

ATHLETICS CANADA (AC)

2009-2010 Athlete Assistance Program

Para - Athletes

1. General

The Athlete Assistance Program, or AAP, is a program of the federal government administered by Sport Canada that provides financial assistance and tuition support to over 1,800 top eligible athletes in Canada.

Also referred to as 'carding', AAP funding is intended to contribute to an athlete's living and training costs. It is not intended to serve as the athlete's sole source of income. Furthermore, the AAP is not a reward for past performance, but rather Athletics Canada's Para-Athletics carding is designed to support athletes who have demonstrated the potential for superior future performance, by either having:

- a) demonstrated their ability to finish in the top 3 or top half (½) of their field at a World Championships or Paralympic Games, or
- b) been identified as progressing towards a finish in the top 3 or top half ½ of their field at future World Championships or Paralympic Games.

Many of the considerations that enter into carding nomination are based on objective criteria. However, due to the fact that carding is not based solely on past performance, the decision-making process also contains some necessary subjective elements.

2. Eligibility

To be eligible to be considered for carding nomination, an athlete and guide must comply with the following requirements:

- a) Must achieve the applicable performance standards for their event category listed in Appendix 4 at least once during the qualifying period.
- b) Must be classified and licensed in IPC para-athletics at the time of the carding application deadline of Friday, October 16, 2009. **NOTE:** If an athlete's classification has changed due to reclassification or if an athlete is new to the sport of Para – Athletics, he/she must provide written documentation of the reclassification or classification from IPC or the appropriate international sports governing body overseeing classification. This documentation should accompany the carding application.

- c) Must complete and sign the application form attached to this document as Appendix 1 and submit it to Athletics Canada on or before the deadline of **Friday, October 16, 2009**. The athlete's coach, who is responsible for overseeing the athlete's training program, must be identified on this form and must also sign it. The application form must be accompanied by the athlete's Yearly Training and Competition Plan for 2009-10 complete with details on the Training Environment that conforms with the requirements outlined in Appendix 2. It also must be signed by the athlete's personal coach.

Late applications will not be accepted.

- d) Must be a current registered member of Athletics Canada, in good standing with his or her Provincial Branch.
- e) Must have participated in the 2009 Canadian Senior Track and Field Championships and/or the Canadian Marathon Championships (as applicable). Unless a written request not to participate due to injury or illness is submitted to the Head Coach of the Para - Athletics Program or designate and is then approved in writing by the Head Coach of the Para - Athletics Program or designate prior to the Championships.
- f) Must possess Canadian citizenship by December 1st, 2009(the beginning of the carding cycle), and must satisfactorily demonstrate that he/she would be eligible to compete for Canada as of this date.
- g) Must not be under suspension or other sanction by Athletics Canada or Sport Canada for any doping or doping-related offence.
- h) Must have signed, or must commit to sign, any applicable Athlete Agreement as required by Athletics Canada and Sport Canada.
- i) In the event that the athlete is nominated for carding, he/she must continue to meet these conditions as well as additional conditions contained in the signed Athlete Agreement. As such, the athlete must compete in the 2010 Canadian Senior Track and Field Championships and/or the Canadian Marathon Championships (as applicable). Unless a written request not to participate due to injury or illness is submitted to the Head Coach of the Para - Athletics Program or designate and is then approved in writing by the Head Coach of the Para - Athletics Program or designate prior to the Championships. The athlete also commits to participate in a semi-annual review of the Training and Competition Plan with the Head Coach of the Para – Athletics Program or designated Athletics Canada Para – Athletics Staff Coach.
- j) To be eligible for carding nomination, guide runners must also adhere to all eligibility requirements as listed above.

PLEASE NOTE: Once carded, a failure to continue to fulfill these conditions may result in a recommendation for the withdrawal of the athlete's carding to Sport Canada.

3. Authority for Decisions

The National Team Committee will implement these criteria and will make recommendations for carding nominations to Sport Canada. Final authority for carding nominations rests with the National Team Committee.

4. Categories of Cards and Priorities of Nominations

Athletics Canada nominates athletes for carding in four (4) different categories. These categories have specific terms and conditions, including eligibility and application requirements, that may be in addition to the general eligibility and application requirements described in this document. These carding categories are provided in greater detail in Appendix 3.

