



TEAM ONTARIO
Canada Summer Games Selection Criteria
2022



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Introduction

The primary purpose of this selection criteria is to ensure the most competitive team is selected to represent Ontario at the 2022 Canada Summer Games (CSG). Triathlon Ontario's objective is to build a team capable of achieving podium performances in each event.

Team Ontario will consist of three female athletes and three male athletes, with one alternate per gender named.

Team selection will be based on proven sport science assessments, triathlon specific skills assessment and triathlon race performance. Triathlon Ontario's priority for the CSG is to showcase the sport of triathlon on the National stage, create an environment of High Performance within the selection and competition pathway and provide access to experienced professional coaching for all athletes across the Province.

All athletes and staff must provide proof of vaccination in order to attend eligibility camps, selection events and to be eligible for selection to the team.

Eligibility and Selection

The CSG selection criteria is meant to inform athletes and coaches interested in competing for a spot on Ontario's CSG team of the policies and processes of Triathlon Ontario's Selection Committee.

Triathlon Ontario will be entering a team for competition in three triathlon events during the 2022 Canada Summer Games. These events include:

- ❖ Individual Sprint (Male and Female)
- ❖ Individual Super Sprint (Female and Male)
- ❖ Mixed Team Relay (MTR)



1.0 Eligibility

For athletes to be considered as eligible for selection to Team Ontario they must meet all criteria listed below:

- Athletes must be members in good standing with Triathlon Ontario and Triathlon Canada at the time of qualification and until completion of the CSG.
- Athletes must meet Ontario residency guidelines as described in the CSG technical package.
- 2. <https://drive.google.com/file/d/1wUszKUOf7U-2GvlpWw7vTUdqfha5f0UW/view>
- Athletes who wish to compete for a position on the team must submit a Declaration of Intent to Triathlon Ontario before Jan 31st 2022.
- Athletes must sign an athlete agreement and participate in all Team activities as per the agreement.
- Athletes must be between 16 and 21 years of age as of December 31st, 2022. *Athletes must be born between January 1st, 2001 and December 31st, 2006.*
- All athletes submitting a Declaration of Intent must share, if requested access to their Training Peaks account with the Team Ontario CSG Coaching staff. Athletes who do not have an account will have one provided to them at no cost.
- Athletes must submit evidence of completing the following CCES modules: Canadian Centre for Ethics True Sport Clean: <https://cces.ca/truesportclean101untracked>, NCCP Making Head Way in Sport: <https://thelocker.coach.ca/onlinelearning#MHW>, Safe Sport Training: <https://thelocker.coach.ca/onlinelearning#SS>. Proof of completion must be submitted to Triathlon Ontario before March 1st 2022.
- Athletes must be Draft Legal Certified as mandated by Triathlon Ontario, Triathlon Canada and the CSG Committee.

2.0 Selection Process

Triathlon Ontario's intent is to develop a team in both genders that will maximize total podium performance. Triathlon Ontario will strive to build a team that will be competitive across all events (Individual Sprint, Super Sprint and MTR). To achieve this, the overall team dynamic and the ability of individuals to work together as a cohesive unit will be considered.

- 2.1 Submit Declaration of Intent to Triathlon Ontario before the submission deadline. Declarations of Intents consist of an email containing athlete name, membership number and coach name with the email header "Declaration of Intent" send to ed@triathlonontario.com.
- 2.2 Triathlon Ontario's Provincial Development Coach will contact all eligible athletes and coaches who have submitted a Declaration of Intent to review assessment protocols and selection events.
- 2.3 Athletes must attend all agreed upon assessment clinics and camps, as per the published schedule. Athlete's coaches are welcome to attend.



At the time of publishing this criterion the schedule of testing and assessment dates and locations has not been confirmed. Once facilities and 2022 events have been identified, a firm schedule will be published, and all athletes and coaches will be notified. Due to potentially different COVID-19 policies in different municipalities, changes may need to be made to schedules or processes.

Athletes who cannot attend a specific mandatory clinic or camp due to academic or other reasons, must contact Triathlon Ontario's Provincial Development Coach a minimum of three weeks before the assessment event and provide an explanation. Requests to miss an assessment event will be evaluated by Triathlon Ontario's CSG Selection Committee. The athlete will then be made aware of the Committee's decision. Triathlon Ontario is committed to work with all athletes to the best of its ability and within the timelines allotted, to ensure everyone has a fair opportunity to participate.

