

Triathlon Times

Saskatchewan Triathlon Association Corporation

Oct 2000

STAC Executive 2000:

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Membership Inquiries

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Club Development Inquiries:

Applications now being accepted for May
1/2000- Sept 1/2000

For more information contact: John
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Club Contacts:

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Triathlon Canada announces

Drummondville to host 2001 Canadian Triathlon Championships

(Text of welcome to athletes to the Canadian Junior Triathlon Championships)

(July 1st, 2000 - Mississauga, ON)

On behalf of Triathlon Canada I would like to extend our warmest welcome to triathletes from across the country who have come to Drummondville, Québec for the 2000 Canadian Junior Triathlon Championships.

The year 2000 is a particularly important year for triathlon. In about 10 weeks time, the best triathletes in the world will gather in Sydney, Australia for the very first Olympic Triathlon competition. Two members of our Olympic team, **Simon Whitfield** and **Isabelle Turcotte Baird**, began their triathlon careers as junior competitors, in events such as this. The importance of today's event cannot be underestimated in the successful development of the next generation of Canada's triathlon Olympians.

Drummondville also has an important place in the development of our sport in Canada and Québec. The city has hosted two (2) very successful ITU World Cup Triathlons in the past and will host the Canadian Junior Championships today. The support and enthusiasm of your community for the sport of triathlon has been tremendous, and it is my great pleasure to announce to you today that Triathlon Canada has selected Drummondville as the site of the 2001 Canadian Triathlon Championships. We are confident that it will be another fantastic event in 2001.

Best wishes to all athletes. Have a safe and successful race.

Yours very truly

TRIATHLON CANADA

William J. Hallett

President

2001 Triathlon World Championships

Edmonton, Canada

July 21-22, 2001

Being a STAC member gives you::

- ~ Insurance.
- ~ Newsletter.
- ~ Support for a WEB site.
- ~ Funding for local races (MAP grants etc.).
- ~ Funding for Travel and or expenses to interprovincial and national competition's (amount depends on where, how many, and state of the books).
- ~ Funding and/or training of officials to ensure safe and fair races.
- ~ Funding for elite athletes.
- ~ Funding for training camps.
- ~ Funding to promote National and interprovincial events in Saskatchewan.
- ~ Funding to promote development of local clubs.
- ~ Funding to promote Saskatchewan with National Sport Governing Bodies (TriCan and ITU)
- ~ Access to windtrainers and reference materials (subject to availability).
- ~ Access to equipment to assist in putting on races (bike racks, buoys, signs, water jugs, print timers, laptop computer, printer)(subject to availability).

- ~ Individual, Junior and Family memberships are included in High point series (Presented with Plaques), and are eligible to represent Saskatchewan on provincial teams in addition to insurance and newsletters.

- ~ Race Day members receive insurance and newsletters. *Race Day memberships are only good for one race, if applying for race day membership please state which race it is for.*

**Petro Canada Olympic Torch Scholarships/
Fonds de bourses d'études du flambeau olympique ***

The Petro Canada Olympic Torch Scholarships are presented annually in two categories: Athletic and coaching. A seven member Committee, which includes representatives from the COA, Petro-Canada, and the sport community, meets annually to select recipients.

Eligibility

Scholarships are awarded to Canadian citizens or landed immigrants permanently residing in Canada who are enrolled at a Canadian university, college or technical institute, and are maintaining a satisfactory academic standing. national carded athletes receiving current or deferred tuition assistance from Sport Canada's Athlete Assistance Program are not eligible.

Applicants must be involved in an Olympic or Pan American sport.

Athletic Scholarship

Up to 100 scholarships are awarded each year in this category. At the university level, the value of each scholarship is \$3,000; at the college/technical school level, the value is \$1,500. Preference is given to full time students, but part time students will be considered provided that a full course load is completed within a 12 month period (September to August).

To qualify for a scholarship, the applicant must be a member of a Canadian University, college or technical institute athletic team; a current or former member of a national team; a member of a provincial or national training program conducted or endorsed by provincial or national sport governing bodies; or a member of a provincial or national disabled athletic team or actively pursuing a disabled sport training program conducted or endorsed by CPC.

Applications

Completed application forms, together with reference letters and a letter of application, must be post marked on or before May 1st. In order to consider the application complete, applicants must submit a letter detailing their interest in receiving the scholarship and should discuss personal approaches to sport and education, commitment to Olympic ideals, community involvement, or any subject that merits consideration by the Selection Committee and indicates suitability for a scholarship. Enquiries and application forms are available from the Canadian Olympic Association (www.coa.ca <<http://www.coa.ca>>) or email pcotsf@coa.ca <<mailto:pcotsf@coa.ca>>

**(The Olympic Torch scholarship program is administered by the Canadian Olympic Association. The information above was published by the COA in April 1999 and may be subject to change. Please contact the COA directly for any further information and/or changes to the above criteria.)*

Triathlon Canada National Carding System

Elite Development Cards

Elite Development Cards are available from Triathlon Canada to those triathletes and duathletes who have demonstrated proficiency in elite or open competition. This standard is normally based on performances at the Canadian National Championship, ITU International competitions and other high calibre events. Standards will be reviewed annually and cards will be issued for the year April 1st to March 31st. The cost is \$50. **Elite development card holders are not members of the national team and as such do not enjoy any benefits of national team members.**

Applications for Elite Development Cards are available from the national office of Triathlon Canada. Alternatively forms are available for download from this site and returned by FAX or mail.

