



T.O.P 2023/2024 Athlete Development Program Policy

U18-Open Senior Program

Program Goals & Description

Purpose:

The TOP - Athlete Development Program’s purpose is to systematically guide and support athletes and their personal coaches along a sustainable pathway to National Podium Performances, and National Team Representation.

Mission:

The TOP - Athlete Development Program aims to identify, develop and support Edmonton athletes aspiring towards high performance track and field by promoting a positive, holistic sport experience which aides in life long value, personal growth and wellness.

Pillars of Athlete Development:

1. Talent ID & Recruitment
2. Coach & IST Support
3. Performance Development
4. Athlete Funding Support
5. Athlete Education



Support Program	TOP Athlete Development Pathway					Athletics Canada's Performance (Podium) Pathway					
	Talent Optimization Program (TOP)				TOP / CAPP Talent Confirmation		CAPP Transition		CAPP Podium		
Tier	Development Program	Tier 4 - Talent Pool	Tier 3 - Talent ID	Tier 2 - Talent Development	Tier 1 - CAPP Talent Confirmation		International Class	World Class	Top 8	Medal	Gold
Target Athlete	U16-U18 Age Group	U18 Age Group	U20-U23 Age Group	U23+ Age Group	U23+ Age Group	8-6 years from podium	6 to 4 years from podium	4 to 2 years from podium	Top 8	Medal	Gold
Long-Term Athlete Development Stages	Train to Train		Train to Compete				Train to Win				

Athlete Eligibility

1. Athlete Tiers:
 - a. Tier 1 - Talent Confirmation: Athletes 18 years of age or older who meet the standard and discretionary considerations between Nov. 1, 2022 - Aug. 31, 2023. **Younger athletes may be considered.*
 - b. Tier 2 - Talent Development: Athletes 18 years of age or older who meet the standard or discretionary consideration criteria as of Nov. 1, 2022 - Aug. 31, 2023. **Younger athletes may be considered.*
 - c. Tier 3 - Talent Identification: Athletes 18-22 years of age who meet the standard or discretionary consideration criteria as of Nov. 1, 2022 - Aug. 31, 2023. **Younger athletes may be considered.*
 - d. Tier 4 - Talent Pool - Athletes 16-17 years of age who meet the standard or discretionary consideration criteria between Nov. 1, 2022 - Aug. 31, 2023. **Athlete's turning 16 in 2024 may be considered.*
**Para athletes may not follow the age targets mentioned here*
2. Application:
 - a. Athletes must complete and submit their T.O.P application on time with supporting documentation (See Application Process below).
3. Membership Status:
 - a. Athletes must have a current Full Year Competitive Membership with Athletics Alberta in the year of applying, and belong to an Athletics Alberta registered Track and Field Club in the Edmonton area and remain so for the year that the funds are being distributed.
 - b. An athlete is eligible to receive support if they transfer mid-year between Athletics Alberta registered clubs that are located within the Edmonton area. An athlete becomes ineligible to receive support if they transfer to a club outside of the Edmonton area in the year that support is being provided.
4. Residency Requirements:
 - a. Athletes must be a resident of Edmonton, Alberta and/or surrounding area for at least 6 months prior to the application deadline. According to the Edmonton Track and Field Council Bylaws, this is indicated as a 50-km radius from the center of Edmonton. Consideration may be provided to those athletes driving in from outside this radius to train with an ETFC club.
 - b. Athletes must maintain Edmonton (or area) as their permanent residence if training or other endeavors take them away from Edmonton for a period of time. They must discuss a plan with the TOP Director to ensure they show adequate presence at home (Edmonton) throughout the year.
 - c. Athletes must be a Canadian citizen or have landed immigrant status and be pursuing their citizenship prior to Aug.31st of the funding year. Documentation may be requested.
 - d. Athletes competing internationally for another country are ineligible to receive T.O.P funding/support.

