 season.

## **FORMALLY NATIONALLY CARDED ATHLETES**

Athletes who were AAP funded applying for a 'Medical Card' may apply using their top two (2) performances from the 2022 or 2023 season.

## **MEDICAL CARD SELECTION**

The Selection Committee will review all 'Medical Card' applications and rank them using the same procedure outlined in the Selection Process.

## **TERM**

Athletes may not receive a 'Medical Card' two years in a row. 'Medical Cards' count towards an athlete's total number of years on the QfG 'Ontario Card'.

## **ALTERNATES**

Should a selected athlete decline or fail to meet the requirements of selected athletes, Athletics Ontario may nominate alternate athletes. Alternate athletes may be substituted into the 2024 QfG OAAP providing the alternate:

- is substituted before March 31<sup>st</sup>, 2024;
- is substituted under the funding level in which they qualify (i.e. 'Full' or 'Half' Card); and
- meets the requirements outlined in the Selected Athletes section.

## **TO APPLY**

**All required information must be submitted *no later than Sunday, January 28, 2024 at 11:59 pm ET. THERE ARE NO EXCEPTIONS TO THIS DEADLINE.***

- Applications are submitted online at <https://athleticsontario.ca/athletes/quest-for-gold/>
- Exemption forms (Residency, Medical) must be submitted before the above deadline as a part of the application. Any applicant having issues uploading Exemption Forms may e-mail them to [angela.whyte@athleticsontario.ca](mailto:angela.whyte@athleticsontario.ca) with the subject line: 2024 QfG OAAP Exemption Form + Athlete's Name. All forms must be received before the posted deadline. Failure to submit the Exemption Forms will result in the application being disqualified from consideration.

**IT IS THE SOLE RESPONSIBILITY OF THE APPLICANT TO PROVIDE A FULL AND COMPLETE APPLICATION THAT MEETS ALL STATED REQUIREMENTS. Athletics Ontario will not review, make any corrections or amendments, nor notify any applicants of any applications that have missing/incorrect/incomplete information. Any revisions on the part of the athlete will only be accepted before 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 posted deadline.

An e-mail will be sent within 24 hours confirming receipt. ***It is the sole responsibility of the applicant to contact the AO HP Manager if they do not receive the e-mail confirming the application has been successfully submitted by the deadline.***

Athletics Ontario will publish or make known a *provisional* list of athletes nominated for an 'Ontario Card' status no later than February 7<sup>th</sup>, 2024. The list will be available via the Athletics Ontario weekly newsletter (*AO Weekly*) and the Athletics Ontario website.

## APPEALS

Athletes who have not been nominated for an 'Ontario Card' by the 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 Athletics Ontario. Appeals will be heard by an Appeals Committee composed of representatives from the Athletics Ontario Board of Directors, and a representative of the Official's Executive.

Grounds for appeals are limited to the following.

- Whether or not the Selection Committee has completed the selection process per its own published Selection Criteria and related procedures.
- 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 QfG Selection Criteria are not grounds for an appeal.***

## APPEAL PROCESS

Before an athlete can file a "Notice of Appeal", they must first ask Athletics Ontario for reasons explaining why they were not nominated for an 'Ontario Card'.

If the athlete is not satisfied with Athletics Ontario's response, the athlete may submit a "Notice of Appeal" document (found [here](#)). All appeals are subject to a **\$25.00 (+ tax) processing fee**. A "Notice of Appeal" will only be accepted from the athlete or their parent/guardian on the provided template via e-mail. One appeal cannot be written on behalf of multiple athletes. The "Notice of Appeal" must be received by Athletics Ontario by 11:59 pm ET on the deadline date.

Once Athletics Ontario has received the “*Notice of Appeal*” and the appeal fee is paid, it will share the document with the Appeals Committee. 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.

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

If an athlete wins their appeal, the \$25.00 processing fee will be refunded.

The deadline for athletes to submit a “*Notice of Appeal*” to the Appeals Committee and pay the non-refundable appeal fee is **February 11<sup>th</sup>, 2024, at 11:59 p.m. ET.**

Appeals must be completed on the “*Notice of Appeal*” template provided (in) and directed to:

Athletics Ontario Appeals Committee  
Email: [office@athleticsontario.ca](mailto:office@athleticsontario.ca)



## APPENDIX A PERFORMANCE STANDARDS (OLYMPIC STREAM)

<b>WOMEN</b>	<b>EVENT</b>	<b>MEN</b>
<b>11.40</b>	<b>100m</b>	<b>10.35</b>
<b>23.52</b>	<b>200m</b>	<b>20.85</b>
<b>52.87</b>	<b>400m</b>	<b>46.64</b>
<b>2:05.00</b>	<b>800m</b>	<b>1:47.91</b>
<b>4:14.14</b>	<b>1500m</b>	<b>3:42.52</b>
<b>15:28.07</b>	<b>5000m</b>	<b>13:39.61</b>
<b>32:53.66</b>	<b>10,000m</b>	<b>28:06.59</b>
<b>13.34</b>	<b>100m H/110m H</b>	<b>13.65</b>
<b>57.37</b>	<b>400m H</b>	<b>50.75</b>
<b>10:01.97</b>	<b>3000m SC</b>	<b>8:33.80</b>
<b>2:36:42</b>	<b>Marathon</b>	<b>2:14:49</b>
<b>1:34:06</b>	<b>20k RW</b>	<b>1:24:57</b>
<b>6.37</b>	<b>Long Jump</b>	<b>7.73</b>
<b>13.77</b>	<b>Triple Jump</b>	<b>16.22</b>
<b>1.86</b>	<b>High Jump</b>	<b>2.21</b>
<b>4.29</b>	<b>Pole Vault</b>	<b>5.32</b>
<b>17.05</b>	<b>Shot Put</b>	<b>19.19</b>
<b>56.97</b>	<b>Discus Throw</b>	<b>58.94</b>
<b>56.03</b>	<b>Javelin Throw</b>	<b>75.93</b>
<b>64.24</b>	<b>Hammer Throw</b>	<b>72.89</b>
<b>5660</b>	<b>Heptathlon/Decathlon</b>	<b>8109</b>

(Standards are equivalent to the Athletics Canada Talent Confirmation standards. Exception is the Marathon. Marathon standards were calculated by averaging the WA points for all other events and selecting the Marathon performance that matched the averaged WA points)

## APPENDIX B

### EXEMPTION FORMS

Exemption forms are available below and at the Athletics Ontario website under the Quest for Gold Page. If applying for either a Residency Exemption and/or a Medical Card, these forms **must be** attached to the application **by the posted deadline**. If Exemption Forms are not attached, the application will be viewed as all the others with no exception.

#### RESIDENCY EXEMPTION

<http://athleticsontario.ca/wp-content/uploads/2024/01/2024-QfG-Residency-Exemption-Form-Fillable.pdf>

#### MEDICAL EXEMPTION

<http://athleticsontario.ca/wp-content/uploads/2024/01/2024-QfG-Medical-Exemption-Form-Fillable.pdf>

### NOTICE OF APPEAL FORM

Applicants wishing to appeal must follow the Appeals procedure outlined in the Selection Criteria and use the “*Notice of Appeal*” form below. Any appeals **not submitted on this form will automatically be denied**.

<http://athleticsontario.ca/wp-content/uploads/2024/01/2024-QfG-Appeals-Form-Fillable.pdf>