2000 Elite Development Card Standards

Triathlon Development Card

- Top 20 placing (elite category) at the 1999 Canadian Triathlon Championships, or
- A placing of 1st-3rd overall or 1st-3rd in the Junior Wave at the 1999 National Junior Championships, or
- Top 50 placing (elite category) at the 1999 Montreal Triathlon World Championships in the elite wave, or
- Top 15 placing at the 1999 Montreal Triathlon World Championships in the Junior Elite, 20-24 or 25-29 age group, or
- Completed an international event which Triathlon Canada deems adequate to receive a card (**results required**)

Long Distance Triathlon Elite Development Card

- Completed an IRONMAN distance event in under 10:00 (men) or 10:45 (women) since Jan. 1, 1999, or
- Completed a half-IRONMAN event in under 4:20 (men) or 4:45 (women) since Jan 1. 1999, or
- Completed another long distance event (i.e.: 1999 Long Distance Triathlon World Championship) with a result that Triathlon Canada deems adequate to receive an international card (**results required**)

Duathlon Elite Development Card

- Top 10 overall placing at the 1999 Canadian Duathlon Championships in Hull, QC, or
- Top 50 overall placing at the 1999 Duathlon World Championships in Huntersville, USA in the elite category, or
- A placing of 1st-3rd overall at the 1999 Canadian Duathlon Championships in the Junior Elite Category, or
- A top 10 placing at the 1999 Duathlon World Championships in the 20-24 or 25-29 age group, or
- Completed an international event which Triathlon Canada deems adequate (**please provide results**).

Letter from Shane Armstrong

STAC board,

Thank you very much for your continued financial support. The funding you have awarded me in the past month will improve my financial situation a great deal. I appreciate the fact that you have chosen to assist me in spite of the fact that my season ended in April! It was disappointing to say the least, and I am working hard with Bruce Craven to ensure that I stay healthy and fast for next season.

I'm sure many of you have noticed how poorly most Canadians (except Simon Whitfield of course!) are performing at these Olympics. It comes down to the simple fact that other countries fund their athletes far better than Canada does. On that note, I commend all of you for the hard work you have put into developing a strong triathlon program in Saskatchewan, and securing significant amounts of funding for all levels of the sport - kids of steel, age group, and elite. As a beneficiary of your time and energy, I thank you for the opportunities you have provided me, and look forward to future success because of it.

Sincerely,

Shane Armstrong.

Reminder to all competitors

Dear Officials,

below is a reminder from the ITU Technical committee, which also applies to our races in Canada!

SWIM CAPS AND GOGGLES THROWN IN SWIM EXIT

"Some" athletes, in recent ITU events have thrown their swim caps and goggles onto the ground between the swim exit and Transition. The ITU Technical Committee considers this practice to be dangerous to other competitors, unfair and unacceptable. Competition rule: C.2.4 states: "Reasons for Disqualification i) Leaving equipment or discarding personal articles on the course." ITU officials are directed to "yellow card" athletes who discard any equipment, including swim caps and goggles rather than carrying them to their designated transition area spot. Athletes refusing to respond to the yellow card by picking up the discarded equipment will be "red carded", i.e., disqualified.

Please note that this practice also includes throwing swim caps and goggles into the crowd - which is equally unsafe.

Me Patrice M. Brunet

BRUNET ARSENAULT, Avocats - Lawyers

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Tel: +1 (514) 842-2226, ext. 227 + 1(514) 842-5515 Fax: +1 (514) 287-1523

<mailto:pbrunet@brunet-arsenault.com> <<http://www.brunet-arsenault.com>>

Drug Testing? Who Me?

Subject: Doping Control for Age Group Athletes

Dear Provincial Presidents:

I would like to take this opportunity to advise you of information concerning doping control (drug testing). This information should be passed on to all triathletes in your Association as soon as possible (ideally, in the next issue of your newsletter).

As stated in the Canadian Policy on Doping in Sport, "any athlete who is a member of a Sport Governing Body or Sport Organization may be subject to unannounced testing at any time." Note that this is not limited to elite athletes - any athlete may be tested. Of course, elite national and international triathletes remain the priority.

The purpose of this advisory is not to alarm your membership, but rather to inform them and to avoid any confusion should they be asked to provide a sample. This is not a new regulation, and I do not expect anything to change in terms of age group testing in future.

I also ask that you add a sentence to your membership waiver (that athletes sign at the beginning of the season, when they join your association) for next year, stating: "I realize that, with this membership, I may be subject to unannounced drug testing as provided for by Triathlon Canada's agreement with the Canadian Centre for Ethics in Sport.."

Please note that age group athletes do not have to fill out the Medical Declaration form if they are taking asthma medication - if by chance they are tested, they will be given ample opportunity at that time to contact their physician for a signature.

Thank you for your co-operation in this matter, and I encourage you to contact me at the above email address or phone number should you have any questions, comments or concerns.

Yours truly,

Liz Graham

Chair, Medical Committee

Triathlon Canada

grahame@interchange.ubc.ca <<mailto:grahame@interchange.ubc.ca>>

President's Message:

I am writing this letter just 3 days after Simon Whitfield struck Olympic Gold in the triathlon becoming Canada's first and only (so far) gold medal thus far at the 2000 Sydney Olympics. A group of us who had got together at Maguires pub in Saskatoon to watch the mens' final on Saturday night were jumping up and down with joy as we watched him blow by the German triathlete with less than 200m remaining. Certainly, triathlon has gained prominence on the world stage with these Olympics. Simon's performance will no doubt bring increased exposure of the sport to the Canadian media and public at large. It will also put more pressure on Triathlon Canada to further develop its high performance program so that this type of performance has a chance of being repeated in the next Olympics- 2004.

