

**AO TEAM ONTARIO**  
**OHPSI (Ontario High Performance Sport Initiative)**  
**2025 TEAM SELECTION CRITERIA**

**Prepared by:** Athletics Ontario

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## GENERAL INFORMATION

The purpose of the OHPSI AO Team Ontario Program is to support athletes' progression towards high performance at the senior national level (Athletics Canada). Team Ontario will act as a supplementary support system for the province's top athletes.

Athletes selected to the team may receive the following through the program.

<i>AO Team Ontario OHPSI Program Offerings</i>	<i>Development Team</i>	<i>Elite Team</i>
Team Ontario Kit	✓	✓
Sport Science/Sport Medicine Support (SSSM)	✓	✓
Mentorship Program	✓	✓
Athlete Competition Travel Support	✓	✓
Spring Training Camp Support		✓

Note: Programs and level of support are subject to change and are dependent on the number of athletes selected to Team Ontario as well as available funding.

Selected athletes are expected to fully participate in all AO Team Ontario activities including testing, social events, and media requests.

The quality and quantity of applicants influences selection to AO Team Ontario. . Meeting the following selection criteria does not guarantee selection to the OHPSI Program.

**All applications must be submitted by the deadline. *WITHOUT EXCEPTION, NO LATE SUBMISSIONS WILL BE ACCEPTED.***

Maximum total team size will be forty (40) athletes, including the Elite and the Development teams, both Olympic and Paralympic Streams. Maximum team size may be increased due to the discretion of the Selection Committee.

Each selection section outlines the number of athletes for nomination; should that number not be reached, the Selection Committee may increase the number of athletes in another part of the team, provided there are eligible and qualified athletes in that category.

## DATES OF INTEREST\*

DATES	DESCRIPTION	LOCATION/INFORMATION
January 13, 2025	<ul style="list-style-type: none"> <li>Applications Open</li> </ul>	<a href="https://athleticsontario.ca/athletes/team-ontario-ohpsi/">https://athleticsontario.ca/athletes/team-ontario-ohpsi/</a>
January 31, 2025	<ul style="list-style-type: none"> <li>Applications Close at 11:59 p.m. ET</li> </ul>	<b>NO LATE APPLICATIONS ACCEPTED.</b>
February 12, 2025	<ul style="list-style-type: none"> <li>Provisional Team Announced (pending appeals)</li> <li>Nominated Athletes Notified</li> <li>Appeals Open</li> </ul>	AO Weekly Newsletter AO Website  See Appeals section for details.
February 16, 2025	<ul style="list-style-type: none"> <li>Appeals Close at 11:59 pm ET</li> </ul>	
February 16, 2024	<ul style="list-style-type: none"> <li>Nominated Athlete to Confirm Acceptance to the Program at 11:59 pm ET</li> <li>Responses to Appeals Sent</li> </ul>	
February 26, 2025	<ul style="list-style-type: none"> <li>Final AO Team Ontario Announced</li> </ul>	AO Weekly Newsletter AO Instagram/Facebook
April 4-6, 2025	<ul style="list-style-type: none"> <li>OHPSI Development Team Orientation Session</li> </ul>	@ York University/TTFC

\*Timeline subject to change without notice.

NOTE: The terms Olympic Path and Para Path are used throughout this document.

- Olympic Path refers to athletes who are pursuing the sport as it is contested at the Olympic Games.
- Paralympic Path refers to athletes who are pursuing the sport as it is contested at the Paralympic Games.

# AO TEAM ONTARIO ELITE

## OLYMPIC PATH

The following process will be used for the selection of AO Team Ontario Elite for Olympic Stream athletes and will be applied by the Athletics Ontario Selection Committee.

<b>Eligibility Criteria</b>	
<b>GENERAL</b>	
<ul style="list-style-type: none"><li>• Athletes must be a Canadian citizen or a permanent resident.</li><li>• Athletes must be Ontario residents.</li><li>• Athletes must be a 2025 Athletics Ontario competitive member in good standing.</li><li>• Current or former nationally carded athletes <b>are not eligible</b> for AO Team Ontario</li></ul>	
<b>AGE</b>	
<ul style="list-style-type: none"><li>• Olympic Stream athletes must be <b>under the age of 28</b> for the entirety of 2025.</li></ul>	
<b>PERFORMANCE REQUIREMENT</b>	
<ul style="list-style-type: none"><li>• Athletes must have achieved a personal best in the <b>2024 or 2023 outdoor season</b> unless the athlete can demonstrate specific factors leading to a decline in performance (i.e., injury).</li></ul>	
<b>TERM</b>	
<ul style="list-style-type: none"><li>• Athletes may remain on the AO Team Ontario OHPSI Elite Program for a maximum of five (5) years cumulative.</li></ul>	