3.0 Team Selection

- 3.1 A total of six athletes, three males, three females plus two alternates; one female and one male will be selected from the pool of eligible athletes.
- 3.2 Team selection will be completed through analysis of performance and data collection during the identified selection race(s), technical and tactical competency assessments, and testing and evaluation assessments.
- 3.3 Subject to availability, up to one spot per gender will be allocated to the top athlete who finishes within the top five overall in the identified selection event(s).
- 3.4 Subject to availability, up to three spots per gender will be allocated based on a scoring system and coach observation during Triathlon Ontario's selection clinics or camps in addition to consideration of performance during the selection event.
- 3.5 All team members, including alternates, are expected to maintain fitness and participate in all team activities prior to leaving for the Games. If an athlete is unable to compete in the Games injury free, they will be replaced with the alternate prior to the start of the Games. Alternates will not travel to the Games unless they are officially named to replace a starting team member, but are required to purchase a Team race suit.
- 3.6 The Provincial Development Coach will submit his recommendations with supporting evidence to Triathlon Ontario's Selection Committee after the final assessment event.
- 3.7 Team Ontario and alternates will be announced within one week after the Selection Committee receives the Provincial Development Coach's submission.



4.0 Unforeseen Circumstances

4.1 In situations where unforeseen circumstances do not allow the selection process to be fairly and objectively applied, Triathlon Ontario's Selection Committee, in consultation with Triathlon Ontario's Board of Directors, reserves the right to rule on an appropriate course of action.

4.2 Triathlon Ontario's Selection Committee reserves the right to review and change any selection criteria or decision related to the selection process in the case of rule or policy changes from the Province of Ontario, Provincial and/or local health departments Triathlon Canada or the Canada Games Committee or COVID-19 related issue that may affect the selection criteria set out in this document or any team selection decisions.

4.3 Failure to compete in outlined assessment events, camps or the identified selection event(s) without approval from Triathlon Ontario's Selection Committee will result in the athlete becoming ineligible for team selection.

5.0 Appeals Procedure

5.1 Scope of Appeal - Any individual who is directly affected by a decision by Triathlon Ontario Selection Committee regarding team selection has the right to appeal that decision, provided there are sufficient grounds for the appeal. The Selection Committee is comprised of three current Triathlon Ontario Board members with extensive Canadian amateur and High-Performance experience. It is their role to assess the information collected and select the best team to achieve Triathlon Ontario's objective for the CSG, which is to field the best team to achieve podium performances in each event.

5.2 Appeals Timeline - Athletes who are to appeal will have three calendar days from the date of announcement to submit in writing: 1) Notice of the intention to appeal 2) Grounds for the appeal 3) A summary of the evidence that supports these grounds. All appeals must be submitted to the Triathlon Ontario Executive Director via email at ed@triathlonontario.com. All appeals must be accompanied by a fee of \$100.00. The fee will only be returned if the appeal is successful.

5.3 Ground for Appeal - Decisions may only be appealed based on procedural grounds. Procedural grounds are strictly limited to the Selection Committee (a) Making a decision that was procedurally unfair (b) Making a decision that was influenced by bias.

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5.4 Screening and Decision of Appeal - Within two days of receiving the notice and grounds for an appeal, the appeals panel will determine whether there are appropriate grounds for the appeal to proceed and determine the outcome. The appeals panel will consist of Triathlon Ontario's Executive Committee. If the appeal is denied on the basis of insufficient grounds, the Appellant will be notified of this decision in writing.

If there are sufficient grounds for an appeal the panel may then decide to (a) Reject the appeal and confirm the decision being appealed, (b) Uphold the appeal and refer the matter back to the Selection Committee for a new decision, (c) Uphold the appeal and vary the decision but only where it is found that an error occurred and such an error cannot be corrected by the Selection Committee for reason of lack of clear procedure, lack of time, or lack of neutrality.