Our priorities for this year have been development of a youth program, development of coaching, club development and enhancing elite athlete assistance. I think we made some major progress in some of these areas. We now have 8 NCCP Level 1 coaches within the province. Jim Holmstrom coached a number of adults and youth triathletes in running throughout the summer. He also coached 4 youth & junior athletes at the Riding Mountain triathlon in Manitoba. The youth/junior program has been gradually building over the last 2 years largely through the efforts of the Director of Youth Nan Lee. The provincial Kids of steel race attracted over 90 participants this year. Amanda Reimer placed first overall at the Manitoba/Sask championships. We look forward to future performances from Amanda, Leah Jensen, Chase Figley, Sarah Figley, Ryan Leibel, James Arcand & Brett Gore-Hickman who competed in youth events in Manitoba and/or Alberta this summer. We have been in discussions with Manitoba and Saskatchewan in terms of how STAC triathletes (elite, junior, and age-group) can utilize Regional Training facilities in these provinces to improve their performance. Age group competitors such as Blair Chapman, Doug & Shelley MacKenzie and James Heilman (Nice, France world long course event), Sarah Robbins, Correy Forrest, Kevin Sutton, Jeff Hehn, Simon Toon (National Duathlon, Standard & Long Course Events) had stellar performances in each of these competitions. Marnie Anderson, Murray Smith, Jeff Hehn and Sarah Robbins have already qualified for the 2001 World championships next year in Edmonton. Brynn Kvinlaug and Kevin Sutton will be representing Canada at the World Duathlon Championships in Calais, France in October. Brynn also did a great job in providing membership numbers to STAC at many of the triathlons hosted throughout the province.

However, we have also had our share of disappointments related to the above goals just as Canadians had to endure watching Carol Montgomery and Sharon Donnelly crash within the women's Olympic triathlon. Elite triathlete Shane Armstrong was unable to compete for the majority of the 2000 race season due to stress fractures in his shins after promising early season races in Brazil and St. Anthony's, Florida. Club development within the province has remained stable this year at 6 clubs but it would have been beneficial to our overall sport profile to have established clubs in some of the other urban centres throughout the province besides Saskatoon, Regina and Prince Albert. A large part of our overall funding from Sasksport is dependent on our representation in different regions throughout the province. We owe Mike Levesque and the Meadow Lake Club a round of thanks for maintaining our eligibility for funding as a provincial sport governing body. I think a number of us were disappointed to see the cancellation of three established triathlons this season- North Battleford, Duck Mountain and La Ronge. I think one dilemma a number of race directors were mentioning was the issue of entries arriving at the last minute. We plan to review the race schedule for next season in order to be able to provide triathletes with a calendar of the race schedule well in advance of the season opener.

Probably some of the loudest applause at the 2000 Olympics was reserved for the East Guinea swimmer who we could all beat in the 100m freestyle. The crowd gave him a standing ovation when he completed his 100m swim in just over a 1:40. I think participation at any level of competition (KOS, elite, Ironman etc.) should be supported within our organization. The school race organized by the Saskatoon Triathlon Club in May gave inner city kids the chance to try a triathlon who because of their economic circumstances might not be able to afford a racing bike. I think it is important that we continue to improve communication of information, offer better training opportunities across the province and strengthen the club development base. I encourage each of you to consider participation at the club level as well as at the provincial level (ie volunteering at races, STAC membership, consider being a Board member, Level 1 or 2 Officiating etc.) Most of us prefer to think next year will be a better year – so let's insure that it is. I said this last year.

John Marshall- STAC President

Financial StatementSaskatchewan Triathlon Association
January 1 - September 22, 2000

	Budget	Actual to Date	Balance Remaining	
REVENUE				
A. Sask Lotteries Trust				
1) Annual Funding	25,000	25,000.00	0.00	
2) MAP	5,148	5,148.00	0.00	
5) Hosting	<u>0</u>	<u>360.00</u>	<u>-360.00</u>	
	30,148	30,508	-360	
C. Self-Help				
2) Playdown/Tourney Fees	19,000	0.00	19,000.00	
3) Membership Fees	3,750	4,069.00	-319.00	
5) Corporate Sponsorship	1,000	625.00	375.00	
8) Interest	<u>1,250</u>	<u>0.00</u>	<u>1,250.00</u>	
	25,000	4,694.00	20,306.00	
TOTAL REVENUE		55,148	35,202.00	19,946.00
EXPENSES				
A. Administration				
2) Office Operations	500	239.90	260.10	
3) Insurance	550	696.00	-146.00	
4) Legal	10	40.00	-30.00	
5) Audit	1,200	1,658.50	-458.50	
6) Board & Cmtee Mtgs	350	128.85	221.15	
7) AGM	50	0.00	50.00	
8) National Meetings	1,500	1,528.52	-28.52	
10) ITU Rule Books	<u>90</u>	<u>0.00</u>	<u>90.00</u>	
	4,250	4,291.77	-41.77	
B. Organizational Development				
1) Newsletters	1,500	0.00	1,500.00	
3) Conferences/Symposiums	180	0.00	180.00	
6) Web Page Development	<u>300</u>	<u>505.00</u>	<u>-205.00</u>	
	1,980	505.00	1,475.00	
C. Sport For All				
1) Coaching Development	2,850	2,346.64	503.36	
2) Officials Development	1,600	1,178.08	421.92	
3) Intro/Participation Programs		7,900	5,695.90	2,204.10
5) Competitions	<u>20,825</u>	<u>334.65</u>	<u>20,490.35</u>	
	33,175	9,555.27	23,619.73	
D. Sask First				
1) Coaching Development	1,625	175.92	1,449.08	
2) Officials Development	2,250	1,579.81	670.19	
4) Training	1,000	0.00	1,000.00	
5) Competition	6,000	6,972.40	-972.40	
7) Athlete Assistance	<u>1,500</u>	<u>0.00</u>	<u>1,500.00</u>	
	12,375	8,728.13	3,646.87	
E. Categorical Grants				
1) MAP	5,148	490.00	4,658.00	
F. Other				
1) National Dues/Affiliations		400	480.00	-80.00
2) Sask Sport	50	50.00	0.00	
3) Uncategorized Expenses	<u>500</u>	<u>0.00</u>	<u>500.00</u>	
	950	530.00	420.00	
TOTAL EXPENSES		57,878.00	24,100.17	33,777.83 33,777.83
SURPLUS(DEFICIT)		-2,730.00	11,101.83	-13,831.83
Opening Balance		14,262.41	2,418.12	11,844.29