<b>Selection Process</b>	
1.	All potential athletes must complete an online application form to be considered for selection to the 2025 AO Team Ontario (OHPSI) Program. Applications are due by the posted deadline, without exception.
2.	Athletes who do not meet the eligibility criteria will be automatically removed from the selection pool.
3.	Athletics Ontario will nominate up to twenty (20) athletes for the 2024 OHPSI Program, using the following criteria. Athletes who meet multiple criteria elements have an increased likelihood of nomination; for example, an athlete who achieves all

	<p>four criteria has a higher likelihood of being nominated to the team than an athlete who achieves two of the criteria.</p> <ul style="list-style-type: none"> <li>a. Athletics Canada selected Talent Confirmation athletes and athletes who meet the AC Talent Confirmation standard (see <a href="#">here</a>) will receive priority consideration. <ul style="list-style-type: none"> <li>i. <i>Note: AC Talent Confirmation athletes who are receiving AAP funding are <b>not</b> eligible for selection.</i></li> </ul> </li> <li>b. Eligible athletes who have achieved the 2025 AO Team Ontario (OHPSI) standard (see <a href="#">Appendix A</a>).</li> <li>c. Athletes who were on the 2024 AO Team Ontario (OHPSI) Program and achieved a personal best in the 2024 outdoor season. If an athlete did not achieve a personal best during the season, they must have the ability to demonstrate specific factors leading to their decline in performance (i.e., injury). The Selection Committee will review declines in performance on a case-by-case basis and reserves the right to increase the total team size to accommodate these athletes.</li> <li>d. Athletes who were selected to represent Canada and competed at one (or more) of the following AC national team events: <ul style="list-style-type: none"> <li>i. 2024 Olympic Games</li> <li>ii. 2024 World Athletics Relay Championships</li> <li>iii. 2024 World Athletics U20 Championships</li> </ul> </li> </ul>
<p>4.</p>	<p>In the case that there are more than twenty (20) eligible athletes who have met the criteria, they will be ranked within their event group based on the % of World Athletics (WA) 8<sup>th</sup> place scoring by gender. After ranking, the athletes with the lowest % of WA 8<sup>th</sup> place point scoring will be removed until the twenty-athlete limit is reached. Event groups are classified as the following: <b>Sprints</b> (100m, 200m, 400m), <b>Hurdles</b> (100mH/110mH, 400mH), <b>Middle Distance</b> (800m, 1500m), <b>Distance</b> (2000m/3000m SC, 3000m, 5000m, 5000m/10,000m RW), <b>Throws</b> (Shot Put, Discus Throw, Javelin Throw, Hammer Throw), and <b>Jumps</b> (Long Jump, Triple Jump, High Jump, Pole Vault).</p> <ul style="list-style-type: none"> <li>a. Athletics Ontario aims for equity across all genders and event groups. If this is not possible based on applicants and the achieved criteria, the athlete with the next highest % of WA 8<sup>th</sup> place scoring of all event groups will be nominated.</li> <li>b. In a result of a tie between two eligible athletes and their % of WA 8<sup>th</sup> place scores, the next best performance from the calendar year in the same event from their applications will be used.</li> <li>c. The Selection Committee may also take into consideration an athlete's performance/placing at the 2024 AC National Championships, 2024 AO Provincial Championships, and other performances that demonstrate consistency and the ability to perform on-demand.</li> </ul>

5.	Selected athletes will be notified of their nomination and will have until the posted deadline - without exception - to confirm their acceptance to the program.
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## PARALYMPIC PATH

The following process will be used for the selection of the AO Team Ontario Elite for Paralympic Stream athletes and will be applied by the Athletics Ontario Selection Committee.

<b>Eligibility Criteria</b>	
<p><b>GENERAL</b></p> <ul style="list-style-type: none"> <li>• Athletes must be a Canadian citizen or a permanent resident.</li> <li>• Athletes must be an Ontario resident.</li> <li>• <b>CLASSIFICATION:</b> Athletes must be nationally classified.</li> <li>• Athletes must be a 2025 Athletics Ontario competitive member in good standing.</li> <li>• Current or former nationally carded athletes <b>are not eligible</b> for AO Team Ontario</li> <li>• <b>NOTE:</b> The AO Team Ontario OHPSI program will support athletes in Athletics events and classification combinations that are likely to be contested at the upcoming Paralympic Games.</li> </ul> <p><b>AGE</b></p> <ul style="list-style-type: none"> <li>• There is no age limit for Paralympic stream athletes for the Elite OHPSI Program.</li> </ul> <p><b>PERFORMANCE REQUIREMENT</b></p> <ul style="list-style-type: none"> <li>• Athletes must have achieved a personal best in the <b>2024 or 2023 outdoor season</b>, unless the athlete can demonstrate specific factors leading to a decline in performance (i.e., injury).</li> </ul> <p><b>TERM</b></p> <ul style="list-style-type: none"> <li>• Athletes may remain on the AO Team Ontario OHPSI Elite Program for a maximum of five (5) years cumulative.</li> </ul>	

<b>Selection Process</b>	
1.	All potential athletes must complete the online application to be considered for selection to the 2025 AO Team Ontario (OHPSI) Program. Applications are due by the posted deadline, without exception.