5. Principles Underlying Carding Nominations

The underlying fundamental principles guiding the Athletics Canada Para-Athletics carding evaluation and decision-making process are:

- a) Carding is designed to support athletes who have either demonstrated their ability to finish in the top 3 or top half (½) of their field at a Paralympic Games or World Championships, or who have been identified as progressing towards a finish in the top 3 or top half (½) of the field at a future Paralympic Games or World Championships.
- b) Carding will be considered for those athletes that demonstrate consistently high level performances. A requirement for carding nomination is the ability of an athlete to repeat a high performance level time, distance, and/or height or high level IPC world ranking or placing during the set qualifying period. In other words, repeatability of high level performance and the ability to do so when it counts.
- c) Carding will be considered for those athletes who can demonstrate their readiness and ability to achieve peak performance at Canadian Championships and/or prioritized National Team events. Such readiness is demonstrated through the athlete's Yearly Training and Competition Plan.

6. Criteria to Determine Points Ranking

Eligible athletes will rank for nomination consideration on three general categories of criteria:

- a) Performance – as demonstrated by outdoor performances that meet or exceed the standards prescribed by Athletics Canada and that are achieved within a prescribed Qualifying Period (see Appendix 4), as well as historical performances and personal best performances;
- b) Placings – as demonstrated by placings at Outdoor Canadian and International Championship events (see Appendix 1); and,
- c) Training environment and competitive readiness – as demonstrated by the athlete's Yearly Training & Competition Plan and details on the Training Environment, submitted as part of the carding application (see Appendix 2).

This ranking will be done using a points-based system. How these points are allocated is described in the Application Form shown in Appendix 1. The performance standards, qualifying periods and repeat performance schedules are shown in Appendix 4. The Para-Athletics Carding Work Group will evaluate athletes against these criteria.

Athletics Canada acknowledges that some of the criteria relating to the athlete's training environment and competitive readiness may involve subjective considerations. Athletes are strongly encouraged to include with their carding application any additional information that they feel may be relevant. The evaluation of the athlete's Yearly Training & Competition Plan will follow the checklist in Appendix 2 resulting in an overall numerical score given for each athlete's yearly Training & Competition Plan and the athlete's Training Environment.

IMPORTANT NOTE: Athletics Canada **DOES NOT** 'card' athletes, but rather submits a list of nominations which Sport Canada must ultimately approve. The final decision on carding is made by Sport Canada.

7. Notification

The carding cycle begins December 1st, 2009 and goes for one year (ending November 30, 2010). The athlete points ranking list described in Section 6 will be published by Athletics Canada on or before November 1st, 2009. Upon publication, athletes have five (5) days to notify Athletics Canada if there are any errors or omissions in an athlete's performances and/or placings.

8. Appeals

Athletes who are not nominated for carding, have achieved the minimum performance standards during the qualifying period, and who have submitted a complete Carding Application and Training and Competition Plan before the deadline may submit an appeal. A Notice of Appeal must be submitted to Athletics Canada within 15 days of publication of the Sport Canada approved carding list and must be accompanied by a fee of \$250. This fee will be returned if the appeal is successful. Appeals of carding nominations will be decided by an Appeals Panel under Athletics Canada's Appeal Policy (Rule 140).

9. Further Information

For further information about the AAP program, including what financial assistance is provided through tuition support or deferred tuition support, please contact Athletics Canada:

Scott MacDonald
Director, National Team Programs
Tel: (613) 260-5580 x3306
smacdonald@athletics.ca
2445 boul. St-Laurent Blvd.
Suite B1-110
OTTAWA ON K1G 6C3

Melissa Dowling
National Team Programs Manager
Tel: (613) 260-5580 x3307
mdowling@athletics.ca
2445 boul. St-Laurent Blvd.
Suite B1-110
OTTAWA ON K1G 6C3

Emily Colton
Acting National Team Programs Coordinator
Tel : (613) 260-5580 x3335
ecolton@athletics.ca
2445 boul. St-Laurent Blvd.
Suite B1-110
OTTAWA ON K1G 6C3

More information about the AAP is also available from Sport Canada at the following website:
<http://www.pch.gc.ca/pgm/sc/pol/athl/index-eng.cfm>.

Appendix 1

2009/2010 Para-Athletics AAP Application Form

This form must be completed in its entirety and submitted to Athletics Canada by **Friday, October 16, 2009**. The form may be mailed or couriered to the Athletics Canada office, sent by fax to 613-260-0341 or sent by email (ecolton@athletics.ca). Regardless of how the form is sent, applications must be received on or before the due date. Applications received after Friday, October 16, 2009 will not be considered.