From: Travis M. F. Laycock[SMTP:laycock@duke.usask.ca]

Sent: Thursday, October 12, 2000 1:15 PM

Subject: Coaches/Athletes Education

Sport Medicine and Science Council of Saskatchewan

PRESENTS

A FREE TRAINING SEMINAR FOR ALL COACHES AND

ATHLETES

SATURDAY, NOVEMBER 18, 2000 1:00-4:00 PM

FACULTY OF PHYSICAL ACTIVITY STUDIES UNIVERSITY OF REGINA

TOPICS INCLUDE:

RESISTANCE TRAINING PLYOMETRICS FLEXIBILITY TRAINING

· Free Weight Technique · Upper Body Exercises ·

Static

Stretching

· Tips for Developing: · Drills to Increase: ·

Dynamic Stretching

- Strength - Vertical Jump · PNF

Stretching

Power - Running Speed

FOR MORE INFORMATION OR TO REGISTER

Saskatchewan Triathlon Association Corporation

RELEASE OF LIABILITY, WAIVER OF CLAIMS, ASSUMPTION OF RISKS, INDEMNITY AGREEMENT AND MEMBERSHIP APPLICATION



WARNING: BY SIGNING THIS DOCUMENT YOU WILL WAIVE CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE.

PLEASE READ CAREFULLY!

TO: THE ORGANIZERS OF Any Saskatchewan Triathlon Association Corporation Sanctioned Event

2001 S.T.A.C. Membership Application

Type of membership desired • Race Day Fee (\$5.00) • Junior (under 19)(\$10.00) • Adult(\$20.00) • Family(\$40.00)

Table with 3 columns: Name, Birth date (Month/Day/Year), Sex. It contains five rows of blank lines for data entry.

Form fields for Address, City, Phone (H), E-Mail, Postal code, and Phone (W).

Club Affiliation: _____

Send newsletter via electronic format • Yes • No

ASSUMPTION OF RISK

I am aware that participating in the sport of Triathlon and Any Saskatchewan Triathlon Association Corporation Sanctioned Event has many inherent risks, including but not limited to:

Drowning, electrocution, being hit by a boat, breaking of limbs, bicycling crashes, car crashes, saddle sores, carpal tunnel syndrome, repetitive strain injuries, bee stings, food poisoning, allergic reactions, animal bites, insect bites, blisters, sunburn, dehydration.

I freely accept and fully assume all such risks, dangers and hazards and the possibility of personal injury, death, property damage or loss, resulting therefrom.

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

In consideration of The Organizers of Any Saskatchewan Triathlon Association Corporation Sanctioned Event of allowing my participation in Any Saskatchewan Triathlon Association Corporation Sanctioned Event, I agree as follows:

- 1. TO WAIVE ANY AND ALL CLAIMS that I have or may have in the future against The Organizers of Any Saskatchewan Triathlon Association Corporation Sanctioned Event and its members, officers, employees, students, agents, sanctioning organization, volunteers and independent contractors (all of whom are hereinafter collectively referred to as "the Releasees");
2. TO RELEASE THE RELEASEES from any and all liability for any loss, damage, injury or expense that I may suffer, or that my next of kin may suffer as a result of my participation in the sport of Triathlon and Any Saskatchewan Triathlon Association Corporation Sanctioned Event due to any cause whatsoever INCLUDING NEGLIGENCE, BREACH OF CONTRACT, OR

BREACH OF ANY STATUTORY OR OTHER DUTY OF CARE, INCLUDING ANY DUTY OF CARE OWED UNDER THE OCCUPIERS' LIABILITY ACT, RSA 1980 c. 0-3 AS AMENDED ON THE PART OF THE RELEASEES;

..... _____(initial here that you have read paragraph 2)

3. **TO HOLD HARMLESS AND INDEMNIFY THE RELEASEES** from any and all liability for any damage to the property of, or personal injury to, any third party, resulting from my participation in the sport of Triathlon and *Any Saskatchewan Triathlon Association Corporation Sanctioned Event*; and

4. This agreement shall be effective and binding upon my heirs, next of kin, executors, administrators, assigns and representatives in the event of my death or incapacity.

