

ATHLETICS NOVA SCOTIA
HIGH PERFORMANCE TEAM



Our High Performance Vision

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

Program Goals

Bridging Gaps

- From a Provincial to a National level
 - Increasing number of age-class medals
- From a National level to International level
 - Increasing number of athletes named to team Canada

Growth

- Of a culture and environment of performance and excellence

Collaboration

- Of the highest performing athletes and coaches across the province
- Between clubs/coaches producing performance athletes and Athletics NS

Targeted Outcomes

The goals and objectives of the Athletics NS High Performance Team are aligned with the strategic goals of the 2026-2029 Athletics NS High Performance Plan as part of the Nova Scotia Performance Pathway Initiative. As such, it seeks to prioritize the selection and development of athletes that demonstrate the ability to contribute to the following performance objectives in priority order:

- I. Total number of athletes named to Team Canada
- II. Total number of medals won at respective National Championships
- III. Total number of medals won at Canada Summer Games



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

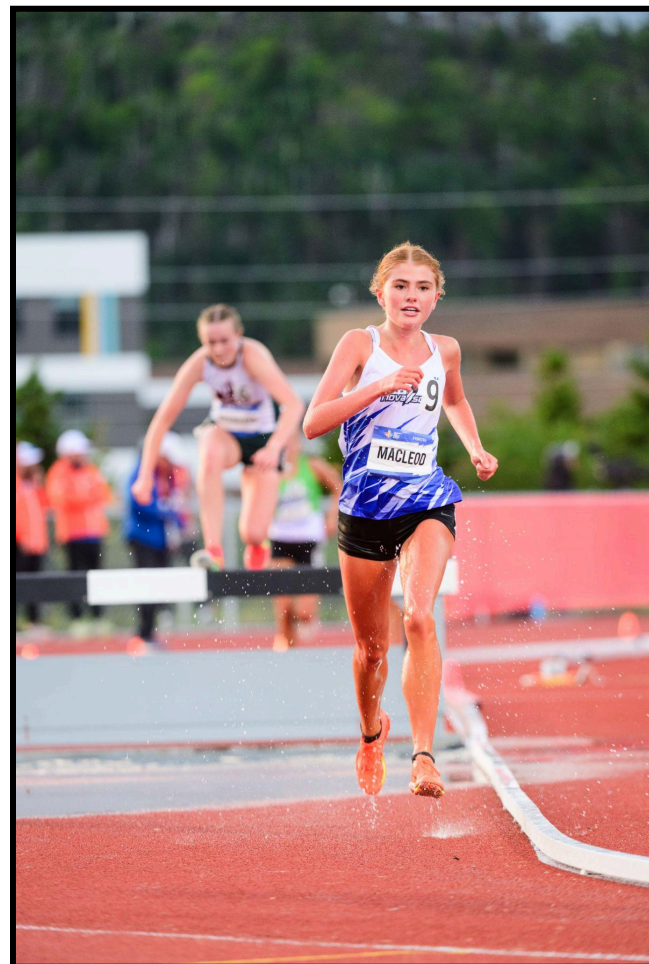
- U20 National Championship
- Senior National Championship

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 Nova Scotia High Performance Team (HPT) 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 HPT 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 by continuing to achieve performance standards. Athletics Nova Scotia reviews the performance of athletes selected to the program and reserves 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 HPT 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 HPT 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 team training 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 6 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
- Funding available for attending National Championships or other high level competition opportunities
- 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 HPT 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
- Submission of Athlete Capacity document
- 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 HPT, 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 a legal result of the performance standard for their respective age-category in a sanctioned competition*
 - Athletes in the HPT moving from the U20 age category to the U23 age category will be given two calendar years to achieve the new performance standard instead of one.
- Submit a signed athlete agreement 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. For Para Performance standards, see additional Para Performance Standard document. Indoor results for identical events are accepted. No conversions will be accepted.

Athletics Nova Scotia Development Team Program

Athletics Nova Scotia is committed to developing high performance athletes. Part of that commitment is providing opportunities for athletes to continue to move along the Development Pathway from the Provincial Team stage to becoming a member of the High Performance Team. The growth of the Development Team program will play a pivotal role in increasing the number of medals won at age-class National Championships.