1. GENERAL INFORMATION

To be eligible for nomination, athletes must achieve the applicable performance standards for their event category listed in Appendix 4 at least once during the qualifying period. Athletes will only receive points for outdoor performances that meet or exceed the applicable standard. All other performances will be assigned a score of zero in the calculation. The Qualifying Periods and number of eligible performances required for each event are outlined in the table in Appendix 4.

ATHLETE INFORMATION			
Full Name:			
Event Discipline:		Email Address:	
Gender:	Male <input type="checkbox"/> Female <input type="checkbox"/>	Date of Birth:	(mm/dd/yy)
Primary Phone #:	() .	Cell Phone #:	() .
Permanent Address:	(Street)	(City)	(Province)
	(Postal Code)	(Country)	

Primary Coach Name:			
Coach Phone #:	() .	Coach Email:	
Club Name:		Provincial Branch:	
Branch Membership #:			
Coach History:			

2. PERFORMANCE INFORMATION

2.1 Seasonal Best Points

In order to be scored, performances MUST be sent to Athletics Canada and must meet the required standard during the specified qualifying period (as shown in Appendix 4). **NOTE:** Performance points in this section are calculated using the following methodology:

Step 1: An athlete's season's best performance will be converted to a percentage of the carding standard. To determine the percentage for track events, the standard will be the numerator and the season's best performance the denominator x 100. To determine the percentage for field events, the standard will be the denominator and the season's best performance the numerator x 100.

Step 2: Percentage from Step 1 is then scaled-up using the following formula:

$$(((\% \text{ from step 1}) * 100) - 55) * 6$$

Step 3: The calculations for each performance are added together and divided by the number of eligible performances (See Appendix 4).

2.2 Historical Points

Points are awarded based on positive performance trends over the last 3 years indicated by the following chart (↑ = Improvement, - = Stable, ↓ = Decrease):

2008	2009		2008	2009		2008	2009		2008	2009	
↑	↑	40pts	↓	↑	20pts	-	-	10pts	-	↓	0pts
-	↑	30pts	↑	-	20pts	↑	↓	10pts	↓	↓	0pts

2.3 Personal Best Points

Please fill in the table below with your personal best performance in the event that you are applying for, including when and where it was achieved. There is a maximum of 10 points for this section. Note that for each year that has passed since your personal best was achieved, 4 points will be deducted.

#	Event Discipline	Date	Location	Personal Best Performance (Legal Only)
e.g.	T11 800m	Canadian Senior T & F Championships.	July 12, 07	Windsor, ON
1				

3. PLACINGS INFORMATION

From the list of selected events below, please indicate your placing achieved at one competition within each of the categories. The placing must be in the event that you are applying for carding for.

Event	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Canadian Championships	50	45	40	35	30	20	10	5
International Fixture (One Max, select from list below and enter into table)								
Event	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
	70	65	60	55	50	40	30	20
-Boiling Point Track Classic -British Open -IBSA Pan Am Games -IBSA World Youth Games -IWAS World Juniors				-Swiss Championships -Ibach Track Meeting -Jona Track Meeting -German Open -Czech Open (Other meets not listed but recognized by IPC Sanction will be considered and must be submitted for approval to AC by July 30, 2009)				
Domestic Event (events identified on the IPC Calendar or recognized by AC)								
Event	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
	3	2	1	Max allowable points				
-Dogwood -Ottawa Twilight Series (indicate Date) -Sherbrooke Twilight Series (indicate Date)				-Provincial Branch Championships -Ian Hume -Rendez Vous Select (Other meets not listed but recognized by AC must be pre-approved prior to the competition date)				

4. TRAINING AND COMPETITION PLAN AND TRAINING ENVIRONMENT INFORMATION

The Para-Athletics Carding Work Group will award a maximum of 250 points on the basis of the athlete's yearly Training and Competition Plan and Training Environment (see Appendix 2).

5. OVERALL CALCULATION

Performance points, placing points and training and competition plan points are added together to determine an athlete's total carding points. These are then used to rank athletes for nomination. Of the three (3) areas where athletes can score points, performance points is the area where an athlete can score the greatest number of possible points and therefore have the greatest effect on total carding points. Consequently, performance is most important.