5. NCAA Athletes:
 - a. Athletes attending a non-Canadian educational institution will only receive facility access & training support for the months between September 1 – April 30 that they are training or competing in/for an Athletics Alberta registered club within the Edmonton area.
 - i. Athletes must indicate their Compliance Officer/coaches name and contact information on the application form. Failure to do so will void the application.
 - b. Athletes attending a non-Canadian educational institution will only receive funding for the months between May 1 – August 31 that they are training or competing in/for an Athletics Alberta registered club within the Edmonton area. Funds must be used in accordance to their educational institution's policies (e.g. NCAA funding guidelines).
 - c. Athletes returning to Edmonton following the completion of an athletics scholarship at a non-Canadian educational institution will be eligible for T.O.P funding for the same funding year provided they meet residency requirements.
6. Canadian Athletics Performance Pathway (CAPP):
 - a. Athletes on CAPP at the World Class level or higher will be considered based on need.
7. Athlete's Coach:
 - a. Residency Requirements:
 - i. All athletes must list a coach on their application form who is located in the Edmonton area and registered with Athletics Alberta.
 - b. Professional Development:
 - i. We strongly encourage all coaches of TOP athletes to work towards becoming a Certified NCCP Club or Performance Coaches to further their development. Support is available through the [TOP Coach Bursary](#) for this.
8. Exceptional Circumstances:
 - a. If an athlete sustains a diagnosed physical or mental injury, becomes pregnant or is unable to compete for some other reason, they may apply to the TOP for an Exemption Card, using their results from the previous indoor or outdoor season.
 - b. Athletes can be considered for the TOP program throughout the year at the discretion of the TOP Director and Committee, based on available budget.
9. Canadian Anti-Doping Program:
 - a. Athletes shall abstain from the non-medical use of drugs or the use of performance-enhancing drugs or methods. The T.O.P adheres to the Canadian Anti-Doping Program. Any infraction under this Program shall be considered an infraction of this Code and may be subject to loss of T.O.P funding. Athletes who breach the Canadian Anti-Doping Program will be required to repay any funding that they received from the T.O.P during the current funding year.

Program Standards and Selection Criteria

The following standards have been developed with guidance from Athletics Canada to provide a systematic progression for athletes towards the Canadian Athletics Performance Pathway (CAPP) and the national carding system. **Para athletes may not follow the age targets mentioned here.*

Tier 1 - Talent Confirmation

Age Criteria: 18+

Younger athletes can be considered with funding conditions.

Order of selection criteria:

1. Tier 1 standard achieved (see below)
2. Discretionary Considerations: Athlete Capacity Profile and athlete's year over year performance progression.

Standard:

Equivalent to Athletics Canada's 2023 CAPP Talent Confirmation Standard

Tier 1:		
Women	Event	Men
11.4	100m	10.35
23.52	200m	20.85
52.87	400m	46.64
2:05.00	800m	1:47.91
4:14.14	1500m	3:42.52
15:28.07	5000m	13:39.61
32:53.66	10,000m	28:06.59
1:11:49	Half Marathon	1:02:04
2:34:06	Marathon	2:13:23
1:34:06	20km RW	1:24:57
10:01.97	3000m Steeplechase	8:33.80
13.34	100m/110m Hurdles	13.65

57.37	400m Hurdles	50.75
1.86	High Jump	2.21
6.37	Long Jump	7.73
13.77	Triple Jump	16.22
4.29	Pole Vault	5.32
56.97	Discus	58.94
64.24	Hammer	72.89
56.03	Javelin	75.93
17.05	Shot Put	19.19
5660	Heptathlon	-
-	Decathlon	8109

Tier 2 - Talent Development

Age Criteria: 18+

Younger athletes can be considered with funding conditions.

Order of Selection Criteria:

1. Tier 2 standard achieved (see below)
2. Discretionary Considerations: Selection to National Team, % of standard achieved, Athlete Capacity Profile

Standard:

Developed from Athletics Canada's CAPP TC Standard with -1 Standard Deviation to maintain respective event progressions