In entering into this Agreement, I am not relying upon any oral or written representations or statements made by the Releasees other than what is set forth in this Agreement.

5. "I realize that, with this membership, I may be subject to unannounced drug testing as provided for by Triathlon Canada's agreement with the Canadian Centre for Ethics in Sport.."

I HAVE READ AND UNDERSTOOD THIS AGREEMENT AND I AM AWARE THAT BY SIGNING THIS AGREEMENT I AM WAIVING CERTAIN LEGAL RIGHTS WHICH I OR MY HEIRS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS AND ASSIGNS MAY HAVE AGAINST THE RELEASEES.

Signed this _____ day of _____ 2000/2001

SIGNATURE OF PARTICIPANT

SIGNATURE OF WITNESS



SIGNATURE OF PARENT OR GUARDIAN IF PARTICIPANT IS UNDER 18 YEARS

PLEASE PRINT PARENT/GUARDIAN NAME CLEARLY



This agreement must be completed in full, signed, dated, witnessed and paragraph 2 must be initialled before the participant may participate in the sport.

Cheques payable to S.T.A.C.

Mail Application and fees to:

STAC Membership c/o David Hryn
814 - 4th Avenue North
Saskatoon, Sask
S7K 2N4

Any questions or inquires I can be reached at 306-244-6493 or dhryn.mgeorgas@sk.sympatico.ca

University Tri Club News

Here is a summary of what the university tri club is doing:
 Mon: 17:30 Run - workout leaving from Phys.Ed.- dynamic warmup and interval workout Janna Herbison coaching Run - workout from the Field House - Janna +/- or Jim H. coaching

Tues: 18:15 Bike - cyclocross ride from the Broadway Roastery

Wed: (nothing now) Bike - indoor windtrainer workout at the Williams Building

Thurs: 21:45-22:45 Swim - at Phys. Ed pool - Valerie Smith coaching

Fri: 15:00 Run - longer moderate pace run

Sun: 09:15 -10:15 Swim - at Phys.Ed pool - Valerie Smith coaching

We have a meeting on Nutrition Oct. 11 at 18:00 in the Williams Building. That is when we will have a new executive and I will email you as to who

they are. We are also planning on having a "Splash and Dash" race either Oct 15 or the 22. Jen and I will decide the details this Tues.

Hope you have a good Thanksgiving!

Jolene H.

SASKATCHEWAN TRIATHLON ASSOCIATION CORPORATION

POLICIES AND PROCEDURES FOR THE DISPENSING OF MEMBERSHIP ASSISTANCE PROGRAM (MAP) FUNDING GRANTS TO AFFILIATED MEMBERS

3.7.6.

3.7.7.

Research projects or feasibility studies.
 Any other expenses as deemed ineligible by the STAC.

1.0. Purpose

- 1.1. The purpose of MAP is to provide financial assistance to our affiliated membership so that they may operate programs that will increase the quality and level of membership for their clubs and STAC.
- 1.2. MAP grants are made available to STAC through the assistance of **SASKATCHEWAN LOTTERIES TRUST FUND FOR SPORT, CULTURE AND RECREATION** and are derived from the sale of lottery tickets in Saskatchewan.

2.0. Eligibility

- 2.1. MAP funds will be available to those individual members, clubs and sanctioned race organizations which are a member in good standing of the STAC.

3.0 MAP Grant Eligibility Policies

- 3.1. One completed Spending Plan is required for each type of assistance applied for.
- 3.2. All applications are subject to the approval of the STAC Executive Board.
- 3.3. All applications will be approved or rejected by August 15 for the following year.
- 3.4. The applicant must be able to provide some self help toward the funding of the project.
- 3.5. Applications where there is duplicate funding or deficit funding will not be accepted.
- 3.6. Special consideration will be given to an organization who may need assistance in the formation of a new club who will become members of the STAC.
- 3.7. Ineligible Expenditures:
 - 3.7.1. Any construction, upgrading, maintenance, or operating costs of facilities.
 - 3.7.2. Subsidization of full-time employees (part-time or seasonal wages utilized in program development are eligible).
 - 3.7.3. Cash prizes.
 - 3.7.4. Social events (barbecues, lunches, etc.).
 - 3.7.5. Alcoholic beverages.

4.0. How to Apply for MAP Grants

- 4.1. Application forms (**MAP Spending Plan** see appendix A) should be typewritten and must be signed by the applicant. The MAP Spending Plan must be filled out completely including the budget and measurable objectives for the planned event (see sample appendix B).
- 4.2. Send the completed and signed MAP Spending Plan to:

Saskatchewan Triathlon Association Corporation
..... Current Executive Member
- 4.3. The deadline for MAP Spending Plan applications is July 1 for the following year.
- 4.4. Late or improperly completed Spending Plans will be returned to the applicant.

5.0. Payment of MAP Grants

- 5.1. Applicants will be notified of acceptance shortly after the August 15 deadline.
- 5.2. The Applicant will be informed of the type of expenditures approved and the amount of funding assistance that will be provided.
- 5.3. After completion of the event/project a **MAP Follow-Up Report** form (see appendix C) must be submitted complete with original receipts and signed by the applicant (see sample appendix D).
- 5.4. Completed MAP Follow-Up Reports should be returned no later than two weeks after the event/project has been completed.
- 5.5. The MAP grant funds will be dispersed once the completed MAP Follow-Up Report and receipts have been received.