Performance	Placing	Training and Competition	Total Points
	+ 120	+ 250	=

Appendix 2

Training and Competition Plan / Training Environment

(Maximum Score of 250 points)

Coaches and high performance athletes have the responsibility to ensure optimal training environments are provided and that yearly training and competitive plans are comprehensive and well-prepared.

Athlete and his/her personal coach must submit a yearly Training and Competition Plan accompanied by the High Performance Indicators form (Appendix 2-A). The submission must cover the period December 1, 2009 to the end of the outdoor and marathon season in 2010 and contain the following information:

<p>1. Assessment</p> <ul style="list-style-type: none">• Assess your performance in 2008-09 including factors that led to improvement or decline.• Identify planned changes/interventions. What will you do differently or better?• Provide a realistic projection (<u>on which you will be evaluated</u>) of your performance goals for 2010, 2011 through to 2012
<p>2. Coaching</p> <ul style="list-style-type: none">• Coach's name, certification level, and history of success.• The number of total training hours per week AND the total number of coach supervised sessions. <p>Numbers 1 – 2: MAXIMUM 46 POINTS</p>
<p>3. Training Plan</p> <ul style="list-style-type: none">• Identify major training methods, locations and their relative emphasis per determined phases.• Periodization of training load and recovery throughout these phases.• Proposed means and periodization for complementary training (strength, conditioning, etc.)
<p>4. Competition Plan</p> <ul style="list-style-type: none">• List all planned outdoor competitions and how they contribute towards the achievement of your goals.• Training goals, training camps, and training camp objectives• Testing and monitoring <p>Numbers 3 – 4: MAXIMUM 122 POINTS</p>
<p>5. Training Environment</p> <ul style="list-style-type: none">• Training Group and Partners• Training Facilities, Environment, etc.
<p>6. Integrated Support Team (IST) formally known as PET</p> <ul style="list-style-type: none">• Names and roles of the members of your IST Team.• Recovery, rest, medical interventions, and injury prevention strategies• Affiliation and support level with Canadian Sport Centres (see http://www.coach.ca/eng/links/cdnспортcentres.cfm) <p>Numbers 5 – 6: MAXIMUM 82 POINTS</p>

Once carded, athletes must continue to demonstrate their commitment to high-performance training and competition in accordance with their submitted plan through clear communication with the Head Coach of the Para – Athletics Program or Designate as the year progresses. **THIS INCLUDES A MANDATORY MID-SEASON REVIEW.**

If the Head Coach of the Para – Athletics Program or Designate determines that an athlete who has been approved for carding is not competitive-ready at any time during the carding cycle, the athlete will be informed of this in writing. A failure to re-establish competitive readiness may result in a recommendation to Sport Canada in the athlete's carding to be withdrawn.

It is the obligation of the athlete to **immediately** report to the National Teams Program Manager (mdowling@athletics.ca) any injury, illness or other changes (including pregnancy) that could affect their ability to train and compete. If the injury, illness or pregnancy is going to disrupt high performance training for a period longer than four (4) months and the athlete wishes to maintain their carding status, then the athlete must apply for a Medical Card. See Appendix 3 for more information on Medical Cards. Such application must be made within 30 days of reporting the injury, illness or pregnancy and determining that it will interfere with ongoing training.

Appendix 2-A:

High Performance Indicators

Athlete Name

Yearly Training Plan–Completed

Injury Prevention Strategy: (identify the strategy for any reoccurring injuries or medical interventions planned within the YTP)

2009/2010 Domestic Competition Schedule

Location, Date, Rationale (how they contribute to your goals)

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)

2009/2010 International Competition Schedule

Location, Date, Rationale (how they contribute to your goals)

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)

Training Camps:

Location, Date, Rationale (how they contribute to your goals)

- 1)
- 2)
- 3)

Goals: (list all events that you compete in)

Event Goals (Times/Distances):

Training Goals:

Competition Goals:

Plan until 2012: (Please indicate your competitive progression and broad goals through to 2012 Paralympic Games)

Integrated Support Team

- Sports Psych -
- Physiotherapy-
- Massage –
- Chiropractic-
- Strength and Conditioning Coach –
- Biomechanics-
- Dartfish -
- Physiology-
- Nutritionist –

Testing

	Date	Test
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

Training Group

Athlete Name(s)

Level of Competition

- 1.
- 2.
- 3.
- 4.
- 5.

