



2024-2025 BCWSA Provincial Wheelchair Athletics Program Selection Criteria & Standards

Overview

The objective of the BC Wheelchair Sports Association (BCWSA) Provincial Wheelchair Athletics Program is to assist athletes training and competing in wheelchair racing and seated throws at the Train-to-Train stage or greater within the Long-Term Athlete Development (LTAD) Model. Selection to the 2024-2025 BCWSA Provincial Wheelchair Athletics Program will be considered based on an athlete's potential to represent BC at national and international competitions, demonstrated commitment to training, and evidence of continued improvement.

The 2024-2025 BCWSA Provincial Athletics season spans from September 1, 2024, to July 31, 2025.

Questions or concerns regarding the program should be directed to the Wheelchair Athletics Program Coordinator, Jonathan Luk (jonathan@bcwheelchairsports.com).

Program Requirements

The Provincial Program Criteria and the BCWSA qualifying standards have been developed in alignment with Athletics Canada's Canadian Athletics Performance Pathway (CAPP) – Para Consideration Standards.

- Please refer to: *2024-2025 BCWSA WC Athletics Provincial Team Qualifying Standards*" (Appendix A).

In addition to achieving qualifying standards, the athlete is expected to maintain a consistent training regimen, strive for individual excellence, and exemplify the values of true sport.

Athletes selected to the Provincial Team Program are required to complete all the items listed below by **June 9, 2025**, to be considered for selection to represent BC at the 2025 National Championships:

Membership

Athletes must remain a member in good standing of BCWSA, as well as the WC Race Series and/or other clubs supported by BCWSA and BC Athletics for the duration of the 2025 Provincial Team Program season (September 1, 2024 – July 31, 2025).

Targeted athletes must register for their 2025 Canadian Sport Institute Athlete Services Card and the 2025 Canadian Sports Institute – Pacific "*GymWorks*" program by **February 9, 2025**.

Education

Athletes must complete CCES True Sport 101: Anti-Doping Education and provide a certificate of its completion to jonathan@bcwheelchairsports.com by **June, 9 2025**. Access to the course will be provided by BCWSA.

Athletes who have completed True Sport Clean as a part of their National Team carding requirements are not required to complete the course again.

Training Attendance

Athletes residing within a reasonable driving distance of BCWSA-offered training sessions are expected to attend those sessions recommended by their coach. Once agreed-upon, scheduled training sessions are mandatory, and athletes must complete the program provided by the coach within the session to receive credit.

Athletes are expected to be punctual and consistent for scheduled training sessions and once selected will be required to sign a training agreement that outlines attendance expectations.

Athletes who do not reside within a reasonable travel distance of BCWSA led programming will be supported in developing a workout plan that can be completed in their home community and supported in working with their local athletics club as appropriate. As regional athletes will not be working with BCWSA coaches on a weekly basis, regular check-in will be expected.

- Please refer to: “2024-2025 BCWSA Provincial Wheelchair Athletics Provincial Team Attendance Agreement” (Appendix B).

BCWSA Athletics Clinics

Athletes must attend all BCWSA Athletics Clinics:

- a. Fall Athletics Clinic (October 26 – 27, 2024) - Richmond Olympic Oval
- b. Winter Athletics Clinic (February 8 – 9, 2025) - Richmond Olympic Oval
- c. Spring Athletics Clinic (April 12 – 13, 2025) - Richmond Minoru Track

Performance Results

Athletes who achieve a qualifying standard for their classification in at least one event during the 2025 outdoor track and field competitive season, in addition to completing the requirements above, will automatically qualify for the Provincial Team Program and selection to represent BC at the National Championships.

Qualifying Standards are outlined in the “2024-2025 BCWSA WC Athletics Provincial Team Qualifying Standards” document (Appendix A).

Athletes unable to achieve a qualifying standard for their classification in at least one event during the 2025 outdoor track and field competitive season may still be selected to the BCWSA Provincial Wheelchair Athletics Program as a development athlete provided they have met all other criteria above.

BCWSA coaches may, at their sole discretion, recommend development athletes that exemplify a strong work ethic and training consistency, and commitment to their sport to the Provincial Program.

1. Strong Work Ethic and Training Consistency
 - a. Examples include attendance record at athletics clinics and workshops, training attendance in-season, and cross-training programs during the off-season.
2. Commitment to self-improvement and to their sport
 - a. Examples include self-directed training programs, seeking out appropriate independent sport-specific IST, and maintaining a high-level of fitness during the off-season.

Development Athletes may receive many of the same services as Provincial Program athletes at the sole discretion of the BCWSA Provincial Team Coach and Program Coordinator.

Services

The services provided by the 2024-2025 Provincial Wheelchair Athletics Team will include:

1. Support from a sports-specific NCCP Trained and/or Certified coach at selected provincial track and field meets, selected International Paralympic Committee (IPC) meets, selected training camps, and the 2025 Canadian Track and Field Championships.
2. Access to Provincial Team Uniforms
3. Assistance with travel expenses for athletes selected for the 2025 Canadian Track and Field Championships in Montreal, QC.
4. Select eligibility for additional 2024-2025 BCWSA Provincial Wheelchair Athletics Team Funding. Travel grants for athletes are only accessible for events approved by their respective coaches.
5. Select eligibility for the Provincial Athlete Assistance Program (AAP) in the year following selection.
 - a. Details regarding this program are available from Jonathan Luk, Athletics Program Coordinator (jonathan@bcwheelchairsports.com)

Special Considerations

Athletes may request a leave of absence due to unforeseen circumstances that prevent their participation in the BCWSA Athletics Clinics. Some accepted special considerations are listed below although this is by no means an exhaustive list.