6.0. Indemnification

- 6.1. MAP grants paid to affiliated members, clubs and race directors are done on the condition that the funds are used for the purpose applied for.

7.0. MAP Grant Awareness Policy

- 7.1. The STAC informs its affiliated members, clubs, race directors and other potential applicants of the MAP grant program as follows:
 - 7.1.1 Direct mail out of guidelines and required forms to all clubs, race directors and previous MAP grant applicants.
 - 7.1.2 Publishing of guidelines and required forms in the STAC newsletter "Triathlon Times".
 - 7.1.3 Outlining of the MAP grant program at the Annual General Meeting.

Time lines may be extended by the STAC board.

Athlete Assistance

Purpose

To provide financial support to qualified Saskatchewan athletes to assist them in their pursuit of high performance goals.

Description

The STAC's Athlete Assistance Program is made possible through funding grants from Saskatchewan Lotteries Trust Fund as administered by Sask Sport Inc. Athletes qualify for this assistance by their performance in a number of competitions and training activities, and by maintaining membership in a Saskatchewan triathlon club.

Eligibility

Athletes must:

- 1) be members in good standing of STAC;
- 2) be members in good standing of a Saskatchewan triathlon club (effective 1999);
- 3) be resident in Saskatchewan or a Saskatchewan resident attending a post-secondary educational institution outside the province.

Conditions

Athletes receiving funding must sign an undertaking that in the following year they will 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.

Failure to act in good faith with respect to the undertaking may disqualify the athlete from consideration for further assistance.

Athletes are advised to complete the following testing protocol:

January: 1500 metre swim

February: 5 km. run

March: 1500 metre swim

April: 5 km run

May: 25 km bike time trial

Criteria

Points will be accumulated for participation and performance in testing and racing as set out below.

Testing:

Points:

- | | |
|--------------------------|------------------|
| participation: | one point |
| for level one: | plus one point |
| for level two: | plus two points |
| for level three: | plus four points |

Competition Results:

Provincial Championship:

- | | |
|--|-----------|
| Based on overall results in junior or open category. | |
| first place | 12 points |
| second place | 10 points |
| third place | 8 points |

National Championships:

- | | |
|--|-----------|
| Junior competitors compete in the junior elite category. All other athletes must compete in the elite category in order to achieve points under this category. | |
| top 3 . . . | 35 points |
| top 10 . . | 25 points |
| top 20 . . | 12 points |

Standards for Tests - (times in minutes)									
Category	Swimming - 1500 metre swim			Cycling - 25 km bike time trial			Running - 5 km run		
	Level 1	Level 2	Level 3	Level 1	Level 2	Level 3	Level 1	Level 2	Level 3
Junior Women	2324	2122	#20	48 - 50	45 - 47	#44	2324	2122	#20
Open Women and Junior Men	2223	2021	#19	44 - 45	41 - 43	#40	2223	2021	#19
Open Men	2021	1819	#17	39 - 40	36 - 38	#35	2021	1819	#17

The High Performance Committee (HPC) may take into account course and weather conditions, and time achieved relative to fastest time on the course. Each test must be carried out under the supervision of a club or STAC official and the results signed by the official. It is recommended that results are forwarded immediately to the STAC Secretary.

Application Process

Athletes must submit an application containing the relevant information on test and competition results to the STAC board by August 31st of the year. In a year when the National Championships occur after this date, all available results should be submitted by August 31st and the remaining results submitted within two weeks of the final competition.

Athletes should state their willingness to make the required undertakings and their competitive goals for the coming season.

Athletes must accumulate a minimum of fifteen points to be considered. Athlete assistance grants will be awarded on the basis of the points accumulated by each qualified athlete. The amount of athlete assistance available is dependent on the annual budget. In 1999, it is projected that a total amount of \$1000 will be available.

Distribution of the funds will be at the discretion of the High Performance Committee. Typically, up to two athletes will be awarded funding however in the event of a tie or other extenuating circumstances fewer or more awards may be made. The HPC will develop and distribute additional guidelines as needed.

Time lines may be extended at discretion of the STAC board.

Athlete Assistance Training Grant

Purpose

To provide financial support to qualified Saskatchewan athletes to assist them in their pursuit of high performance goals.

Description

The STAC's Athlete Assistance Training grant is made possible through funding grants from Saskatchewan Lotteries Trust Fund as administered by Sask Sport Inc. Athletes qualify for this assistance by their performance in a number of competitions and training activities, and by maintaining membership in a Saskatchewan triathlon club.

Eligibility

Athletes must:

- 1) be members in good standing of STAC;
- 2) be members in good standing of a Saskatchewan triathlon club (effective 1999);
- 3) be resident in Saskatchewan or a Saskatchewan resident attending a post-secondary educational institution outside the province.

Conditions

Athletes receiving funding must sign an undertaking that in the following year they will 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.

Failure to act in good faith with respect to the undertaking may disqualify the athlete from consideration for further assistance.

This grant is intended to assist athletes in attending training camps or performance evaluation sessions to better their performance and consists of monies to a maximum of \$1000. Grants will be awarded on a first come first serve basis.