Appeals to be sent to:

Triathlon Ontario

Header: Canada Summer Games Team Selection Appeal

Email: ed@triathlonontario.com



APPENDIX ONE: Criteria Evaluation Protocols

Triathlon Ontario will be using a series of testing criteria that will help the coaching staff and Selection Committee assess athletes' sport specific abilities and skill vocabulary in addition to race performance. Triathlon Ontario will use a scoring system to rank athletes on:

Performance Protocols

- Swim 200m TT
- Swim 100m Dive Start Front End Speed + 6min rest + 400m swim TT + 30sec rest + 100m TT
- Run 1500m TT
- Run 1500m TT off 8min race simulation bike (on trainer)
- Race Performance

Technical Protocols

- Bike Skills Course
- Power Profile and Metrics



APPENDIX TWO: Submission Protocols

If an athlete does not have a provincially or nationally sanctioned track and field or swim time to submit, they may submit times in the following format. If the athlete does have a sanctioned time a link to the result website and results page must be entered into the athletes SMARTABASE account and notification sent to the Provincial Coach (coach@triathlonontario.com)

Please Note: Only Time trial results completed as per described below between Dec 1st 2021 and Sunday June 19th 2022 (11:59pm) will be accepted as valid.

- Digital video recording
- Video must be stable and capture the entire TT from the start/finish.
- Video must capture >10 seconds prior to start and >10 seconds after finish
- Starter (electronic or verbal) must be audible in video
- Final time must be shown on the video (capture timing board or stopwatch)
- Video must be uploaded to Dropbox, Youtube or linkable shared media format with the link posted to the athletes SMARTABASE account
- Athlete's/ coaches must provide 72hrs notice of the TT attempt with course details (time, location, SC/LC etc) to Triathlon Ontario Executive Director Phil Dale (ed@triathlonontario.com)

Section 1: Run Submission Protocol

- 1500 meters
- Achieved on a verified 400m track (3.75 laps)
- Flats or spikes allowed
- Time must be in MM:SS.00

Section 2: Swim Submission Protocol

- 200 meters
- Achieved in a verified 25m or 50 m pool (yards will NOT be accepted)
- Short course conversions will be performed by Triathlon Ontario using Colorado Timing conversion tools <https://swimswam.com/swimming-times-conversion-tool/>
- Freestyle Dive start allowed
- FINA rules apply (i.e. one swimmer per lane, no drafting, etc.)
- No wetsuits or swimming aids allowed (ie pull buoys, fins or paddles)
- Only FINA approved pool race suits or ITU approved trisuits are allowed
- Time must be in MM:SS.00



Section 3: Speed Reserve Swim Submission Protocol

- 100m TT dive start + 6 minute active or static rest + 400m TT push start + 30sec rest + 100 TT push start
- Short course conversions will be performed by Triathlon Ontario using Colorado Timing conversion tools <https://swimswam.com/swimming-times-conversion-tool/>
- Video must run the full time (swim + rest) and must be visible on tape including rest periods for verification
- FINA rules apply (i.e. one swimmer per lane, no drafting, etc.)
- No wetsuits or swimming aids allowed (ie pull buoys, fins or paddles)
- Only FINA approved pool race suits or ITU approved trisuits are allowed
- Time must be in MM:SS.00



APPENDIX THREE: Assessment Scoring Protocols

Below are the systems and formulas that will be used for athlete assessments.

200 SWIM TT Scoring System

Female	
Sub 2:17	6 points
2:17:01 to 2:21	5 point
2:21:01 to 2:26	4 points
2:26:01 to 2:32	3 points
2:32:01 to 2:39	2 points
2:39:01 to 2:47	1 point
2:47 +	0 points

Male	
Sub 2:02	6 points
2:02:01 to 2:06	5 point
2:06:01 to 2:11	4 points
2:11:01 to 2:17	3 points
2:17:01 to 2:25	2 points
2:25:01 to 2:33	1 point
2:33 +	0 points

1500m RUN TT Scoring System

Female	
Sub 4:38	6 points
4:38:01 to 4:47	5 point
4:47:01 to 4:57	4 points
4:57:01 to 5:08	3 points
5:08:01 to 5:20	2 points
5:20:01 to 5:33	1 point
5:33 +	0 points

Male	
Sub 4:08	6 points
4:08:01 to 4:17	5 point
4:17:01 to 4:26	4 points
4:26:01 to 4:37	3 points
4:37 to 4:49	2 points
4:49:01 to 5:02	1 point
5:02 +	0 points