Training Facilities

- Indoor Track
Type
- Outdoor Track
Type
- Weight Facility

Signed by:

- Coach _____
- Athlete _____

Appendix 3:

Categories of Cards

Sport Canada awards Athletics Canada a quota of 36 full-year Senior (Sr) cards, which are broken down into sub-categories, including Medical cards and Development cards. Cards are awarded at two funding levels (\$900 per month for a development card and first-time Senior card (C-1), and \$1,500 per month for Senior cards except C-1). Should Sport Canada alter their financial contribution, Athletics Canada reserves the right to revise this document as it deems appropriate.

Carding Categories	Carding Sub-Categories	# of Cards	# of Athletes Carded	Funding Level
International Cards (Sr1 & Sr2)	Sr1 – 1 st Year International Card	Variable	1 athlete carded per card awarded	\$1,500 per month for 12 months
	Sr2 – 2 nd Year International Card			
Senior Cards (Sr, C-1)	National Senior Team Card	- Variable	1 Athlete for each (x1) card	\$1,500 per month for 12 months (or for C-1 cards \$900 per month if the athlete is Senior carded for the first time)
	Medical Card	These cards are defined as the 'Senior Card Pool'		
Development Cards	Development National Team Card	- 9 minimum	Every three (3) Development Cards equals two (2) Senior cards. Athletics Canada has the option of allocating unused Senior cards as Development Cards so long as the total does not exceed the quota of 36 cards.	\$900 per month for 12 months
	Medical Card	These cards are defined as the 'Development Card Pool'		
Total		36	Variable	

Further information on these carding categories is provided below. Note that many of these categories have additional eligibility and application requirements to those set in the main body of this document.

International (Sr1 and Sr2) Cards

2009- 10 Carding Cycle Criteria for International Senior Card and Sr1 -1st Year International Card:
 -International Carded Athletes (SR1) must prove fitness by meeting the following standards to be re-nominated for the second year of the International Senior Card (SR2)., Not meeting this standard will require the athlete to re-apply with the rest of the carding pool for the Senior Card.
 -Senior International will be eligible for nomination for a second year provided that the athlete's Training and Competition Plan is satisfactory. The second year of a Senior International card is designated as SR2.

-Medalists from the Beijing Games that have a SR card are also required to prove fitness by meeting the following standard and providing a satisfactory Training and Competition Plan to meet their carding requirements

International Senior Card – SR1 (14) (and Beijing Medalists)		
	Female	
Classification	Event	Standard Needed
T44	200m	29.07
T52	100m	23.61
T53	100m	18.35
T54	200m	31.90
T54	400m	58.56
	Male	
Classification	Event	Standard Needed
T11	1,500m Athlete and Guide	4:24.95
F34	Shot Put	9.89
T52	100m	18.45
T52	400m	1:04.49
T53	100m	15.77
T54	400m	50.10
T54	800m	1:39.75
T54	1,500m	3:07.11
T54	Marathon	1:28:40

Senior (Sr, C-1) Cards

- Athletes may only be carded at the Senior Card level a maximum of six (6) times during their career without having progressed to an International Card. Years carded as a Senior Medical Card are not included in the calculation.
- Athletes previously carded at the Senior International Card level may only go back to being carded at the Senior card level a maximum of four (4) times during their career. Once athletes have used the four (4) Senior Cards, they will no longer be eligible for carding at the Senior or Development level.

- For the purposes of this category, Athletics Canada will begin counting eligible years starting with the 2006/2007 carding cycle. Notwithstanding the maximum six (6) years carding at the Senior level, in extraordinary situations, an athlete may be considered for carding if he/she has demonstrated progress towards future achievement of an International card or sustained achievement of international podium performances.