**adjustments made as needed using IAAF Points to ensure event progression between tiers*

Tier 2:		
Women	Event	Men
11.66	100m	10.52

24.21	200m	21.20
54.59	400m	47.76
2:08.66	800m	1:50.33
4:21.79	1500m	3:48.84
15:58.47	5000m	14:02.23
34:10.16	10,000m	29:20.7
1:15.42	Half Marathon	1:04.19
1:38.22	20k RW	1:28.15
10:28.67	3000m Steeplechase	8:49.69
13.76	100m/110m Hurdles	13.97
59.09	400m Hurdles	51.70
1.79	High Jump	2.14
6.22	Long Jump	7.60
13.26	Triple Jump	15.60
4.16	Pole Vault	5.22
54.56	Discus	57.44
62.23	Hammer	68.57
54.53	Javelin	73.90
16.13	Shot Put	18.46
5519	Heptathlon	-
-	Decathlon	8109

Tier 3 - Talent Identification

Age Criteria: 18-22

Younger athletes can be considered with funding conditions.

Order of Selection Criteria:

1. Tier 3 standard achieved (see below)
2. Discretionary Considerations: Selection to National Team, % of standard achieved, Athlete Capacity Profile

Developed from 2023 U20 PanAm Standards (94-95%)

**adjustments made as needed using IAAF points to ensure event progressions between tiers*

Tier 3:			
Women	Event	Men	
U20		U20	U23 Implement
12.01	100m	10.69	
24.53	200m	21.56	
55.16	400m	48.14	
2:09.64	800m	1:52.04	
4:28.18	1500m	3:50.58	
9:41.09	3000m	8:18.04	
16:36.08	5000m	14:14.28	
24:16.02	5km/10km RW	42:59.64	
10:40.24	3000m Steeplechase	9:09.36	
14.09	100m/110m Hurdles	14.10	14.36 (42")
1:00.62	400m Hurdles	52.65	
1.76	High Jump	2.09	
6.07	Long Jump	7.47	
12.65	Triple Jump	15.31	
4.02	Pole Vault	5.11	
52.15	Discus	57.94	55.93 (2kg)
60.22	Hammer	68.39	65.99 (7.26kg)
53.03	Javelin	71.86	

15.22	Shot Put	18.35	17.73 (7.26kg)
5379	Heptathlon	-	-
-	-	Decathlon	7146

Tier 4 - Talent Pool

Age Criteria: 16-17

Athletes turning 16 in 2024 may be considered with funding conditions.

Order of Selection Criteria:

1. Tier 4 - U18 standard achieved (see below)
2. Discretionary Considerations: Selection to National Team, % of standard achieved, Athlete Capacity Profile

Developed from 2023 NACAC U18 Standards (95-94%)

**adjustments made as needed using IAAF points to ensure event progressions between tiers*

Tier 4		
Women	Event	Men
12.17	100m	10.94
24.96	200m	22.04
56.47	400m	49.18
2:12.61	800m	1:54.77
4:33.16	1500m	3:57.41
9:50.00	3000m	8:36.29
24:45.27	5km / 10km RW	45:06.38
7:07.50	2000m Steeplechase	6:10.97
14.25	100m/110m Hurdles	14.21
1:02.47	400m Hurdles	54.86
1.70	High Jump	2:03

5.88	Long Jump	7.13
12.31	Triple Jump	14.68
3.79	Pole Vault	4.88
47.62	Discus	53.42
54.89	Hammer	63.02
50.92	Javelin	68.62
15.84	Shot Put	16.96
5076	Heptathlon	-
-	Decathlon	6856

Para Athlete Guidelines

In addition to the requirements detailed in the TOP Athlete Funding Policy, para-athletes will be considered for TOP under the following criteria:

1. Athletes must be officially classified by World Para Athletics or be 'in review' status.
2. Athletes will be considered based on 'Training Age' rather than date of birth.
3. Para Development Standards below are provided by Athletics Canada (p.10-11)
4. TOP Tier Equivalency:
 - a. TOP Tier 1 = 80% of Top 8 Standard
 - b. TOP Tier 2 = 75% of Top 8 Standard
 - c. TOP Tier 3 = 70% of Top 8 Standard

