

## **Performance and High Performance Youth/Junior Athlete Information Rationale**

Performance and High Performance categories have been developed to help encourage and prepare our young athletes to compete at Provincial and National competitions (i.e., Saskatchewan and Canada Summer Games, Junior Nationals). Talented Youth and Junior athletes will be identified through qualifying time standards.

### **Athlete Eligibility**

<b><u>Category</u></b>	<b><u>Performance</u></b>		<b><u>High Performance</u></b>	
	<b><u>Swim (400m)</u></b>	<b><u>Run (3k)</u></b>	<b><u>Swim (400m)</u></b>	<b><u>Run (3k)</u></b>
<b>Female 14/15 yrs.</b>	<b>under 6:10</b>	<b>under 13:15</b>	<b>under 5:40</b>	<b>under 11:45</b>
<b>Male 14/15 yrs.</b>	<b>under 6:00</b>	<b>under 13:00</b>	<b>under 5:25</b>	<b>under 11:40</b>
<b>Female 16/17 yrs.</b>	<b>under 6:00</b>	<b>under 12:15</b>	<b>under 5:35</b>	<b>under 11:30</b>
<b>Male 16/17 yrs.</b>	<b>under 5:45</b>	<b>under 11:30</b>	<b>under 5:25</b>	<b>under 11:15</b>
<b>Female 18/19 yrs.</b>	<b>under 5:45</b>	<b>under 11:15</b>	<b>under 5:20</b>	<b>under 11:00</b>
<b>Male 18/19 yrs.</b>	<b>under 5:30</b>	<b>under 11:00</b>	<b>under 5:00</b>	<b>under 10:45</b>

**Athlete must provide proof of performance to S.T.A.C. Time trials can be arranged periodically and upon request.**

### **Training Assistance**

Athletes meeting the **high performance standards** will qualify to receive assessment, analysis, consultation, program design and monitoring from the Provincial Sports Medicine Trainer. They will also be eligible to apply for ongoing training assistance and assistance to attend clinics and camps. (See 12.5 Application Process under STAC Athlete Assistance). Receipts from payment to a coach, club, training program or facility will be required for training fee reimbursement.

Athletes meeting the **performance standards** will be eligible to apply for ongoing training assistance and assistance to attend clinics and camps. Receipts from payment to a coach, club, training program or facility will be required for training fee reimbursement. (See 12.5 Application Process under STAC Athlete Assistance)

### **Training Assistance Eligibility**

Performance and High Performance athletes are eligible to receive financial assistance for training if they meet the following criteria and conditions:

- \* be members in good standing of the Saskatchewan Triathlon Association Corporation.
- \* be members in good standing of a Saskatchewan triathlon club.
- \* be a Saskatchewan resident.
- \* agree to maintain membership in STAC and a Saskatchewan triathlon club, maintain Saskatchewan residency status, compete in triathlon and compete for a position on the provincial team for which the athlete is eligible.
- \* meet the time standards as outlined in **Athlete Eligibility**.
- \* must be part of a formal coaching program or club with an emphasis on triathlon training (i.e. swim club, running club, cycling club, or personal triathlon coach). The athlete may be asked to produce a training log.