Medical Cards (Senior and Development)

- Athletes who are currently carded, and who become injured, ill or pregnant must complete a "Notification of Injury, Illness or Pregnancy" to maintain their carding status: <http://www.athletics.ca/page.asp?id=372>.
- Application for a Medical Card does not guarantee selection. A full assessment of medical documentation will be made by the Head Coach of the Para-Athletics Program or Designate in consultation with designated medical advisors to determine the extent that the athlete cannot sustain high performance training.
- Athletes will be selected at the discretion of the Para-Athletics Carding Work Group based on the limited number of overall cards available, overall submission and documentation, nature and details of the diagnosis & prognosis, the strength of their rehabilitation plan and the realistic expectation that they can continue to progress towards top 3 in the world.
- The carding application form must be completed in full and must be accompanied by a medical doctor's diagnosis and prognosis for the athlete's return to high performance training and competition (not required in the case of pregnancy), and must include a rehabilitation and training plan prepared by the athlete, coach and coordinating therapist.
- Only current International, Senior and Development carded athletes may apply for a Medical Card.
- If an athlete is unable to complete their event at the Canadian Championships due to injury or accident during the competition, the athlete may be awarded 50% of the points achieved through their performance at the Canadian Championships the previous year.

Development Cards

- The purpose of Development Cards is to support a developing athlete on their path to earning carding at the Senior levels. As such, Development Cards may be awarded once and then renewed for two (2) further years. Development Cards may only be awarded to athletes who are able to demonstrate an ability to progress towards earning a Senior Card.
- Athletes who have previously been carded at the Sr1, Sr2, Sr or C-1 carding level **will not** be considered for a Development Card.
- Athletes located in optimal Canadian training environments, including regular face-to-face contact, training, and communication with their personal coach will receive more consideration for points towards carding nomination.

Appendix 4:

Performance Standards, Qualifying Periods, Repeat Performance Schedules

Provided below are the Athletics Canada's performance standards for the purposes of determining eligibility for AAP. The first set of standards pertains to Senior Cards while the second set of standards pertains to Development Cards. To be eligible for nomination, athletes must achieve the applicable performance standards for their event category listed below at least once during the qualifying period.

Performance standards must have been met or surpassed in:

- a) An outdoor competition: Track and field and marathon standards must be achieved on/at an IAAF certified track and field facility and certified course, respectively.
NOTE: Wheelchair racers cannot use performances obtained on the Warm Springs, Georgia track or the equivalent.
- b) An event that is sanctioned/approved at the National or IPC levels. "Nationally sanctioned" means those competitions sanctioned/approved by the National athletics/track and field organization, the National Paralympic Committee or the National Disability specific organization (in Canada, USA, Great Britain, Australia, etc.). In Canada this includes provincial, regional or local meets sanctioned/approved by Athletics Canada (and its provincial branches).

Event Categories	# of Eligible Performances	Qualifying Period
100, 200, 400, HJ, LJ, TJ, SP, DT, JT, Club	3 performances. Average of 3 performances.	November 1, 2008 to October 16, 2009 With no more than two performances prior to June 1, 2009
800, 1500, 5000, Marathon – Wheelchair	2 performances	October 1, 2008 to October 16, 2009
10,000, Marathon - Ambulatory	1 performance	October 1, 2008 to October 16, 2009
Pentathlon (Male)	2 performances	November 1, 2008 to October 16, 2009