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Gender	Event	Classification	Avg. Top 8	WPA Point score	80%	80% WPA Point score	75%	75% WPA Point score	70%	70% WPA Point score
M	100m	T11	11.46	879	11.99	696	12.11	659	12.23	615
M	100m	T12	11.07	936	11.66	736	11.80	702	11.93	655
M	100m	T13	11.03	928	11.60	729	11.74	696	11.86	649
M	100m	T34	16.10	818	16.04	640	17.05	613	17.22	572
M	100m	T35	13.29	695	13.70	554	13.79	521	13.89	486
M	100m	T36	12.46	863	13.00	600	13.14	647	13.26	604
M	100m	T37	11.82	910	12.41	721	12.55	682	12.67	637
M	100m	T38	11.60	845	12.10	672	12.21	633	12.31	591
M	100m	T44	12.33	568	12.62	440	12.69	426	12.77	397
M	100m	T47 (T47,T45)	11.03	941	11.63	744	11.77	705	11.89	658
M	100m	T51	22.67	612	23.33	460	23.54	459	23.72	428
M	100m	T52	17.80	830	18.64	652	18.87	622	19.07	581
M	100m	T53	15.32	847	16.10	676	16.28	635	16.46	592
M	100m	T54	14.30	910	15.16	726	15.35	682	15.53	637
M	100m	T63 (T63)	13.00	713	13.42	577	13.51	534	13.61	499
M	100m	T64 (T64,T62)	11.31	917	11.88	722	12.02	687	12.14	641
M	200m	T35	28.43	491	29.09	413	29.21	368	29.37	343
M	200m	T37	24.08	894	25.29	707	25.57	670	25.84	625
M	200m	T51	42.87	533	43.99	392	44.39	399	44.69	373
M	200m	T64 (T64)	23.66	803	24.62	634	24.84	602	25.06	562
M	400m	T11	52.82	833	55.20	654	55.81	624	56.35	583
M	400m	T12	51.15	837	53.50	661	54.07	627	54.60	585
M	400m	T13	50.64	851	53.03	672	53.62	638	54.17	595
M	400m	T20	49.35	929	52.19	732	52.90	696	53.51	650
M	400m	T36	59.68	629	1:01.48	501	1:01.90	471	1:02.34	440
M	400m	T37	55.37	771	57.59	613	58.09	578	58.62	539
M	400m	T38	54.09	787	56.39	634	56.85	590	57.37	550
M	400m	T47 (T47,T45)	50.08	909	52.87	720	53.49	681	54.08	636
M	400m	T52 (T52)	1:02.94	755	1:05.76	600	1:06.45	566	1:07.13	528
M	400m	T53	50.78	842	53.56	672	54.20	631	54.83	589
M	400m	T54	46.84	929	50.06	741	50.77	696	51.45	650
M	400m	T62	53.69	364	54.73	310	54.91	273	55.19	254
M	800m	T34 (T34)	1:46.23	752	1:51.15	583	1:52.52	564	1:53.75	526
M	800m	T53	1:42.07	799	1:47.52	635	1:48.74	599	1:50.01	559
M	800m	T54	1:33.38	924	1:40.09	731	1:41.59	693	1:43.05	646
M	1500m	T11	4:19.61	771	4:29.06	601	4:31.50	578	4:33.78	539
M	1500m	T13 (T13)	4:00.46	824	4:10.53	652	4:12.83	618	4:15.15	576
M	1500m	T20	4:00.07	872	4:11.49	693	4:13.93	654	4:16.42	610
M	1500m	T38 (T38)	4:14.22	839	4:23.53	603	4:27.81	629	4:30.28	587
M	1500m	T46	4:07.18	737	4:16.08	599	4:17.75	552	4:19.79	515
M	1500m	T54 (T54)	2:55.40	970	3:10.76	770	3:14.16	727	3:17.30	679
M	5000m	T11	16:13.58	788	16:51.22	619	17:00.44	591	17:09.36	551
M	5000m	T13 (T13)	15:09.87	855	15:50.84	672	16:00.82	641	16:10.08	598
M	5000m	T54 (T54)	10:00.69	915	10:41.38	730	10:51.07	686	10:59.98	640
M	Long Jump	T11	5.88	748	5.52	603	5.44	561	5.36	523
M	Long Jump	T12	6.54	767	6.12	617	6.04	575	5.94	536
M	Long Jump	T13	6.34	770	5.94	608	5.85	577	5.76	539
M	Long Jump	T20	6.68	852	6.18	680	6.07	639	5.97	596
M	Long Jump	T36	5.27	827	4.91	645	4.81	620	4.73	578
M	Long Jump	T37	5.76	791	5.39	624	5.30	593	5.21	553
M	Long Jump	T38	5.79	709	5.48	546	5.39	531	5.31	496
M	Long Jump	T47 (T47,T45)	6.72	901	6.16	715	6.04	675	5.93	630
M	Long Jump	T63 (T63,T42)	5.66	667	5.39	490	5.29	500	5.22	466
M	Long Jump	T64 (T64,T44)	6.68	814	6.23	643	6.12	610	6.02	569
M	High Jump	T47 (T47,T45)	1.86	753	1.78	575	1.76	564	1.74	527
M	High Jump	T63 (T63)	1.70	690	1.64	534	1.62	517	1.60	482
M	High Jump	T64 (T64)	1.86	484	1.81	382	1.80	363	1.78	338
M	Club Throw	F32 (F32)	30.74	816	27.27	629	26.33	612	25.55	571
M	Club Throw	F51	28.64	904	24.96	689	23.84	678	23.05	632
M	Discus Throw	F11	35.73	823	31.83	644	30.87	617	30.03	576
M	Discus Throw	F37	46.33	846	40.92	675	39.77	634	38.66	592
M	Discus Throw	F52 (F52)	16.77	691	15.03	528	14.54	518	14.12	483
M	Discus Throw	F56 (F56,F54)	37.53	837	32.53	664	31.38	627	30.32	585
M	Discus Throw	F64 (F64,F43,F44)	50.59	818	45.21	635	43.76	613	42.57	572
M	Javelin Throw	F13 (F13)	55.16	755	49.41	576	47.77	566	46.42	528
M	Javelin Throw	F34 (F34)	29.03	788	25.32	629	24.62	591	23.82	551
M	Javelin Throw	F38	44.69	772	39.78	603	38.55	579	37.44	540
M	Javelin Throw	F41 (F41)	35.24	723	31.58	575	30.74	542	29.91	506
M	Javelin Throw	F46 (F46)	56.44	932	48.38	720	46.26	699	44.64	652
M	Javelin Throw	F54 (F54)	25.81	887	22.08	692	21.21	665	20.44	620
M	Javelin Throw	F57 (F57)	41.04	924	34.73	716	33.25	693	31.99	646
M	Javelin Throw	F64 (F64,F42,F43,F44,F61,F62)	55.33	913	47.65	710	45.67	684	44.15	639
M	Shot Put	F11	12.15	883	10.86	688	10.56	662	10.29	618
M	Shot Put	F12	13.14	643	12.18	518	11.99	482	11.77	450
M	Shot Put	F20	14.57	814	13.19	640	12.89	610	12.59	569
M	Shot Put	F32	8.92	760	8.04	582	7.80	570	7.60	532
M	Shot Put	F33	9.62	768	8.62	608	8.40	576	8.17	537
M	Shot Put	F34	10.69	839	9.41	676	9.16	629	8.90	587
M	Shot Put	F35	13.04	707	12.05	540	11.78	530	11.54	494