SPEED RESERVE SWIM TEST

100m dive start + 6min rest + 400m push start + 30sec rest + 100m push start

Female	
Fastest over all time	6 points
+1second - +5seconds	5 point
+5:01sec – +10seconds	4 points
+10:01sec – +15seconds	3 points
+15.01sec - +20seconds	2 points
+20.01sec - +25seconds	1 point
+25.01 seconds and over	0 points

Male	
Fastest over all time	6 points
+1second - +5seconds	5 point
+5:01sec – +10seconds	4 points
+10:01sec – +15seconds	3 points
+15.01sec - +20seconds	2 points
+20.01sec - +25seconds	1 point
+25.01 seconds and over	0 points

1500m RUN TT of BIKE RACE SIMULATION

1500m run TT will be timed after an 8min bike race simulation.

Bike will be done on a trainer. Athletes will have to hold a minimum power output that will be determined by the 1min and 4min MMP intervals performed during the power profile assessment.

1min	4min	1/60	1/240	cp	w'	pred_8min	80% w'
523	351	0.01666667	0.00416667	293.6666667	13760	322.3333333	316.6
1min average watts per kilo		$1/(1\text{min} \times 60\text{sec} / \text{min})$	$1/(4\text{min} \times 60\text{sec} / \text{min})$	Critical Power Value	Slope Value	$w' \times (1/(8 \times 60)) + cp$	$(0.8 \times w') \times (1/(8 \times 60)) + cp$
	4min average watts/kilo			=INTERCEPT (A2:B2,C2:D2)	=slope (A2:B2,C2:D2)		

In the above sample the athlete's average was 523 watts for 1min and 351 watts for 4min. The formula above were used to predict power output the athlete will need to average over the 8min duration.

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Scores will be assessed on holding average power output as determined above and comparing run times off the bike in relation to the athletes solo 1500m TT, that has been submitted to the CSG committee.

Sub 2% differential	6 points
2:01% - 4% differential	5 point
4.01% to 6% differential	4 points
6.01% to 8% differential	3 points
8.01% to 10% differential	2 points
10.01% plus	1 point

RACE PERFORMANCE

Triathlon Ontario Canada Summer Games selection committee has determined that selection race as part of athlete assessment will be:

Triathlon Canada's National Junior & U23 Elite Championships

July 9th 2022

Gatineau Triathlon, Gatineau Quebec

Registration link: <https://triathlongatineau.ca/races/registration/?lang=en>

Please ensure you register for the GRAND PRIX SERIES Junior/Elite

Race Performance Scoring both Female and Male

1 st to 3 rd	6 points
4 th to 7 th	5 points
8 th to 11 th	4 points
12 th to 15 th	3 points
16 th to 19 th	2 points
20 th to 23 rd	1 point
24 th +	0 points

Ranking of finishing position will be based on all athletes registered who are age eligible for CSG regardless of their Province of residence.

