

**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 committee<sup>1</sup>
- 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 winner<sup>2</sup>
- Athlete has ranked top 15 overall at Triathlon Regionals in previous year and is within a 10% cutoff from winner<sup>2</sup>
- Athlete has ranked top 5 overall at Triathlon Provincials in previous year and is within a 10% cutoff from winner<sup>2</sup>
- Athlete has ranked top 20 overall at a sanctioned international caliber race/ITU race for standard distance and is within a 10% cutoff from winner<sup>2</sup>
- 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 winner<sup>2</sup>
- 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 winner<sup>2</sup>
- 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 <sup>2</sup>
Male	<10mins	<33mins	<18mins	<1:04
Female	<10mins	<35mins	<20mins	<1:08
Under 23 (18-23yrs)	1500m	40km	10km	Olympic Dist <sup>2</sup>
Male	<20mins	<63mins	<37mins	<2:08
Female	<21mins	<70mins	<40mins	<2:18
Senior Elite (24+ yrs)	1500m	40km	10km	Olympic Dist <sup>2</sup>
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