2.	Athletes who do not meet the eligibility criteria will be automatically removed from the selection pool.
3.	<p>Athletics Ontario will nominate up to five (5) athletes for the 2025 OHPSI Program, using the following criteria. Athletes who meet multiple criteria elements have an increased likelihood of nomination; for example, an athlete who achieves all four criteria has a higher likelihood of being nominated to the team than an athlete who achieves two of the criteria.</p> <ul style="list-style-type: none"> <li>a. Athletics Canada selected Talent Confirmation athletes who meet the AC Talent Confirmation standard (see <a href="#">here</a>), will receive priority consideration. <ul style="list-style-type: none"> <li>i. <i>Note: AC Talent Confirmation athletes who are receiving AAP funding are not eligible for selection.</i></li> </ul> </li> <li>b. Eligible athletes who have achieved the 2024 AO Team Ontario (OHPSI) standard (see <a href="#">Appendix C</a>).</li> <li>c. Athletes who were on the 2024 AO Team Ontario (OHPSI) Program and achieved a personal best in the 2024 outdoor season. If an athlete did not achieve a personal best during the season, they must have the ability to demonstrate specific factors leading to their decline in performance (i.e., injury). The Selection Committee will review declines in performance on a case-by-case basis and reserves the right to increase the total team size to accommodate these athletes.</li> <li>d. Athletes who were selected to represent Canada and competed at one (or more) of the following national team events: <ul style="list-style-type: none"> <li>i. 2024 Paralympic Games</li> <li>ii. 2024 WPA World Championships</li> </ul> </li> </ul>
4.	<p>In the case that there are more than five (5) eligible athletes who have met the criteria, they will be ranked based on RAZA place scoring by gender. After ranking, the athletes with the lowest RAZA point scores will be removed until the five-athlete limit is reached.</p> <ul style="list-style-type: none"> <li>a. Athletics Ontario aims for equity across all genders and event groups. If this is not possible based on applicants and achieved criteria, the athlete with the next highest RAZA score of all event groups will be nominated.</li> <li>b. In a result of a tie between two eligible athletes and their RAZA scores, the next best performance from the calendar year in the same event from their applications will be used.</li> <li>c. The Selection Committee may also take into consideration an athlete's performance/placing at the 2024 AC National Championships, 2024 AO Provincial Championships, and other performances that demonstrate consistency and the ability to perform on-demand.</li> </ul>
5.	Selected athletes will be notified of their nomination and will have until the posted deadline - without exception - to confirm their acceptance to the program.



# **AO TEAM ONTARIO DEVELOPMENT**

**NOTE: All AO Team Ontario Development athletes must be available for the OHPSI Orientation Session\* being held on April 4 - 6<sup>th</sup>, 2025 on the campus of York University.**

**\*Exceptions may be granted for athletes attending university outside Ontario (NCAA and out-of-province USport athletes).**

## **OLYMPIC PATH**

The following process will be used for the selection of AO Team Ontario Development for Olympic Stream athletes and will be applied by the Athletics Ontario Selection Committee.

### **Eligibility Criteria**

#### **GENERAL**

- Athletes must be a Canadian citizen or a permanent resident.
- Athletes must be an Ontario resident.
- Athletes must be a 2025 Athletics Ontario competitive member in good standing.
- Current or former nationally carded athletes **are not eligible** for AO Team Ontario.
- Current or former CAPP athletes **are not eligible** for AO Team Ontario Development.

#### **AGE**

- Olympic Stream athletes must be **under the age of 23** for the entirety of 2025.
- Minimum age: 16.
  - Exceptions to the minimum age requirement rule may be considered throughout the year on a case-by-case basis for athletes demonstrating exceptional results.

#### **PERFORMANCE REQUIREMENT**

- Athletes must have achieved a personal best in the **2024 outdoor season** unless the athlete can demonstrate specific factors leading to a decline in performance (i.e., injury).

#### **TERM**

- Athletes may remain on the AO Team Ontario OHPSI Elite Program for a maximum of three (3) years cumulative.

