

ATHLETICS NOVA SCOTIA
HIGH PERFORMANCE TEAM



Our High Performance Vision

To develop a high performance training environment for athletes and coaches so that Nova Scotia becomes a leader in age-class national medals that routinely places athletes on national teams.

High Performance Development Pathway

Grassroots

- Run, Jump, Throw, Wheel

Club/School Track and Field

- School Sport NS Meets
- Twilight/Mini Meets
- Provincial Level Meets

Athletics NS Provincial Teams

- Legion National Championships
- Canada Summer Games

Athletics NS High Performance Team

- U20 National Championship
- Senior National Championship

Athletics Canada Development Teams

- NACAC Championships
- World University Championships

Athletics Canada Major Games Teams

- Pan American Championships/Games
- Commonwealth Games
- World Championships
- Olympic Games



Nova Scotia High Performance Team Overview

Team Nova Scotia has a long history of being a strong presence at both the Legion U16/U18 National Championships and the Canada Summer Games, routinely finishing as one of the top five provinces/territories in the medal count. The goal of the new Nova Scotia High Performance Team (NSHPT) program is to provide development opportunities for able-bodied athletes, para athletes, and coaches that puts them on the Development Pathway to compete at the National level, and be named to future Development and Major Games National Teams.

The NSHPT program will provide support to Nova Scotia's top athletes by providing high performance training environments, access to the Provincial lead coaches, training camps, funding for competitive opportunities, integration of IST service in collaboration with the Canadian Sport Institute-Atlantic, and professional development opportunities for personal coaches.

Athletes selected to the program will sign an agreement to participate in all activities associated with the program in order to remain eligible. This will include the submission of a yearly training plan, and check-ins with the lead coach for their respective event group. Athletes will be selected into the program for one year, with the ability to be re-selected in subsequent years. Athletics Nova Scotia will review the performance of athletes selected to the program periodically and reserve the right to add or remove athletes from the program based on performance and adherence to the athlete agreement.

Athletes competing in the NCAA or universities outside of Nova Scotia will be eligible for the NSHPT program, with the understanding that they may not be available for team activities between the months of September-June. These athletes will still be responsible for providing updates and check-ins with the lead coach of their event group during the season, and will be expected to provide full participation for the months that they are residing in Nova Scotia.

The aim of the NSHPT program is to provide Nova Scotia's top performing athletes with the support necessary to compete at the National level, and eventually achieve the goal of being named to an Athletics Canada National Team.



High Performance Team Program

Program Opportunities

Athlete Opportunities*

- Funding available for attending National Championships, or other high level competition opportunities
- Access to training camps, including warm weather camps
- Collaboration with Lead Event Group Coaches
- IST services through the Canadian Sport Institute-Atlantic
- Access to a high performance training environment with other team members
- Eligibility for Tier 5 funding from Sport Nova Scotia

Coach Opportunities*

- Free access to program designated coach workshops and professional development
- Subsidized NCCP training
- Collaboration with Lead Event Group Coaches
- Access to HPT training camps

*These benefits are subject to annual review by the Athletics Nova Scotia High Performance Committee and may be altered or removed to align with the Nova Scotia Performance Pathway Initiative (NSPPI).

Program Requirements

Athletes and their personal coaches wishing to be a part of the NSHPT will be required to:

- Meet all Eligibility Requirements and Criteria (see Appendix)
- Submission of Yearly Training Plan (YTP) to lead coach for their respective event group
- Check-ins using the Progress Report Form and collaboration with lead coach for their respective event group
- Participation in all program events. These include, but are not limited to
 - Team training camps
 - Team testing sessions
 - IST sessions
 - High performance competition opportunities - primarily National Championships



Eligibility and Criteria

In order to be eligible to be named to the NSHPT, athletes must meet the following requirements:

- Been born in, or are a permanent resident of Nova Scotia
- Must be a member of Athletics Nova Scotia in good standing
- Be under the age of **25** - there is no age limit for Para Athletics
- Achieve the performance standard for their respective age-category*
 - Athletes moving up an age category will still be eligible if they achieved the performance standard for the previous age-category in the previous calendar year, but must achieve the performance standard in the new age-category by the end of their first calendar year to be re-selected.
- Signed athlete agreement returned within 7 days of nomination

*Performance Standards can be found in the Appendices or on the Athletics Nova Scotia website and are updated bi-annually upon review by the Athletics Nova Scotia High Performance Committee.

Athletics Nova Scotia Development Team Program

Athletics Nova Scotia is committed to developing high performance athletes, and part of that commitment is providing a pathway for athletes to continue to move along the Development Pathway from the Provincial Team stage to becoming a member of the High Performance Team.