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Gender	Event	Classification	Avg. Top 8	WPA Point score	80%	80% WPA Point score	75%	75% WPA Point score	70%	70% WPA Point score
M	Shot Put	F36	13.00	819	11.80	632	11.48	614	11.22	573
M	Shot Put	F37	13.27	855	11.89	679	11.62	641	11.34	598
M	Shot Put	F40	9.15	718	8.47	523	8.25	538	8.08	502
M	Shot Put	F41	10.40	616	9.67	493	9.53	462	9.36	431
M	Shot Put	F46	14.69	881	13.15	602	12.77	660	12.45	616
M	Shot Put	F53	7.26	761	6.51	608	6.34	570	6.18	532
M	Shot Put	F55 (F55)	10.57	853	9.28	604	9.02	639	8.76	597
M	Shot Put	F57 (F57)	13.21	918	11.42	726	11.03	688	10.68	642
M	Shot Put	F63 (F63,F42)	13.03	796	11.81	636	11.58	597	11.32	557
W	100m	T11	13.16	703	13.66	566	13.76	527	13.88	492
W	100m	T12	12.70	813	13.30	646	13.43	609	13.57	569
W	100m	T13	12.71	815	13.30	644	13.44	611	13.58	570
W	100m	T34 (T34)	19.73	563	20.31	456	20.44	422	20.58	394
W	100m	T35	16.29	609	16.78	471	16.91	456	17.04	426
W	100m	T36	15.22	802	15.91	632	16.08	601	16.24	561
W	100m	T37	14.17	854	14.90	676	15.07	640	15.23	597
W	100m	T38	13.37	906	14.12	704	14.33	679	14.50	634
W	100m	T47 (T47,T45)	12.85	879	13.56	699	13.71	659	13.87	613
W	100m	T53	17.61	775	18.36	603	18.56	581	18.74	542
W	100m	T54	16.82	895	17.78	706	18.02	671	18.23	628
W	100m	T63 (T63)	16.39	744	16.98	548	17.20	558	17.36	520
W	100m	T64 (T64,T62)	13.34	888	14.08	699	14.26	666	14.42	621
W	200m	T11	26.82	757	27.99	606	28.27	567	28.55	529
W	200m	T12	26.24	752	27.36	596	27.64	564	27.91	526
W	200m	T35	34.35	493	35.19	368	35.48	369	35.71	345
W	200m	T36	32.18	774	33.60	611	33.97	590	34.31	541
W	200m	T37	29.92	826	31.39	648	31.79	619	32.14	578
W	200m	T47 (T47,T45)	26.63	850	28.04	674	28.38	637	28.70	595
W	200m	T64 (T64)	28.48	803	29.77	621	30.17	602	30.48	562
W	400m	T11	1:02.35	729	1:04.91	580	1:05.57	546	1:06.19	510
W	400m	T12	1:01.46	669	1:03.78	544	1:04.28	501	1:04.84	468
W	400m	T13	1:00.44	684	1:02.76	553	1:03.29	513	1:03.87	478
W	400m	T20	1:00.66	850	1:03.85	669	1:04.73	637	1:05.46	595
W	400m	T37	1:10.60	644	1:13.02	508	1:13.69	483	1:14.33	450
W	400m	T38	1:06.98	748	1:09.67	570	1:10.57	561	1:11.28	523
W	400m	T47 (T47,T45)	1:00.86	811	1:03.82	644	1:04.60	608	1:05.31	567
W	400m	T53	58.86	794	1:02.15	629	1:02.98	595	1:03.77	555
W	400m	T54	55.75	897	59.71	708	1:00.69	672	1:01.58	627
W	800m	T34 (T34)	2:24.42	380	2:28.62	314	2:29.52	285	2:30.64	266
W	800m	T53	1:54.81	737	2:00.87	577	2:02.49	552	2:04.02	515