<b>Selection Process</b>	
1.	All potential athletes must complete the online application to be considered for selection to the 2025 AO Team Ontario (OHPSI) Program. Applications are due by the posted deadline, without exception.
2.	Athletes who do not meet the Development Team eligibility criteria will be automatically removed from the selection pool.
3.	AO Team Ontario Development athletes will be eligible for consideration to the program upon achievement of the posted standards (see <a href="#">Appendix B</a> ).
4.	Athletics Ontario will nominate up to twelve (12) athletes for the 2025 OHPSI Program, using the posted Development Team standards until there are either no remaining spaces within the program OR there are no more eligible/qualified athletes. Should there not be twelve (12) athletes who have achieved the Development Team Standards, the selection committee may add the next best athletes closest to the posted standards.
5.	<p>In the case that there are more than twelve (12) eligible athletes who have met the criteria, they will be ranked within their event group based on the % of World Athletics (WA) 8<sup>th</sup> place scoring by gender. After ranking, the athletes with the lowest % of WA 8<sup>th</sup> place point scoring will be removed until the twelve-athlete limit is reached.</p> <p>Event groups are classified as the following: <b>Sprints</b> (100m, 200m, 400m), <b>Hurdles</b> (100mH/110mH, 400mH), <b>Middle Distance</b> (800m, 1500m), <b>Distance</b> (2000m/3000m SC, 3000m, 5000m, 5000m/10,000m RW), <b>Throws</b> (Shot Put, Discus Throw, Javelin Throw, Hammer Throw), and <b>Jumps</b> (Long Jump, Triple Jump, High Jump, Pole Vault).</p> <ol style="list-style-type: none"> <li>a. Athletics Ontario aims for equity across all genders and event groups. In the event that this is not possible based on applicants and the achieved criteria, the athlete with the next highest % of WA 8<sup>th</sup> place scoring of all event groups will be nominated.</li> <li>b. In a result of a tie between two eligible athletes and their % of WA 8<sup>th</sup> place scores, the next best performance from the calendar year in the same event from their applications will be used.</li> <li>c. The Selection Committee may also take into consideration an athlete's performance/placing at the 2024 AC National Championships, 2024 AO Provincial Championships, and other performances that demonstrate consistency and the ability to perform on-demand.</li> </ol>

6.	Selected athletes will be notified of their nomination and will have until the posted deadline - without confirmation - to confirm their acceptance to the program.
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## PARALYMPIC PATH

The following process will be used for the selection of AO Team Ontario Development for Paralympic Stream athletes and will be applied by the Athletics Ontario Selection Committee.

<b>Eligibility Criteria</b>	
<p><b>GENERAL</b></p> <ul style="list-style-type: none"> <li>• Athletes must be a Canadian citizen or a permanent resident.</li> <li>• Athletes must be an Ontario resident.</li> <li>• <b>CLASSIFICATION:</b> Athletes must be provisionally classified, as determined by Athletics Canada.</li> <li>• Athletes must be a 2025 Athletics Ontario competitive member in good standing.</li> <li>• Current or former nationally carded athletes <b>are not eligible</b> for AO Team Ontario.</li> <li>• Current or former CAPP athletes <b>are not eligible</b> for AO Team Ontario Development.</li> <li>• <b>NOTE:</b> AO Team Ontario OHPSI program will support athletes in Athletics events and classification combinations that are likely to be contested at the upcoming Paralympic Games.</li> </ul> <p><b>AGE</b></p> <ul style="list-style-type: none"> <li>• Training age of five (5) years or less.</li> </ul> <p><b>PERFORMANCE REQUIREMENT</b></p> <ul style="list-style-type: none"> <li>• Athletes must have achieved a personal best in the 2024 outdoor season unless the athlete can demonstrate specific factors leading to a decline in performance (i.e., injury).</li> </ul> <p><b>TERM</b></p> <ul style="list-style-type: none"> <li>• Athletes may remain on the AO Team Ontario OHPSI Elite Program for a maximum of three (3) years cumulative.</li> </ul>	

<b>Selection Process</b>	
1.	All potential athletes must complete the online application to be considered for selection to the 2025 AO Team Ontario (OHPSI) Program. Applications are due by the posted deadline.

2.	Athletes who do not meet the eligibility criteria will be automatically removed from the selection pool.
3.	Para athletes will be eligible for consideration for the program based on their RAZA points. The top three (3) ranked athletes will be considered.
4.	<p>In the case that there are more than three (3) eligible athletes who have met the criteria, they will be ranked based on RAZA place scoring by gender. After ranking, the athletes with the lowest RAZA point scores will be removed until the three-athlete limit is reached.</p> <ol style="list-style-type: none"> <li>Athletics Ontario aims for equity across all genders and event groups. If this is not possible based on applicants and achieved criteria, the athlete with the next highest RAZA score of all event groups will be nominated.</li> <li>In a result of a tie between two eligible athletes and their RAZA scores, the next best performance from the calendar year in the same event from their applications will be used.</li> <li>The Selection Committee may also take into consideration an athlete's performance/placing at the 2024 AC National Championships, 2024 AO Provincial Championships, and other performances that demonstrate consistency and the ability to perform on-demand.</li> </ol>
5.	Selected athletes will be notified of their nomination and will have until the posted deadline - without exception - to confirm their acceptance to the program.

## TO APPLY

**All required information must be submitted *no later than Sunday, January 31, 2025 at 11:59 pm ET. THERE ARE NO EXCEPTIONS TO THIS DEADLINE.***

- Applications are submitted online at:  
<https://athleticsreg.ca/#!/events/team-AO-OHPSI-Athlete-Applications-2025>
- Athletes who would like to request an exemption to the “personal best” provision must submit an explanation via email to [angela.whyte@athleticsontario.ca](mailto:angela.whyte@athleticsontario.ca) with the subject line: 2025 Team AO (OHPSI) Performance Exemption Request + Athlete's Name. Exemption emails must be received before the posted deadline in order to be considered as a part of an athlete's application.