Appendix 4 cont'd

Performance Standards

MEN	Senior	Development	WOMEN	Senior	Development
T11 100m	00:00:12.19	00:00:14.18	T11 100m	00:00:13.78	00:00:16.03
T11 200m	00:00:24.72	00:00:28.75	T11 200m	00:00:28.13	00:00:32.71
T11 400m	00:00:55.12	00:01:04.10	T12 100m	00:00:13.44	00:00:15.45
T11 1500m	00:04:26.08	00:05:09.39	T12 200m	00:00:27.53	00:00:31.65
T11 5000m	00:16:35.00	00:19:16.98	T12 400m	00:01:01.33	00:01:10.49
T11-T12 10000m	00:34:21.19	00:39:56.73	T12-T13 800m	00:02:21.88	00:02:41.23
T11-T12 Marathon	02:49:15.57	03:16:48.80	T12-T13 1500m	00:04:51.76	00:05:31.55
T12 100m	00:00:11.74	00:00:13.34	T13 100m	00:00:13.43	00:00:15.26
T12 200m	00:00:23.68	00:00:26.91	T13 200m	00:00:27.52	00:00:31.28
T12 400m	00:00:52.09	00:00:59.19	T13 400m	00:01:03.78	00:01:12.48
T12 800m	00:01:59.51	00:02:15.80	F12-F13 Discus	37.50	31.87
T12-T13 1500m	00:04:02.85	00:04:35.97	F12-F13 Shot	10.94	9.30
T13 100m	00:00:11.66	00:00:12.96	F12 Long Jump	4.94	4.20
T13 200m	00:00:23.66	00:00:26.29	F13 Long Jump	4.78	4.06
T13 400m	00:00:52.73	00:00:58.58	F32 Shot	4.54	3.86
T13 800m	00:02:00.01	00:02:13.35	F33 Discus	12.24	10.41
T12-T13 5000m	00:15:36.56	00:17:20.62	F33 Javelin	11.49	9.77
F11 Javelin	39.30	33.41	F33 Shot	5.27	4.48
F11 Shot	11.84	10.06	F34 Discus	17.54	14.91
F11 Long Jump	5.65	4.80	F34 Javelin	14.06	11.95
F11 Triple Jump	11.55	9.82	F34 Shot	6.65	5.65
F12 Discus	42.23	35.89	F35 Discus	19.94	16.95
F12 Javelin	49.19	41.81	F35 Javelin	20.00	17.00
F12 Shot	14.35	12.20	F35 Shot	7.38	6.28
F12 Long Jump	6.27	5.33	T36 100m	00:00:15.78	00:00:18.13
F12 Triple Jump	13.24	11.25	T36 200m	00:00:34.00	00:00:38.29
T11-13 4x100m	0.00		F36 Discus	18.48	15.71
Pentathlon P12	2704	2298	F36 Javelin	15.62	13.27
F32 Club	26.20	22.27	F36 Shot	7.34	6.24
F32 Shot	6.63	5.63	T37 100m	00:00:15.31	00:00:17.59
F32 Discus	15.16	12.89	T37 200m	00:00:32.00	00:00:36.78

F33 Discus	23.46	19.94	F37 Discus	23.84	20.26
F33 Javelin	19.46	16.54	F37 Javelin	18.25	15.51
F33 Shot	8.51	7.23	F37 Shot	8.57	7.28
F34 Javelin	22.52	19.14	T38 100m	00:00:15.41	00:00:17.92
F34 Discus	32.48	27.61	T38 200m	00:00:31.11	00:00:36.17
F34 Shot	9.33	7.93	F38 Discus	23.99	20.39
T35 100m	00:00:14.04	00:00:15.96	F38 Javelin	21.78	18.51
F35 Discus	38.79	32.97	F38 Shot	9.17	7.80
F35 Javelin	37.40	31.79	F40 Shot	6.35	5.39
F35 Shot	12.03	10.23	F40 Discus	20.56	17.47
T36 100m	00:00:13.20	00:00:15.53	T42 100m	00:00:18.11	00:00:21.30
T36 200m	00:00:26.93	00:00:31.68	F42 Discus	25.40	21.59
T36 400m	00:01:00.64	00:01:11.35	F42 Javelin	23.50	19.98
T36 800m	00:02:24.56	00:02:50.07	F42 Shot	8.05	6.84
F36 Discus	30.90	26.26	F42 Long Jump	3.02	2.57
F36 Javelin	33.10	28.13	T44 100m	00:00:14.85	00:00:16.95
F36 Shot	10.56	8.97	T44 200m	00:00:30.02	00:00:34.91
T37 100m	00:00:12.80	00:00:14.88	F44 Discus	31.58	26.84
T37 200m	00:00:25.80	00:00:28.24	F44 Javelin	28.35	24.10
T37 800m	00:02:05.91	00:02:21.47	F44 Shot	10.25	8.71
F37 Javelin	41.05	34.90	F44 Long Jump	4.13	3.51
F37 Discus	45.25	38.46	T46 100m	00:00:13.90	
F37 Shot	12.33	10.48	T46 200m	00:00:27.95	00:00:30.88
F37 Long Jump	5.12	4.35	F46 Javelin	28.15	23.93
F 38 Long jump	5.23	4.44	F51 Discus	13.07	11.11
T38 100m	00:00:12.32	00:00:13.85	T52 100m	00:00:23.75	00:00:26.23
T38 200m	00:00:24.67	00:00:27.72	T52 200m	00:00:42.99	00:00:48.30
T38 400m	00:00:55.24	00:01:02.06	F52 Javelin	8.03	6.83
F38 Discus	36.92	31.38	F52 Discus	12.59	10.70
F38 Javelin	41.04	34.88	F52 Shot	4.13	3.51
F38 Shot	12.56	10.68	T53 100m	00:00:18.74	00:00:21.06
T35-38 4x100m			T53 200m	00:00:32.46	00:00:36.47
F40 Shot	8.83	7.50	T53 400m	00:01:03.11	00:01:10.91
T42 100m	00:00:13.90	00:00:15.91	T53 800m	00:02:09.81	00:02:25.85
F42 Discus	40.31	34.27	F53 Javelin	8.75	7.44
F42 Javelin	42.84	36.41	F53 Discus	10.94	9.30
F42 Shot	11.77	10.00	F53 Shot	4.73	4.02
F42 Long Jump	4.94	4.20	T54 100m	00:00:17.73	00:00:19.92
T44 100m	00:00:11.94	00:00:14.04	T54 200m	00:00:31.90	00:00:35.84
T44 200m	00:00:24.20	00:00:28.47	T54 400m	00:00:58.56	00:01:05.80

