

Triathlon Nova Scotia Provincial Elite Criteria
Effective Mar 2007

(revised from the Standardized Provincial Elite Criteria for Triathlon Canada dated Aug 2002)

To Apply for Elite Status in Nova Scotia:

- Read the following document
- Fill out a general Triathlon Nova Scotia application (online or mail-in) and indicate that you are applying for a Junior, U23, or Senior Elite Card.
- Indicate specifically which criteria you believe you have met and indicate at which race.

General criteria:

- Athlete must apply annually
- Applications will be evaluated by the TNS high performance committee¹
- Minimum age of 16 years old for a Junior Elite Card
- Minimum age of 18 years old for an U23 or Senior Elite Card
- Athletes that currently hold an Elite card will be re-evaluated at the start of each season
- Athletes can only hold an Elite card in one province
- Athlete must be a member in good standing of Triathlon Nova Scotia in the year of competition.

Specific criteria:

Must meet one of the following criteria:

- Athlete is currently a member of the Triathlon Canada Senior Elite Team or Development team, or has been within the previous 2 years
- Athlete has ranked top 20 overall in either men or women at Triathlon Nationals in previous year and is within a 10% cutoff from winner²
- Athlete has ranked top 15 overall at Triathlon Regionals in previous year and is within a 10% cutoff from winner²
- Athlete has ranked top 5 overall at Triathlon Provincials in previous year and is within a 10% cutoff from winner²
- Athlete has ranked top 20 overall at a sanctioned international caliber race/ITU race for standard distance and is within a 10% cutoff from winner²
- Athlete has ranked top 5 at Triathlon or Duathlon Nationals in the 20-29 age group or Junior Elite Category
- Athlete has ranked top 20 at Triathlon and/or Duathlon Worlds 20-29 age group or Junior category
- Athlete has ranked top 5 overall at the Long Course National Championships in either men's or women's category in previous year and is within a 10% cutoff from winner²
- Athlete has ranked top 3 overall at the Long Course Provincial Championships in either men's or women's category in previous year and is within a 10% cutoff from winner²
- Athlete has ranked top 15 overall in either men's or women's category at a sanctioned Ironman event and is either sub 9:30 hours for men or sub 10:00 hours for women.

Special Applications:

Special applications will be considered for those applying who have not met one of the above specific criteria but who can meet 2 of the 3 standards listed below. Special consideration can be given in regards to weather conditions, course difficulty and measurement accuracy by the HP:

Category	Swim	Bike	Run	Total
Junior Elite (16-19yrs)	750m	20km	5km	Sprint Dist ²
Male	<10mins	<33mins	<18mins	<1:04
Female	<10mins	<35mins	<20mins	<1:08
Under 23 (18-23yrs)	1500m	40km	10km	Olympic Dist ²
Male	<20mins	<63mins	<37mins	<2:08
Female	<21mins	<70mins	<40mins	<2:18
Senior Elite (24+ yrs)	1500m	40km	10km	Olympic Dist ²
Male	<19:30mins	<60mins	<35mins	<1:55
Female	<21mins	<67mins	<38mins	<2:10

Standards may be achieved at separate events (for example, a 10k run, a swim meet, etc.). All events should be performed within the present or previous season.

Swim standards can be met by:

1. Submitting official sanctioned swim meet results for the applicable distance.
2. A applicable distance pool swim with approved coaching for timing.
3. Submitting triathlon race results for 2 races in which the applicable swim distance has been completed.

Bike standards can be met by:

1. Submitting official sanctioned time trial results for the applicable distance.
2. An applicable distance individual time trial with approved coaching for timing.
3. Submitting triathlon race results for 2 races in which the applicable cycle has been completed.

Run standards can be met by:

1. Submitting official sanctioned road race results for the applicable distance run.
2. An applicable distance track run with approved coaching for timing.
3. Submitting triathlon race results for 2 races in which the applicable distance has been run.

TNS reserves the right to deny an athlete an elite card should it be deemed that the athlete is not suitable to represent the province at elite level competitions.

Direct any inquiries with respect to TNS elite cards to the following email:

triathlon@sportnovascotia.ca