## APPEALS

Appeals of the 2025 AO Team Ontario selection decisions may only be submitted by athletes deemed eligible as specified in the 2025 AO Team Ontario OHPSI Selection Criteria.

Appeals may be submitted for circumstances related to athlete illness, injury, or other reasonable technical circumstances deemed appropriate by the Selection Committee.

The Selection Committee will decide at the first-level appeals, bearing in mind the team objectives and high-performance principles as specified in the 2025 AO Team Ontario OHPSI Selection Criteria.

<b>Appeals Process</b>	
1.	Athletes who wish to submit an appeal must submit their appeal to the Selection Committee by the appeals deadline. <ol style="list-style-type: none"><li>a. <b>ALL APPEALS ARE SUBJECT TO A \$50.00 + tax PROCESSING FEE.</b></li><li>b. Athletes must complete the <b><i>Athletics Ontario Team Selection Appeal Form</i></b><ol style="list-style-type: none"><li>i. <a href="https://athleticsontario.ca/wp-content/uploads/2023/04/Team-Selection-Policy.pdf">https://athleticsontario.ca/wp-content/uploads/2023/04/Team-Selection-Policy.pdf</a></li></ol></li><li>c. Appeals must be emailed to <a href="mailto:office@athleticsontario.ca">office@athleticsontario.ca</a>.</li></ol>
2.	If it is determined by the Selection Committee that an appeal, if successful, would displace another nominated athlete, the displaced athlete will be notified.
3.	Where the appeal relates to injury or illness, the athlete must supply documentation from a medical practitioner diagnosing the injury or illness. Any decision by the Selection Committee on an appeal relating to illness or injury may take into consideration the athlete's ability to be ready for competition.

## APPENDIX A

### AO TEAM ONTARIO ELITE OHPSI STANDARDS: OLYMPIC PATH

MEN	EVENT	WOMEN
10.54	100m	11.68
21.28	200m	24.09
47.72	400m	54.43
1:50.95	800m	2:08.60
3:48.02	1500m	4:20.43
14:01.70	5000m	15:57.79
28:38.34	10,000m	33:48.61
13.90	110mH/100mH	13.63
51.84	400mH	58.23
8:48.66	3000m SC	10:20.46
42:17.27	10,000M RW*	46:50.03
7.52m	LONG JUMP	6.20m
15.65m	TRIPLE JUMP	13.42m
2.15m	HIGH JUMP	1.82m
5.09m	POLE VAULT	4.12m
18.42m	SHOT PUT	15.78m
55.73m	DISCUS THROW	53.92m
69.77	JAVELIN THROW	52.78m
69.35m	HAMMER THROW	60.52m
7929	DEC/HEP	5427

Standards were created using a standard deviation calculated using Athletics Canada's (AC) CAPP standards posted data points; Top 8, World Class, International, and Talent Confirmation. The standards above are AC's CAPP Talent Confirmation plus 1 standard deviation (SD). Exception is 10,000m RW, which is calculated finding the World Athletics (WA) points for AC CAPP's 20k RW Talent Confirmation plus 1 SD which is matched to the WA point 10,000m RW performance equivalent.

All implement weights and hurdle heights are at the senior men/women level.

## APPENDIX B

### AO TEAM ONTARIO DEVELOPMENT OHPSI STANDARDS: OLYMPIC PATH

MEN	EVENT	WOMEN
10.73	100m	11.91
21.68	200m	24.65
48.76	400m	55.82
1:53.10	800m	2:11.94
3:52.86	1500m	4:26.72
8:20.92	3000m*	9:27.41
14:20.36	5000m	16:21.49
14.12 (0.991m)	110mH/100mH	13.91 (0.838m)
53.04 (0.914m)	400mH	59.36 (0.762m)
9:00.81	3000m SC	10:38.85
43:32.65	10,000m RW**	48:04.91
7.28m	LONG JUMP	6.03m
15.12m	TRIPLE JUMP	13.10m
2.10m	HIGH JUMP	1.77m
4.85m	POLE VAULT	3.97m
17.48m (6kg)	SHOT PUT	14.76m (4kg)
52.11m (1.750kg)	DISCUS	50.88 (1kg)
64.52m (800g)	JAVELIN	49.75m (600g)
66.06m (6kg)	HAMMER THROW	56.91m (4kg)
7755	DEC/HEP	5149

Standards were created using a standard deviation (SD) calculated using Athletics Canada's (AC) CAPP standards posted data points; Top 8, World Class, International, and Talent Confirmation. The standards above are AC's CAPP Talent Confirmation plus 2 SD. Exceptions: \*3000m: calculated using the average of the World Athletics (WA) points of the OHPSI Development + 2 SD of the 1500m and 5000m standards, which was then matched with the 3000m performance equivalent in the WA Scoring Tables. \*\*10,000m RW: calculated finding the WA points for AC CAPP's 20k RW Talent Confirmation plus 2 SD which is matched to the 10,000m RW performance equivalent in the WA Scoring Tables..