W	800m	T54	1:50.98	836	1:58.30	662	2:00.11	627	2:01.85	585
W	1500m	T11	5:15.63	582	5:25.75	468	5:27.80	436	5:30.28	407
W	1500m	T13 (T13)	4:58.09	562	5:06.61	416	5:09.17	421	5:11.44	393
W	1500m	T20	4:57.70	623	5:08.45	516	5:10.04	467	5:12.53	436
W	1500m	T54 (T54)	3:24.36	876	3:38.93	689	3:43.14	657	3:46.62	613
W	5000m	T54 (T54)	11:41.18	793	12:09.96	618	12:18.55	594	12:25.46	555
W	Long Jump	T11	4.46	755	4.19	592	4.13	566	4.07	528
W	Long Jump	T12	4.94	558	4.72	467	4.68	418	4.63	390
W	Long Jump	T20	5.23	863	4.84	680	4.75	647	4.67	604
W	Long Jump	T37	4.05	670	3.84	527	3.79	502	3.74	468
W	Long Jump	T38	4.27	669	4.05	533	4.00	501	3.95	468
W	Long Jump	T47 (T47,T45)	5.12	742	4.82	586	4.75	556	4.68	519
W	Long Jump	T63 (T63,T42)	4.11	809	3.87	588	3.77	606	3.71	566
W	Long Jump	T64 (T64,T44)	4.94	628	4.71	481	4.65	471	4.59	439
W	Club Throw	F32 (F32)	18.27	704	16.45	538	16.00	528	15.57	492
W	Discus Throw	F11	29.87	676	27.07	510	26.23	507	25.54	473
W	Discus Throw	F38 (F38)	27.60	760	24.75	565	23.82	570	23.13	532
W	Discus Throw	F41 (F41)	25.34	738	22.74	564	21.97	553	21.35	516
W	Discus Throw	F53 (F53,F51)	10.88	807	9.47	643	9.19	605	8.89	564
W	Discus Throw	F55 (F55)	20.11	802	17.67	611	17.01	601	16.46	561
W	Discus Throw	F57 (F57)	26.99	829	23.44	649	22.65	621	21.90	580
W	Discus Throw	F64 (F64,F43,F44)	30.33	707	27.28	550	26.48	530	25.75	494
W	Javelin Throw	F13 (F13)	28.74	567	25.84	467	25.22	425	24.51	396
W	Javelin Throw	F34 (F34)	15.08	605	13.69	494	13.41	453	13.08	423
W	Javelin Throw	F46 (F46)	33.97	778	29.57	616	28.54	583	27.57	544
W	Javelin Throw	F54 (F54)	13.06	571	11.94	448	11.68	428	11.40	399
W	Javelin Throw	F56 (F56)	17.29	684	15.62	524	15.17	513	14.76	478
W	Shot Put	F12 (F12)	10.58	708	9.59	548	9.31	531	9.07	495
W	Shot Put	F20	12.13	849	10.69	660	10.31	636	10.00	594
W	Shot Put	F32	5.11	600	4.70	456	4.59	450	4.49	420
W	Shot Put	F33	5.50	774	4.96	566	4.78	580	4.65	541
W	Shot Put	F34	6.77	721	6.10	572	5.96	540	5.81	504
W	Shot Put	F35	7.54	401	7.05	336	6.92	300	6.80	280
W	Shot Put	F37	9.10	651	8.28	527	8.08	488	7.89	455
W	Shot Put	F40	6.62	744	6.00	543	5.78	558	5.62	520
W	Shot Put	F41	7.97	803	7.12	614	6.86	602	6.67	562
W	Shot Put	F46	9.44	707	8.51	572	8.30	530	8.09	494
W	Shot Put	F54	6.28	736	5.65	584	5.51	552	5.37	515
W	Shot Put	F57 (F57)	9.26	832	8.18	656	7.94	624	7.71	582
W	Shot Put	F64	9.00	497	8.35	394	8.17	372	8.01	347