Application Process

Applications for grant may be made to any STAC executive member and should consist of a written request for funding to attend training camp. Applications may be received after training session has occurred and should be in the current calendar year. Request should include:

- Description of Camp
- Expectations from Camp or what was achieved
- Expected expenses or expense list.
- Date of Camp
- Amount requested

Following camp:

Athlete must prove attendance at camp or evaluation and submit receipts for expenses incurred in attending training session. In the event of non attendance or large discrepancies in expenses, monies may be asked to be returned.

Applications will be discussed at next STAC executive meeting and board reserves right to only partially fund a training session or evaluation.

Criteria to Select Elite Athlete(s) for Provincial Team Funding - Guidelines

Financial support will be provided to the Provincial Junior Team, the Provincial Senior Team and the Provincial Masters Team to attend Triathlon Canada National Championships or alternative race as chosen by the STAC board. The actual amount of funding will be determined once Triathlon Canada has selected it's National Championship Locations.

To qualify for the Saskatchewan provincial team selection and funding one must be:

- < a resident of Saskatchewan
- < a Canadian citizen
- < a member in good standing with STAC
- < a member in good standing with a local club within the province
- < meet the time standard for the division they are competing in

Junior Team

2 Male and 2 Female
 Time Standard Male: 2:35 Female 2:50
 First and second place finishers at the designated selection race.

Senior Team

3 Male and 3 Female
 Time Standard Male: 2:15 Female 2:35
 First and second place finishers at the Provincial Triathlon Championship.
 First place finisher in the Provincial Triathlon Points Series.

Masters Team

1 Male and 1 Female
 Time Standard Male: 2:35 Female 2:50
 First place finish at the Provincial Triathlon Championship in the masters category.

- Junior age shall be defined in accordance with Triathlon Canada rules. Currently 19 years or younger on January 1st.
- Masters age is defined as age 40 or over as of the day the Triathlon Canada National Championships.
- Athletes who have met the time standard for their category are eligible for Provincial Team selection.
- Provincial Triathlon Series points will be calculated based on best 3 performances prior to the selection date.
- An athlete is not eligible for funding as a member of 2 teams. In the event that a junior or a masters athlete qualifies and the senior team that athlete must choose which team they wish to join.
- If a junior athlete elects to join the Senior Team the next highest finishing junior at the Provincial Triathlon Championships will qualify for the Junior Team.
- If a masters athlete elects to join the Senior Team the next highest finishing master at Provincial Triathlon Championships will qualify for the Masters Team.
- If a junior or master athlete qualify for the Senior Team they will not be required to meet the time standard for the senior category provided they meet the time standard for their category.
- In the event the first or second place finisher at the Provincial Triathlon Championships is also the Provincial Triathlon Points Series leader the next highest series point winner shall qualify for the 3rd spot on the senior team.
- If overall point winner is not 1st or 2nd at Provincials, 3rd Spot on team should be overall point winner if overall point winner is 1st or 2nd at Provincials. 3rd Spot on team goes to next overall point winner, if 2nd overall point winner is 1st or 2nd at Provincials. 3rd Spot on team goes to 3rd overall pt winner, providing they meet time standard. If 3rd overall point winner does not qualify the third spot would go to the third finisher at Provincials
- Points are awarded as follows; 1st - 25, 2nd - 20, 3rd - 18, 4th - 17, 5th - 16, 6th - 15, ..., 20th - 1 point.
- Points are only awarded at provincially sanctioned events where all sanctioning procedures have been fulfilled.

For Sale 2 Zipp wheels, one tubular wheel, and one clincher wheel

Titanium Triathlon Bike, custom-built Asking \$2200.

59.5 cm. (23 1/2"), 78 degree frame Contact:
Fiona Cribb
306-586-7419
fcribb@sk.sympatico.ca

26" (650) wheels, Shimano Ultegra components

Look pedals, Profile Air-Stryke aerobars

Membership Counts 2000

Zones	
Zone 1	6
Zone 2	60
Zone 3	5
Zone 4	2
Zone 5	22
Zone 6	250
Zone 7	40
Zone 8	96
Other	37
?	4

Age Groups	F	M
N/A	20	7
0 - 12	120	50
13 - 19	76	23
20 - 34	145	61
35 - 55	148	44
55+	13	2
		11

Sex	
M	335
F	187

Membership Types	
Junior	6
KOS Race Day	2
Race Day	358
Individual	117
Family	39
	522

Elite Carding Time Standards - Guidelines

These times are suggested as times that were to be performed as stand alone events, total level times are included as an indication of times that would be required if standards were met in one event. Persons evaluating times should allow for transitions and course conditions if times submitted were performed at one event.

As an example: for Open Men in order to meet a level one standard for all three events the total of the swim, bike and run times submitted for evaluation should be 127 min (2:07) or less. If person is submitting a triathlon result time of 2:09 it might be reasonable to allow 3min for transitions and award them a level one standard. Amount of time allowed for transitions or course conditions is at the discretion of the high performance committee. Times may be prorated, but most elite races are at least standard triathlon distances and this should be kept in mind when deciding whether to award a level. If level is awarded on a prorated basis it should be reasonably clear that the athlete could perform the time standard at the full distance.