## APPENDIX C

### AO TEAM ONTARIO ELITE OHPSI STANDARDS

#### PARALYMPIC PATH: MEN

EVENT	CLASS	Avg. Top 8	WPA Point Score	QUEST FOR GOLD PARA FULL CARD STANDARD	
				60% of the Avg. Top 8	60% WPA Point Score
100m	T11	11.41	885	<b>12.43</b>	<b>531</b>
	T12	11.03	932	<b>12.12</b>	<b>559</b>
	T13	10.97	928	<b>12.05</b>	<b>556</b>
	T34	15.93	835	<b>17.44</b>	<b>501</b>
	T35	13.03	775	<b>13.95</b>	<b>465</b>
	T36	12.36	877	<b>13.44</b>	<b>526</b>
	T37	11.81	904	<b>12.91</b>	<b>542</b>
	T38	11.48	877	<b>12.48</b>	<b>526</b>
	T44	12.33	551	<b>12.92</b>	<b>330</b>
	T47 (T47, T45)	11.00	939	<b>12.11</b>	<b>563</b>
	T51	22.24	650	<b>23.74</b>	<b>390</b>
	T52	17.66	840	<b>19.35</b>	<b>504</b>
	T53	15.27	855	<b>16.78</b>	<b>513</b>
	T54	14.20	926	<b>15.85</b>	<b>555</b>
	T63 (T63)	12.86	766	<b>13.76</b>	<b>459</b>
	T64 (T64, T62)	11.23	924	<b>12.32</b>	<b>554</b>
200m	T35	27.77	622	<b>29.35</b>	<b>373</b>
	T37	24.00	894	<b>26.30</b>	<b>536</b>
	T51	41.94	574	<b>44.56</b>	<b>344</b>
	T64 (T64)	23.60	802	<b>25.47</b>	<b>481</b>
400m	T11	52.54	836	<b>57.22</b>	<b>501</b>
	T12	51.09	831	<b>55.60</b>	<b>498</b>
	T13	50.27	863	<b>55.02</b>	<b>517</b>
	T20	48.84	943	<b>54.38</b>	<b>565</b>
	T36	59.00	674	<b>1:02.88</b>	<b>404</b>
	T37	55.17	780	<b>59.56</b>	<b>468</b>
	T38	53.32	841	<b>58.13</b>	<b>504</b>
	T47 (T47, T45)	50.04	904	<b>55.20</b>	<b>542</b>
	T52 (T52)	1:03.09	743	<b>1:08.58</b>	<b>445</b>
	T53	50.62	849	<b>56.02</b>	<b>509</b>
	T54	46.76	931	<b>52.74</b>	<b>558</b>
	T62	53.15	431	<b>55.47</b>	<b>258</b>



				QUEST FOR GOLD PARA FULL CARD STANDARD	
EVENT	CLASS	Avg. Top 8	WPA Point Score	60% of the Avg. Top 8	60% WPA Point Score
800m	T34 (T34)	1:44.68	772	<b>1:55.14</b>	<b>463</b>
	T53	1:42.01	796	<b>1:52.67</b>	<b>477</b>
	T54	1:32.72	930	<b>1:45.57</b>	<b>558</b>
1500m	T11	4:17.74	780	<b>4:36.99</b>	<b>468</b>
	T13 (T13)	3:58.68	841	<b>4:18.88</b>	<b>504</b>
	T20	3:58.07	893	<b>4:20.62</b>	<b>535</b>
	T38 (T38)	4:10.17	815	<b>4:30.18</b>	<b>489</b>
	T46	4:04.07	797	<b>4:22.93</b>	<b>478</b>
	T54 (T54)	2:53.48	983	<b>3:22.68</b>	<b>589</b>
5000m	T11	15:58.06	832	<b>17:18.60</b>	<b>499</b>
	T13 (T13)	15:06.03	854	<b>16:25.87</b>	<b>512</b>
	T54 (T54)	9:51.54	948	<b>11:12.41</b>	<b>568</b>
LONG JUMP	T11	5.88m	754	<b>5.20m</b>	<b>452</b>
	T12	6.56m	779	<b>5.77m</b>	<b>467</b>
	T13	6.49m	811	<b>5.66m</b>	<b>486</b>
	T20	6.73m	864	<b>5.79m</b>	<b>518</b>
	T36	5.39m	853	<b>4.65m</b>	<b>511</b>
	T37	5.74m	772	<b>5.05m</b>	<b>463</b>
	T38	5.98m	757	<b>5.28m</b>	<b>454</b>
	T47 (T47, T45)	6.80m	915	<b>5.76m</b>	<b>549</b>
	T63 (T63, T42)	5.86	697	<b>5.23m</b>	<b>418</b>
	T64 (T64, T44)	6.68	804	<b>5.84m</b>	<b>482</b>
HIGH JUMP	T47 (T47, T45)	1.88m	753	<b>1.72m</b>	<b>451</b>
	T63 (T63)	1.75m	760	<b>1.60m</b>	<b>456</b>
	T64 (T64)	1.88m	516	<b>1.77m</b>	<b>309</b>
CLUB THROW	F32 (F32)	32.41m	851	<b>24.99m</b>	<b>510</b>
	F51	29.96m	911	<b>22.47m</b>	<b>546</b>
DISCUS THROW	F11	36.07m	818	<b>28.66m</b>	<b>490</b>
	F37	47.33m	870	<b>36.88m</b>	<b>522</b>
	F52 (F52)	16.81m	664	<b>13.42m</b>	<b>398</b>
	F56 (F56, F54)	38.32m	852	<b>28.67m</b>	<b>511</b>
	F64 (F64, F43, F44)	51.14m	808	<b>40.79m</b>	<b>484</b>