Performance Regulations

1. Performances must be included in the Athletics Canada Rankings.
2. Wind-assisted performances will not be accepted for the purposes of the selections.
3. Indoor and cross-country performances will be used as a source of consistency of performances, but will not be utilized as the primary indicator of T.O.P selection.

Program Outline

All athletes accepted into the Talent Optimization - Athlete Development Program will benefit from the following:

1. Coach & Integrated Support Team (IST)
 - a. Coaches of TOP athletes will benefit from educational and performance development opportunities, including funding for professional development, training, testing and recovery tools
 - b. Athletes will have access to an Integrated Support Team at preferred rates, including: [ATHX Performance](#) Facility, Treatment Services, Mental Performance Trainers, Sport Psychologists, Registered Dietician etc.
 - c. The TOP Director will be available to support athletes and coaches in managing challenges or circumstances which arise, as well as monitor and support the individual performance plan for the athlete
2. Performance Development Opportunities
 - a. TOP athletes and coaches will receive support to access quality, performance training facilities in Edmonton
 - b. The TOP Director will keep athletes and coaches apprised of high performance opportunities, and advocate for them be accessible and relevant
3. Athlete Funding Support
 - a. Tier 1 - \$6,000 | Tier 2 - \$4,500 | Tier 3 - \$3,000 | Tier 4 - \$1,000
 - b. T.O.P funds can be used to reimburse the following expenses occurring between November 1, 2023 – October 1, 2024 with approval by the TOP Director:
 - i. Travel, accommodations and meals for training camps and competitions
 - ii. Expendable training materials and equipment (e.g. spikes)
 - iii. Training costs (e.g. facility rentals, coaching fees)
 - iv. Club membership fees, Athletics Alberta fees, Provincial Team fees
 - v. Medical or Therapy (e.g. Physiotherapy, Mental Performance, Nutrition)
 - c. Budget allowing, current program athletes will have the opportunity to ‘Level Up’ Tiers during the year, should they achieve the next tier standard with legal outdoor performances.