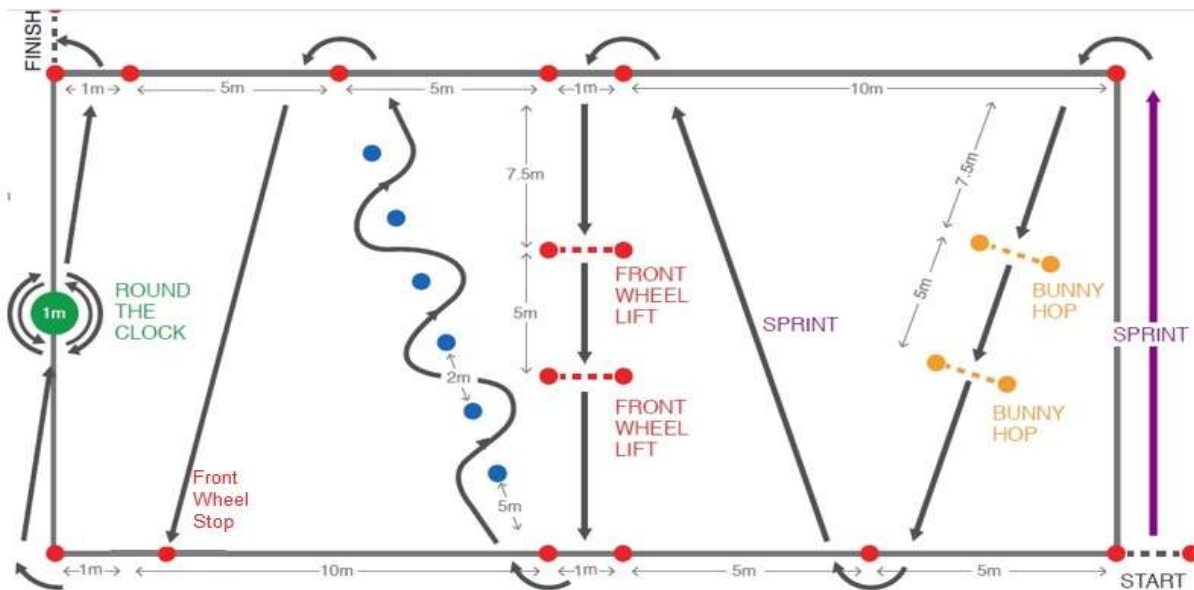


TECHNICAL ASSESSMENTS

BIKE AGILITY ASSESSMENT

Athletes must ride the course as quickly and accurately as possible. If an athlete knocks over a pylon they must dismount reset the pylon and then continue. If an athlete fails to perform the required skill (eg. bunny hop) at the identified location on the course the athlete must circle back to that identified location and complete the move. Athletes have three attempts. The fastest time will be used to score.

BIKE AGILITY MAP



BIKE AGILITY SCORING SYSTEM Female and Male

Fastest overall time (per gender)	6 points
+ 0.5 sec to +5.0 sec	5 points
+ 5.01 sec to +10.0 sec	4 points
+ 10.01 sec to +15.0 sec	3 points
+ 15.01 sec to +20.0 sec	2 points
+ 20.01 sec to +25.0 sec	1 point
+ 25.01 sec or more	0 points



POWER PROFILE ASSESSMENT

Single Effort Profiling

Description	Rest Interval	Notes
6 sec Small Ring Peak effort	0 min 54seconds	Dead start standing position
6 sec Big Ring Peak effort	1 min 54seconds	Dead start standing position
30 second MMP	5min 30seconds	Rolling start from 70-80 rpm
1minute MMP	8 minutes	Rolling start from 70-80 rpm
4min MMP	cooldown	Rolling start from 70-80 rpm

MMP = mean max power. Highest average power sustained across the interval.

Power Profile Scoring Grid

Female Scoring Grid							
	6 points	5 points	4 points	3 points	2 points	1 point	0 points
6 sec Peak (small ring)	above 15.4	14.5 to 15.4	12.5 to 14.4	10.5 to 12.4	7.5 to 10.4	4 to 7.4	below 4
6 sec Peak (big ring)	above 18.4	17.5 to 18.4	15.5 to 17.4	12.5 to 15.4	9.5 to 12.4	6 to 9.4	below 6
30 sec avg	above 9.9	9 to 9.9	8 to 8.9	7 to 7.9	5.5 to 6.9	4 to 5.4	below 4
1min avg	above 8.4	7.5 to 8.4	6.5 to 7.4	5.5 to 6.4	4 to 5.4	2 to 3.9	below 2
4min avg	above 5.4	4.5 to 5.4	3.5 to 4.4	2.5 to 3.4	1.5 to 2.4	1 to 1.4	below 1
Male Scoring Grid							
	6 points	5 points	4 points	3 points	2 points	1 point	0 points
6 sec Peak (small ring)	above 19.4	18 to 19.4	16.5 to 17.9	12.5 to 16.4	8 to 12.4	5 to 7.9	below 5
6 sec Peak (big ring)	above 23.4	21.5 to 23.4	18.5 to 21.4	14.5 to 18.4	11 to 14.4	7 to 10.9	below 7
30 sec avg	above 12.4	11.5 to 12.4	10.5 to 11.4	9.5 to 10.4	8 to 9.4	6 to 7.9	below 6
1min avg	above 9.4	8.5 to 9.4	7.5 to 8.4	6.5 to 7.4	5 to 6.4	3 to 4.9	below 3
4min avg	above 7.4	6.5 to 7.4	5.5 to 6.4	4.5 to 5.4	3.5 to 4.4	2 to 3.4	below 2

Athletes should be able to maintain 90+ rpm during all intervals.