Program Opportunities

Development Team Opportunities

- Access to local team training sessions and camps
- Access to performance testing sessions
- Access to group IST sessions
- Collaboration with Lead Event Group Coaches

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 **25** - there is no age limit for Para Athletics
- Achieve a legal result of the Development Team performance standard for their respective age-category in a sanctioned competition*

Appendix A:

Athletics Nova Scotia U16 Performance Standards

Athletics NS U16 High Performance Standards			U16 Development Team Standards		
Women	Event	Men	Women	Event	Men
12.29	100m	11.09	12.38	100m	11.24
25.10	200m	22.58	25.37	200m	22.76
39.80	300m	36.00	40.62	300m	34.27
2:14.54	800m	1:58.57	2:15.80	800m	2:01.10
3:35.06	1200m	3:16.38	3:35.83	1200m	3:16.72
6:24.34	2000m	5:53.37	6:29.19	2000m	5:54.02
11.81	80/100mh	13.66	12.07	80/100mh	13.83
28.25	200mh	24.82	28.86	200mh	24.98
4:52.61	1500m SC	4:30.67	4:56.50	1500m SC	4:33.43
1.63	High Jump	1.83	1.60	High Jump	1.81
3.01	Pole Vault	3.62	2.82	Pole Vault	3.47
5.51	Long Jump	6.70	5.41	Long Jump	6.57
11.25	Triple Jump	13.33	11.07	Triple Jump	13.11
12.84	Shot Put (3k/4k)	15.38	12.35	Shot Put (3k/4k)	14.67
35.64	Discus (750g/1k)	52.20	32.99	Discus (750g/1k)	50.55
48.94	Hammer (3k/4k)	55.18	44.49	Hammer (3k/4k)	52.85
36.06	Javelin (500g/600g)	48.38	33.74	Javelin (500g/600g)	47.19
2967	Pentathlon	2881	2893	Pentathlon	2810

*For Para standards, see Para Development Standards Document. U16 Para Standards are 70% of Average Top 8

Appendix B: Athletics Nova Scotia U18 Performance Standards

Athletics NS U18 High Performance Standards			U18 Development Team Standards		
Women	Event	Men	Women	Event	Men
12.02	100m	10.90	12.10	100m	10.95
24.73	200m	21.90	24.82	200m	22.02
55.82	400m	48.50	56.24	400m	48.72
2:08.93	800m	1:53.92	2:10.22	800m	1:55.06
4:29.76	1500m	3:55.70	4:32.46	1500m	3:58.06
9:48.91	3000m	8:38.99	9:54.80	3000m	8:44.18
14.12	100/110mh	14.26	14.25	100/110mh	14.41
62.16	400mh	54.39	62.61	400mh	55.46
7:03.79	2000m SC	6:04.15	7:06.23	2000m SC	6:08.38
1.67	High Jump	1.95	1.64	High Jump	1.92
3.47	Pole Vault	4.27	3.23	Pole Vault	4.03
5.66	Long Jump	6.87	5.59	Long Jump	6.81
11.83	Triple Jump	14.38	11.61	Triple Jump	14.04
14.51	Shot Put (3k/5k)	16.93	14.00	Shot Put (3k/5k)	15.93
40.57	Discus (1k/1.5k)	51.07	38.51	Discus (1k/1.5k)	48.57
56.38	Hammer (3k/5k)	58.46	53.78	Hammer (3k/5k)	56.81
43.57	Javelin (500g/700g)	60.78	42.25	Javelin (500g/700g)	58.10
4625	Heptathlon/Decathlon	6124	4473	Heptathlon/Decathlon	5945

*For Para standards, see Para Development Standards Document. U18 Para Standards are 70% of Average Top 8

Appendix C:

Athletics Nova Scotia U20 Performance Standards

Athletics NS U20 High Performance Standards			U20 Development Team Standards		
Women	Event	Men	Women	Event	Men
11.82	100m	10.61	11.93	100m	10.71
24.37	200m	21.46	24.61	200m	21.68
54.55	400m	47.75	55.09	400m	48.23
2:07.89	800m	1:51.10	2:09.15	800m	1:52.20
4:27.46	1500m	3:49.76	4:30.11	1500m	3:52.05
9:32.67	3000m	8:08.84	9:41.42	3000m	8:25.13
16:34.85	5000m	14:16.48	16:43.76	5000m	14:26.71
13.97	100/110mh	14.19	14.21	100/110mh	14.42
59.77	400mh	53.53	61.37	400mh	54.94
10:38.05	3000m SC	9:05.40	10:59.47	3000m SC	9:27.37
1.74	High Jump	2.04	1.67	High Jump	2.00
3.89	Pole Vault	4.92	3.65	Pole Vault	4.47
5.97	Long Jump	7.28	5.66	Long Jump	6.95
12.48	Triple Jump	14.83	11.87	Triple Jump	14.56
13.92	Shot Put (4k/6k)	17.58	12.47	Shot Put (4k/6k)	16.19
47.04	Discus (1k/1.75k)	53.76	43.19	Discus (1k/1.75k)	48.17
55.20	Hammer (4k/6k)	65.69	50.54	Hammer (4k/6k)	57.42
47.52	Javelin (600g/700g)	65.76	41.66	Javelin (600g/700g)	58.02
5069	Heptathlon/Decathlon	6816	4344	Heptathlon/Decathlon	6313

*For Para standards, see Para Development Standards Document. U20 Para Standards are 70% of Average Top 8

Appendix D: Athletics Nova Scotia U23 Performance Standards

Athletics NS U23 High Performance Standards			U23 Development Team Standards		
Women	Event	Men	Women	Event	Men
11.55	100m	10.44	11.71	100m	10.55
23.78	200m	21.08	23.96	200m	21.25
53.57	400m	47.14	54.65	400m	47.56
2:06.51	800m	1:49.90	2:07.76	800m	1:50.99
4:16.68	1500m	3:45.40	4:19.22	1500m	3:47.63
15:43.42	5000m	13:51.28	15:52.76	5000m	13:59.51
13.47	100/110mh	13.81	13.54	100/110mh	14.37
57.68	400mh	51.15	60.43	400mh	53.31
10:08.08	3000m SC	8:41.69	10:14.10	3000m SC	8:46.85
1.79	High Jump	2.12	1.71	High Jump	2.09
4.11	Pole Vault	5.11	3.99	Pole Vault	4.77
6.12	Long Jump	7.45	5.85	Long Jump	7.13
13.19	Triple Jump	15.53	11.91	Triple Jump	15.05
16.12	Shot Put (4k/7.26k)	18.60	13.99	Shot Put (4k/7.26k)	15.98
54.68	Discus (1k/2k)	56.97	46.03	Discus (1k/2k)	46.84
61.56	Hammer (4k/7.26k)	69.72	59.45	Hammer (4k/7.26k)	61.80
53.58	Javelin (600g/800g)	72.02	46.51	Javelin (600g/800g)	64.88
5477	Heptathlon/Decathlon	7778	4880	Heptathlon/Decathlon	6540

*For Para standards, see Para Development Standards Document. U23 Para Standards are 75% of Average Top 8

Appendix E:

Athletics Nova Scotia U25 Performance Standards

Athletics NS U25 High Performance Standards			U25 Development Team Standards		
Women	Event	Men	Women	Event	Men
11.44	100m	10.34	11.61	100m	10.50
23.54	200m	20.87	23.89	200m	21.18
53.04	400m	46.67	53.84	400m	47.37
2:05.26	800m	1:48.81	2:07.14	800m	1:50.44
4:14.14	1500m	3:43.17	4:17.95	1500m	3:46.52
15:34.08	5000m	13:43.05	15:48.09	5000m	13:55.40
13.34	100/110mh	13.67	13.47	100/110mh	14.20
57.11	400mh	50.64	58.65	400mh	52.49
10:02.06	3000m SC	8:36.52	10:11.09	3000m SC	8:44.27
1.86	High Jump	2.21	1.75	High Jump	2.11
4.28	Pole Vault	5.32	4.11	Pole Vault	4.96
6.37	Long Jump	7.76	6.03	Long Jump	7.32
13.74	Triple Jump	16.18	12.45	Triple Jump	15.45
16.79	Shot Put (4k/7.26k)	19.37	15.10	Shot Put (4k/7.26k)	17.13
56.96	Discus (1k/2k)	59.34	52.76	Discus (1k/2k)	50.09
64.13	Hammer (4k/7.26k)	72.63	65.25	Hammer (4k/7.26k)	58.28
55.81	Javelin (600g/800g)	75.02	49.06	Javelin (600g/800g)	68.66
5705	Heptathlon/Decathlon	8102	5349	Heptathlon/Decathlon	6731

*For Para standards, see Para Development Standards Document. U25 Para Standards are 75% of Average Top 8