**Athletes on CAPP above the International Class level may discuss an alternative support plan with the TOP Director.*

4. Athlete Education

- a. TOP athletes, parents and coaches will be provided with a weekly newsletter with important communications and opportunities, as well as monthly virtual education events on holistic athlete development topics such as: *SafeSport, preparing for post-secondary recruitment, athlete transition, learning how to train and compete, juggling working and training, professional communication skills, transferring your athletic experience to a resume, sponsorship, leadership development, and more.*
- b. Athletes will also be connected to coaching and volunteer opportunities as skill building, resume experience, and community service, around their other commitments.
- c. A Spring Athlete Development Camp will be held for athletes and their coaches to attend.

**The number of athletes, funding & support may change from year to year.*

Program Expectations

All athletes accepted into the Talent Optimization - Athlete Development Program will have the following expectations:

1. Athlete Evaluation

- a. Standards:
 - i. Athletes must meet T.O.P published standards for each year, or the respective discretionary criteria for their tier. Development progression will be monitored.
- b. Physical Testing
 - i. Athletes may be asked to attend relevant evaluation testing which will be determined by the TOP Director and event-specific Subject Matter Experts to track and monitor performance levels and to analyze the needs of the athlete.

2. Communication

- a. TOP athletes will be expected to monitor email, reply as necessary, and keep the TOP Director informed of any situational changes during the course of the funding year which may affect their eligibility.

3. Attendance

- a. Athletes will be expected to attend the mandatory T.O.P Summit in November to participate in program orientation.
- b. In addition, athletes will be expected to attend evaluation dates, requested individual meetings, Outdoor Provincials, and a minimum of one volunteer event a year.
- c. Athletes are strongly encouraged to attend as many educational events as possible which the TOP hosts.

- d. Non attendance of mandatory events must be discussed ahead of time with the T.O.P Director.
4. Leadership
 - a. Athletes will be expected to be leaders within Edmonton’s Track and Field community, acting with integrity both on and off the track, demonstrating sportsmanship, and giving back whenever they can.

Application Process

1. If an athlete believes they meet the program standards, they may apply via the online form between August 1 - September 4, 2023. The application process includes:
 - a. Filling out and submitting the [Application Form](#) located on our webpage: [T.O.P — Edmonton Track and Field Council \(etfc.ca\)](#)
 - b. Athletes must fill out a budget of planned expenditures within the application form. (See Funding Guidelines above for examples).
 - c. NEW THIS YEAR - Athletes must submit a screenshot of their completed [SafeSport Training](#) with their application to be considered for the program.
 - d. Coaches must sign and submit the [Coach Agreement Form](#) verifying that the athlete and coach have committed to an ongoing, comprehensive, well-planned training schedule aimed at high performance.
 - e. If athletes are applying for a Medical Exemption Card, they must submit the [Medical Exemption Form](#) with supporting documentation in addition to their Athlete Application.
 - f. Failure to submit the above documents on time will deem the application incomplete, and the athlete will be ineligible for TOP selection.
2. All athletes must submit their electronic T.O.P paperwork through the above online links by **September 4, 2023 at 11:59PM**.
3. Applicants will be notified of their admittance into the program by October 13, 2023.

Exemption Guidelines

1. All athletes and their coaches are required to utilize the appropriate T.O.P forms provided when documenting and submitting information for review:
 - a. [Exemption Medical – Injury and Exceptional Circumstance](#)
 - b. [Athlete Appeal Form](#)

Contact

Any questions can be directed to:

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