				<b>QUEST FOR GOLD PARA FULL CARD STANDARD</b>	
<b>EVENT</b>	<b>CLASS</b>	<b>Avg. Top 8</b>	<b>WPA Point Score</b>	<b>60% of the Avg. Top 8</b>	<b>60% WPA Point Score</b>
<b>JAVELIN THROW</b>	F13 (F13)	56.77m	756	<b>44.94m</b>	<b>453</b>
	F34 (F34)	30.26m	832	<b>22.66m</b>	<b>499</b>
	F38	42.58m	692	<b>34.37m</b>	<b>415</b>
	F41 (F41)	36.10m	749	<b>28.65m</b>	<b>449</b>
	F46 (F46)	57.58m	922	<b>42.61m</b>	<b>553</b>
	F54 (F54)	26.94m	907	<b>19.48m</b>	<b>544</b>
	F57 (F57)	42.17m	922	<b>30.25m</b>	<b>553</b>
	F64 (F64, F42, F43, F44, F61, F62)	56.26m	906	<b>41.97m</b>	<b>543</b>
<b>SHOT PUT</b>	F11	12.40m	888	<b>9.91m</b>	<b>532</b>
	F12	13.24m	661	<b>11.32m</b>	<b>396</b>
	F20	14.76m	820	<b>12.10m</b>	<b>492</b>
	F32	9.30m	784	<b>7.43m</b>	<b>470</b>
	F33	10.04m	817	<b>7.93m</b>	<b>490</b>
	F34	10.66m	842	<b>8.35m</b>	<b>505</b>
	F35	13.28m	705	<b>11.24m</b>	<b>423</b>
	F36	13.37m	832	<b>10.92m</b>	<b>499</b>
	F37	13.70m	893	<b>10.93m</b>	<b>535</b>
	F40	9.43m	704	<b>7.98m</b>	<b>422</b>
	F41	10.15m	576	<b>8.83m</b>	<b>345</b>
	F46	14.82m	865	<b>11.96m</b>	<b>519</b>
	F53	7.55m	812	<b>5.98m</b>	<b>487</b>
	F55 (F55)	10.80m	880	<b>8.32m</b>	<b>528</b>
	F57 (F57)	13.49m	930	<b>10.15m</b>	<b>558</b>
	F63 (F63, F42)	13.02m	795	<b>10.76</b>	<b>477</b>

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## APPENDIX D

### AO TEAM ONTARIO ELITE OHPSI STANDARDS

#### PARALYMPIC PATH: WOMEN

EVENT	CLASS	Avg. Top 8	WPA Point Score	QUEST FOR GOLD PARA FULL CARD STANDARD	
				60% of the Avg. Top 8	60% WPA Point Score
100m	T11	13.00	751	<b>14.06</b>	<b>450</b>
	T12	12.55	845	<b>13.77</b>	<b>507</b>
	T13	12.68	813	<b>13.84</b>	<b>487</b>
	T34 (T34)	19.50	615	<b>20.77</b>	<b>369</b>
	T35	16.20	611	<b>17.23</b>	<b>366</b>
	T36	14.99	839	<b>16.43</b>	<b>503</b>
	T37	14.09	863	<b>15.52</b>	<b>517</b>
	T38	13.25	904	<b>14.72</b>	<b>542</b>
	T47 (T47, T45)	12.74	898	<b>14.13</b>	<b>538</b>
	T53	17.74	729	<b>19.15</b>	<b>437</b>
	T54	16.67	907	<b>18.56</b>	<b>544</b>
	T63 (T63)	16.15	739	<b>17.43</b>	<b>443</b>
	T64 (T64, T62)	13.21	901	<b>14.66</b>	<b>540</b>
200m	T11	26.85	754	<b>29.12</b>	<b>452</b>
	T12	26.04	772	<b>28.31</b>	<b>463</b>
	T35	34.15	483	<b>35.97</b>	<b>289</b>
	T36	31.74	808	<b>34.72</b>	<b>484</b>
	T37	29.44	859	<b>32.50</b>	<b>515</b>
	T47 (T47, T45)	26.45	863	<b>29.23</b>	<b>517</b>
	T64 (T64)	28.30	797	<b>30.90</b>	<b>478</b>
400m	T11	1:01.79	755	<b>1:07.09</b>	<b>453</b>
	T12	1:00.58	731	<b>1:05.57</b>	<b>438</b>
	T13	59.49	746	<b>1:04.51</b>	<b>447</b>
	T20	1:00.35	851	<b>1:06.61</b>	<b>510</b>
	T37	1:10.25	653	<b>1:15.29</b>	<b>391</b>
	T38	1:05.90	768	<b>1:11.69</b>	<b>460</b>
	T47 (T47, T45)	1:00.60	818	<b>1:06.47</b>	<b>490</b>
	T53	58.92	784	<b>1:05.34</b>	<b>470</b>
	T54	55.39	901	<b>1:03.04</b>	<b>540</b>
800m	T34 (T34)	2:20.34	477	<b>2:30.21</b>	<b>286</b>
	T53	1:54.74	724	<b>2:06.86</b>	<b>434</b>
	T54	1:49.82	852	<b>2:04.58</b>	<b>511</b>