Program Opportunities

Development Team Opportunities

- Access to local team training camps
- Access to performance testing sessions
- Access to some IST services
- Personal coaches invited to collaborate with Lead Event Group Coaches with mentorship opportunities available

Eligibility and Criteria

Development Team Eligibility and Minimum Criteria

- Been born in, or are a permanent resident of Nova Scotia
- Must be a member of Athletics Nova Scotia in good standing
- Be under the age of **23** - there is no age limit for Para Athletics
- Have been a current or previous member of an Athletics Nova Scotia Provincial Team - Legion U16/U18 Nationals or Canada Summer Games
- Selection for the Athletics Nova Scotia Development Team will be at the discretion of Lead Event Group Coaches, Technical Director and Director of High Performance

Appendix A:

Athletics Nova Scotia U16 Performance Standards

Athletics NS U16 High Performance Standards		
Women	Event	Men
12.43	100m	11.34
25.46	200m	23.18
40.75	300m	36.29
2:17.38	800m	2:00.72
3:34.98	1200m	3:16.50
6:29.66	2000m	5:53.20
11.99	80/100mh	13.87
28.71	200mh	25.81
4:57.61	1500m SC	4:36.34
1.59	High Jump	1.79
2.97	Pole Vault	3.52
5.39	Long Jump	6.45
11.14	Triple Jump	12.98
12.22	Shot Put (3k/4k)	15.37
34.23	Discus (750g/1k)	51.77
45.73	Hammer (3k/4k)	55.75
38.28	Javelin (500g/600g)	49.91
2942	Pentathlon	2875

Appendix B:

Athletics Nova Scotia U18 Performance Standards

Athletics NS U18 High Performance Standards		
Women	Event	Men
12.26	100m	11.06
25.21	200m	22.28
56.49	400m	49.54
2:11.64	800m	1:55.04
4:36.28	1500m	4:03.63
10:00.00	3000m	8:51.00
14.36	100/110mh	14.54
1:02.92	400mh	55.91
7:08.30	2000m SC	6:06.72
1.65	High Jump	1.91
3.27	Pole Vault	3.85
5.56	Long Jump	6.78
11.60	Triple Jump	14.09
13.94	Shot Put (3k/5k)	16.20
39.61	Discus (1k/1.5k)	47.45
55.11	Hammer (3k/5k)	55.58
43.68	Javelin (500g/700g)	58.85
4561	Heptathlon/Decathlon	5807

Appendix C:

Athletics Nova Scotia U20 Performance Standards

Athletics NS U20 High Performance Standards		
Women	Event	Men
11.93	100m	10.77
23.94	200m	21.66
55.59	400m	48.56
2:10.89	800m	1:52.99
4:26.79	1500m	3:52.99
17:44.22	5000m	15:05.91
13.85	100/110mh	14.29
1:01.46	400mh	55.09
10:44.39	3000m SC	9:26.77
1.71	High Jump	1.99
3.63	Pole Vault	4.33
5.76	Long Jump	7.00
11.95	Triple Jump	14.58
12.86	Shot Put (4k/6k)	16.73
42.67	Discus (1k/1.75k)	49.25
52.17	Hammer (4k/6k)	58.90
41.53	Javelin (600g/700g)	59.54
4537	Heptathlon/Decathlon	6218

Appendix D:

Athletics Nova Scotia U23 Performance Standards

Athletics NS U23 High Performance Standards		
Women	Event	Men
11.63	100m	10.30
23.66	200m	20.91
53.43	400m	47.10
2:03.88	800m	1:49.56
4:16.22	1500m	3:45.14
15:48.16	5000m	13:48.43
13.47	100/110mh	14.26
59.16	400mh	53.75
10:05.66	3000m SC	9:01.48
1.70	High Jump	2.09
3.99	Pole Vault	4.95
5.79	Long Jump	7.30
12.19	Triple Jump	15.08
14.82	Shot Put (4k/7.26k)	16.71
48.90	Discus (1k/2k)	47.80
58.14	Hammer (4k/7.26k)	56.85
47.28	Javelin (600g/800g)	64.23
5568	Heptathlon/Decathlon	7363

Appendix E:

Athletics Nova Scotia U25 Performance Standards

Athletics NS U25 High Performance Standards		
Women	Event	Men
11.53	100m	10.23
23.26	200m	20.44
52.63	400m	46.49
2:02.93	800m	1:48.30
4:13.22	1500m	3:42.09
15:32.15	5000m	13:36.77
13.34	100/110mh	13.96
58.22	400mh	52.44
9:50.43	3000m SC	8:54.36
1.74	High Jump	2.13
4.17	Pole Vault	5.20
5.97	Long Jump	7.51
12.73	Triple Jump	15.22
16.31	Shot Put (4k/7.26k)	17.78
51.86	Discus (1k/2k)	50.65
62.03	Hammer (4k/7.26k)	61.31
50.67	Javelin (600g/800g)	65.37
5808	Heptathlon/Decathlon	7617