All values indicate average watts per kilogram across the identified interval



APPENDIX FOUR: SAMPLE SCORING MATRIX

Below is an example of the scoring process for the overall assessment. The process will be split into 2 scores PERFORMANCE and TECHNICAL. Each assessment will be weighted equally at 14.3% (100% / 7 assessments). The five PERFORMANCE assessments will be combined into one block equalling 71.5% weighting with the TECHNICAL assessments being combined equalling a 28.6% weighting.

In the sample below Athlete A would be chosen based on their better performance score over athlete B and C. Athlete B and C have similar performance scores. Allocation of the spot may then be based on technical score consideration.

Athlete A Performance Assessments (perfect score 30)						Athlete A Technical Assessments (perfect score is 36)					
	200m Swim TT	1500m Run TT	100+400+100 Swim TT	Bike and 1500m run TT	Race Result	Power Profile					
score	6	6	6	5	1	6sec	6sec	30sec	1min	4min	Bike Skills
results	2:05:11	3:59:03	7:18:12 (accumulated time)	4:06:09	DNF	3	3	3	3	3	3

Performance Score
24
Technical Score
18

Notes
crashed on lap 3 of bike

Athlete B Performance Assessments						Athlete B Technical Assessments					
	200m Swim TT	1500m Run TT	100+400+100 Swim TT	Bike and 1500m run TT	Race Result	Power Profile					
score	3	4	4	4	4	6sec	6sec	30sec	1min	4min	Bike Skills
results	2:11:56	4:17:38	07:25.3 (accumulated time)	4:24.71	10th	4	4	4	5	5	4

Performance Score
19
Technical Score
26

Notes
race swim split - 9:45 / race run split 15:32

Athlete C Performance Assessments						Athlete C Technical Assessments					
	200m Swim TT	1500m Run TT	100+400+100 Swim TT	Bike and 1500m run TT	Race Result	Power Profile					
score	3	4	4	4	4	6sec	6sec	30sec	1min	4min	Bike Skills
times	2:11:89	4:17:22	07:25.8 (accumulated time)	4:23.99	11th	5	5	5	5	5	6

Performance Score
19
Technical Score
31

Notes
race swim split - 9:43 / race run split 15:33



APPENDIX FIVE: Assessment Schedule

Triathlon Ontario Assessment Schedule:

Date	Location	Assessments
Sat April 23	Milton	Power Profile Bike Agility Course 1500m Run Time Trial
Sun April 24	Milton	200m Swim Time Trial
Saturday May 7th	London	Power Profile Bike Agility Course Speed Reserve Swim Time Trial
Sunday May 8th	London	Bike + Run 1500m run off bike Time Trial*
Saturday May 14th	Ottawa	Power Profile Bike Agility Course
Sunday May 22nd	Milton	Power Profile Bike Agility Course Bike + 1500m Run off bike Time Trial*
Saturday May 28th	Ottawa	Bike + 1500m run off the bike Time Trial* Speed Reserve Swim Time Trial

*Athletes must have completed the POWER PROFILE before the Bike + Run assessment

TIMES AND EXACT LOCATIONS FOR EACH ASSESSMENT WILL BE COMMUNICATED WHEN ALL ATHLETE REGISTRATIONS HAVE BEEN SUBMITTED. IN THE CASE OF SPECIFIC ASSESSMENTS FILLING FOR ANY REASON. THIS INFORMATION WILL BE COMMUNICATED IMMEDIATELY. SPOTS WILL BE ALLOCATED IN THE ORDER FULLY COMPLETE REGISTRATIONS ARE RECEIVED BY THE PROVINCIAL COACH. (ie: FIRST COME FIRST SERVED).

PLEASE NOTE: ALL athletes will have to REGISTER for each assessment using the provided registration form. ALL registrations have to be submitted to Provincial Coach Greg Kealey on or before SUNDAY APRIL 3rd 2022, at coach@triathlonontario.com

PLEASE NOTE: Athletes who do not submit a completed registration form will not be scheduled for assessments and may be removed from consideration.

If any athlete can not attend the assessments due to academic or other conflicts please contact Greg Kealey at coach@triathlonontario.com and he will work with you to ensure you have every opportunity to complete the assessments in full.