Elite Carding Standard												
Category	Level One*				Level Two*				Level Three*			
	Swim 1500m	Bike 40k	Run 10k	Total Level time	Swim 1500 m	Bike 40k	Run 10k	Total Level time	Swim 1500 m	Bike 40k	Run 10k	Total Level time
Junior Women	#24	#80	#48	2:32	#22	#75	#44	2:21	#20	#70	#40	2:10
Open Women and Junior Men	#23	#72	#46	2:21	#21	#69	#42	2:12	#19	#64	#38	2:01
Open Men	#21	#64	#42	2:07	#19	#61	#38	1:58	#18	#57	#34	1:49

Standards are achieved at separate events (i.e. swim meet, 10k run, etc), all events should be performed within a reasonable time of each other (two months maximum). Performances in the period from March of the previous year to the date of application will be considered. * the HPC may take into account course, weather conditions, or prorate times to match distances, and time achieved relative to fastest time on the course.

Annual "Elite" membership cards may be issued to anyone providing proof of performance meeting Level 2 criteria for swimming, biking and running and meeting at least one level 3 criteria. If person is applying for a Duathlon card; one time standard would be level two, the other level three. Applications from individuals not meeting individual event standards but meeting total time standards may also be considered.

Category	Slowest total times for consideration for "Elite" Triathlon membership card, if submitting a triathlon time, 3 min transitions will be assumed and deducted unless information provided otherwise indicates.	
	Total times	Triathlon time
Junior Women	02:19:00	02:21:00
Open Women and Junior Men	02:10:00	02:13:00
Open Men	01:57:00	02:00:00

It is not necessary to have an "elite" membership in order to obtain provincial team funding. An "elite" STAC membership is intended to provide a bridge to obtaining a Triathlon Canada Elite Developmental card and to assist STAC membership in entering races which require "Elite" carding. Both Triathlon Canada Elite Developmental card and STAC Elite membership cards require a separate application.

2001 Draft Saskatchewan Triathlon Race Calendar

Date	Race	Location	Contact
Saturday, March 3 or 10	Indoorman Triathlon	Saskatoon	Jeff Hehn 652-2483 jhehn@cc.ca
Sunday April 22 or 29	Bridge City Duathlon 1km Run, 10km Bike, 1 km Run... 1km Run, 10km Bike, 1 km Run	Saskatoon	Jeff Hehn 652-2483 jhehn@cc.ca
Sunday, May 6	IceBreaker Triathlon 750m Swim, 12k Bike, 5 k Run/ KOS event	Regina	Brent Gibson brentgibson@insurance-store.com
Saturday, May 12th	Women's Y-Not- Try - A - Tri 150m Swim , 3k bike, 1k run / KOS event	Saskatoon YWCA	Kim Larsen (306) 931-4909 kiml@qcc.sk.ca
Sunday, May 13th	Mother's Day KOS KOS/100m,4km,1km and 300m, 15km, 4km	Prince Albert	Greg Sylvester (306)- 763-5154 sylvg@sk.sympatico.ca
Saturday, June 2 or 9th	Moes' Triathlon 500m Swim, 16k Bike, 3k Run-/ KOS	Saskatoon	Marilyn Georgas 244-6493 dhryn.georgas@sk.sympatico.ca
Sunday, June 10th	Pre Fathers' Day KOS KOS/100m,4km,1km and 300m, 15km, 4km	Prince Albert	Greg Sylvester (306)- 763-5154 sylvg@sk.sympatico.ca
Saturday June 16th	Saskatoon KOS	Saskatoon	Nan Lee (306) 249-0506 nan.lee@usask.ca
Sunday, June 17th	Spin on Spadina Provincials Selectionb Race - Youth & Junior standard: 1500m Swim, 40k Bike, 10k Run sprint: 750m Swim, 20k Bike, 5k Run	Saskatoon	Jeff Hehn 652-2483 jhehn@cc.ca
July 2, 2000	Canada Day Triathlon 300m, 15km, 4km	Sandy Lake	Greg Sylvester (306)- 763-5154 sylvg@sk.sympatico.ca
July 2, 2000	Triathlon Canada National Championships	Drummondville, Que	
Sunday July 8th	Regina Beach 1.5 k Swim, 40 k Bike, 10k Run - Suggest that this triathlon be moved or rolled into Echo Valley	Regina Beach	Doug MacKenzie trigeek@cableregina.com
July 8th or 15th	North Battleford Triathlon		
Sunday July 22	World Triathlon Championships	Edmonton, AB	
Saturday July 28 th Sunday July 29th	Echo Valley Sprint/Standard/Echo Valley 1/2 Ironman/KOS event	Fort Qu'Apelle	Trevor Soll tsoll @telus.planet
Aug 4-6	Duck Mountain Tri Festival Youth Interprovincial (Man/Sask) Mtn Bike Duathlon/ Standard Distance Triathlon / KOS	Duck Mountain Prov.Park)	Kevin Sutton ksutton@dc.aol.com
Sunday, Aug 12	Frank Dunn Toyota Triathlon 1.5 k Swim, 63k Bike, 13k Run	Waskesiu	Mark Nagy (306) 763-8041 (H) markn@sk.sympatico.ca
Sunday, August 19th	Freeze, Breeze & Wheeze Tri 500m Swim, 14k Bike, 6k Run	La Ronge	Dave Zarazun (306) 425-2477 zarazun@sk.sympatico.ca
Sunday, Aug 26th	Meadow Lake Triathlon 500m Swim, 14k Bike, 4k Run/ KOS	Meadow Lake	Mike Levesque (306) 236-2086 dieselmike@sk.sympatico.ca
Sunday, Sept 16th	Tri for Terry Fox Triathlon, Terry Fox Fundraiser KOS/100m,4km,1km and 300m, 15km, 4km	Prince Albert	Greg Sylvester (306)- 763-5154 sylvg@sk.sympatico.ca