				<b>QUEST FOR GOLD PARA FULL CARD STANDARD</b>	
<b>EVENT</b>	<b>CLASS</b>	<b>Avg. Top 8</b>	<b>WPA Point Score</b>	<b>60% of the Avg. Top 8</b>	<b>60% WPA Point Score</b>
<b>1500m</b>	T11	5:16.43	575	<b>5:36.94</b>	<b>345</b>
	T13 (T13)	4:53.47	578	<b>5:12.64</b>	<b>346</b>
	T20	4:57.10	652	<b>5:19.06</b>	<b>391</b>
	T54 (T54)	3:21.79	889	<b>3:51.03</b>	<b>533</b>
<b>5000m</b>	T54 (T54)	11:32.99	813	<b>12:32.99</b>	<b>487</b>
<b>LONG JUMP</b>	T11	4.47m	746	<b>3.96m</b>	<b>447</b>
	T12	5.01m	619	<b>4.54m</b>	<b>371</b>
	T20	5.29m	873	<b>4.55m</b>	<b>523</b>
	T37	4.13m	707	<b>3.69m</b>	<b>424</b>
	T38	4.31m	690	<b>3.86m</b>	<b>414</b>
	T47 (T47, T45)	5.24m	785	<b>4.61m</b>	<b>471</b>
	T63 (T63, T42)	4.19m	780	<b>3.69m</b>	<b>468</b>
T64 (T64, T44)	4.90m	581	<b>4.47</b>	<b>348</b>	
<b>CLUB THROW</b>	F32 (F32)	19.64m	764	<b>15.44m</b>	<b>458</b>
<b>DISCUS THROW</b>	F11	30.24m	654	<b>24.61m</b>	<b>392</b>
	F38 (F38)	29.46m	788	<b>23.03m</b>	<b>472</b>
	F41 (F41)	26.40m	757	<b>20.87m</b>	<b>454</b>
	F53 (F53, F51)	11.10m	826	<b>8.36m</b>	<b>495</b>
	F55	20.90m	807	<b>15.87m</b>	<b>484</b>
	F57 (F57)	27.24m	822	<b>20.55m</b>	<b>493</b>
F64 (F64, F43, F44)	31.30m	728	<b>24.94m</b>	<b>436</b>	
<b>JAVELIN THROW</b>	F13 (F13)	29.58m	617	<b>23.48m</b>	<b>370</b>
	F34 (F34)	15.18m	626	<b>12.40m</b>	<b>375</b>
	F46 (F46)	35.57m	820	<b>26.46m</b>	<b>492</b>
	F54 (F54)	13.52m	605	<b>11.10m</b>	<b>363</b>
	F56 (F56)	17.53m	673	<b>14.15m</b>	<b>403</b>

				<b>QUEST FOR GOLD PARA FULL CARD STANDARD</b>	
<b>EVENT</b>	<b>CLASS</b>	<b>Avg. Top 8</b>	<b>WPA Point Score</b>	<b>60% of the Avg. Top 8</b>	<b>60% WPA Point Score</b>
<b>SHOT PUT</b>	F12 (F12)	10.61m	689	<b>8.68m</b>	<b>413</b>
	F20	12.46m	859	<b>9.64m</b>	<b>515</b>
	F32	5.46m	664	<b>4.49m</b>	<b>398</b>
	F33	5.89m	799	<b>4.66m</b>	<b>479</b>
	F34	6.77m	715	<b>5.50m</b>	<b>429</b>
	F35	7.83m	470	<b>6.72m</b>	<b>282</b>
	F37	9.47m	714	<b>7.69m</b>	<b>428</b>
	F40	7.12m	776	<b>5.67m</b>	<b>465</b>
	F41	8.16m	798	<b>6.45m</b>	<b>478</b>
	F46	9.73m	757	<b>7.81m</b>	<b>454</b>
	F54	6.37m	749	<b>5.12m</b>	<b>449</b>
	F57 (F57)	9.65m	870	<b>7.43m</b>	<b>522</b>
	F64	9.25m	531	<b>7.84m</b>	<b>318</b>

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