T44 400m	00:00:56.14	00:01:06.04	T54 800m	00:01:57.18	00:02:11.66
F44 Discus	45.37	38.56	T54 1500m	00:03:37.52	00:04:10.03
F44 Javelin	47.47	40.35	T54 5000m	00:12:35.00	00:14:45.06
F44 Shot	13.53	11.50	T54 Marathon	01:51:53.20	02:08:36.32
F44 Long Jump	5.77	4.91	T53-54 4x400m		
F44 High Jump	1.77	1.50	F54 Javelin	12.26	10.43
Pentathlon P44	3863	3283.60	F54 Discus	13.94	11.85
T46 100m	00:00:11.72	00:00:13.17	F54 Shot	5.29	4.50
T46 200m	00:00:23.61	00:00:26.52	F55 Javelin	16.14	13.72
T46 400m	00:00:52.11	00:00:58.55	F55 Discus	21.71	18.45
T46 800m	00:02:00.56	00:02:15.47	F55 Shot	7.31	6.21
T46 1500m	00:04:15.50	00:04:39.75	F56 Javelin	20.43	17.37
T46 5000m	00:15:41.58	00:17:37.96	F56 Discus	20.95	17.81
T46 Marathon	02:45:56.01	03:06:26.53	F56 Shot	6.93	5.89
F46 Long Jump	6.17	5.25	F57 Javelin	17.34	14.74
F46 High Jump	1.73	1.47	F57 Discus	22.43	19.06
T42-46 4x100m		0.00	F57 Shot	8.21	6.98
F51 Club	20.78	17.66	F58 Javelin	23.95	20.36
F51 Discus	8.73	7.42	F58 Discus	27.73	23.57
T52 100m	00:00:18.44	00:00:21.15	F58 Shot	8.36	7.11
T52 200m	00:00:33.66	00:00:38.62			
T52 400m	00:01:06.17	00:01:15.92			
T52 800m	00:02:08.78	00:02:29.17			
T52 Marathon	02:00:34.70	02:19:40.28			
F52 Javelin	14.64	12.45			
F52 Discus	15.12	12.85			
F52 Shot	7.72	6.56			
T53 100m	00:00:16.05	00:00:18.03			
T53 200m	00:00:28.53	00:00:32.05			
T53 400m	00:00:52.87	00:01:01.28			
T53 800m	00:01:45.10	00:02:00.52			
F53 Javelin	17.44	14.82			
F53 Discus	21.02	17.87			
F53 Shot	6.97	5.93			
T54 100m	00:00:15.17	00:00:16.86			
T54 200m	00:00:26.96	00:00:29.96			
T54 400m	00:00:50.78	00:00:56.42			
T54 800m	00:01:40.32	00:01:54.00			
T54 1500m	00:03:08.52	00:03:34.23			

T54 5000m	00:10:45.45	00:12:21.90
T54 Marathon	01:30:21.86	01:43:52.02
T53-54 4x100m		
T53-54 4x400m		
F54 Javelin	23.39	19.88
F54 Discus	24.46	20.79
F54 Shot	8.35	7.10
F55 Javelin	26.97	22.92
F55 Discus	32.04	27.24
F55 Shot	9.78	8.31
F56 Javelin	30.29	25.74
F56 Discus	33.53	28.50
F56 Shot	10.01	8.51
F57 Javelin	33.93	28.84
F57 Discus	40.89	34.76
F57 Shot	11.79	10.02
F58 Javelin	41.00	34.85
F58 Discus	47.57	40.44
F58 Shot	12.87	10.94