The Athletics Program Coordinator and the athletes' respective Provincial Team Coach reserves the right to determine acceptable special considerations on a case-by-case basis.

Acceptable Special Circumstances may include:

- Competing on a Canadian Team at an International Competition and/or Training Event in Wheelchair Athletics – *proof of requirement to participate in National Team competition/training*



event may be requested (e.g. YTP with identified events from personal coach or email from National Team staff, etc.)

- Injury or Illness – Provincial coach must be notified prior to the start of the competition/clinic and a letter from a medical doctor may be required.
- Domestic Affliction – defined as a personal or family tragedy, incident, or emergency that does not allow you to attend.
- Education, Exam, or Graduated Commitment – *schedule indicating classes, exams, or graduation ceremony maybe requested*

Appeals

Athletes have the right to appeal decisions made regarding the team selection for the 2024-25 BCWSA Provincial Wheelchair Athletics Program in accordance with BCWSA's *Appeal Policy*. An appeal may only be heard if there are sufficient grounds for the appeal and must be submitted in writing within 7 days of the team selection to Jonathan Luk (jonathan@bcwheelchairsports.com).



Appendix A

BCWSA Wheelchair Athletics Provincial Team Qualifying Standards

Designed in alignment with Athletics Canada's Canadian Athletics Performance Pathway (CAPP)

Para Consideration Standards

You will find four charts below – 1 Wheelchair Racing (Men), 2 Wheelchair Racing (Women), 3 Seated Throws (Men), and 4 Seated Throws (Women). Each discipline chart includes four performance columns:

- **"Avg. Top 8"** column indicates the mean result of the top 8 athletes in the world from the Paralympic Games and World Championships (2024).
- Under the **"CAPP Identification"** columns are results based on 65% and 60% of the "Average Top 8". By achieving results in the 60%/65% columns, you will be on a closer path to being identified by Athletics Canada as a potential CAPP Athlete.
- The last column, **"BCWSA"**, designates standards to be achieved by prospective BCWSA Wheelchair Athletics Provincial Team Athletes.

It is important to note that these Consideration Standards are based on events for classification groups included in the next upcoming Summer Paralympic Games Cycle. This means that not everyone's classification or event will be listed on the consideration standards document. In this case, Provincial Team Coaches and Program Coordinator will assess an athlete's results on an individual basis while also referring to the subjective criteria.

Please see following pages for all four charts.



WHEELCHAIR RACING

					CAPP IDENTIFICATION		BCWSA
Gender	Event	Classification	Paralympic Event	Avg. Top 8	Avg. Top 8 65%	Avg. Top 8 60%	
F	100M	T34	Women's 100M T34	19.50	20.61	20.77	22.20
F		T53	Women's 100M T53	17.74	18.97	19.15	20.83
F		T54	Women's 100M T54	16.67	18.35	18.56	20.74
F	400M	T53	Women's 400M T53	58.92	1:04.54	1:05.34	1:13.39
F		T54	Women's 400M T54	55.39	1:02.16	1:03.04	1:12.38
F	800M	T33/34	Women's 800M T34	2:20.34	2:28.34	1:30.21	1:39.65
F		T53	Women's 800M T53	1:54.74	2:05.32	2:06.86	2:22.20
F		T54	Women's 800M T54	1:49.82	2:02.83	2:04.58	2:23.34
F	1500M	T53/54	Women's 1500M T54	3:21.79	3:47.62	3:51.03	4:27.61
F	5000M	T53/54	Women's 5000M T54	11:32.99	12:25.78	12:32.99	13:43.76

					CAPP IDENTIFICATION		BCWSA (s)
Gender	Event	Classification	Paralympic Event	Avg. Top 8	Avg. Top 8 65%	Avg. Top 8 60%	
M	100M	T33/34	Men's 100M T34	15.93	17.26	17.44	19.23
M		T51	Men's 100M T51	22.24	23.55	23.74	25.47
M		T52	Men's 100M T52	17.66	19.15	19.35	21.36
M		T53	Men's 100M T53	15.27	16.61	16.78	18.56
M		T54	Men's 100M T54	14.20	15.66	15.85	17.71
M	200M	T51	Men's 200M T51	41.94	44.21	44.56	47.42
M	400M	T51/52	Men's 400M T52	1:03.09	1:07.09	1:08.58	1:15.21
M		T53	Men's 400M T53	50.62	55.39	56.02	1:02.05
M		T54	Men's 400M T54	46.76	52.07	52.74	59.63
M	800M	T33/34	Men's 800M T34	1:44.68	1:53.86	1:55.14	2:08.08
M		T53	Men's 800M T53	1:42.01	1:51.36	1:52.67	2:05.85
M		T54	Men's 800M T54	1:32.72	1:44.13	1:45.67	2:00.75
M	1500M	T54	Men's 1500M T54	2:53.48	3:19.54	3:22.68	3:56.20
M	5000M	T54	Men's 5000M T54	9:51.54	11:03.39	11:12.41	12:44.99



SEATED THROWS

Gender	Event	Classification	Paralympic Event	Avg. Top 8	CAPP IDENTIFICATION		BCWSA
					Avg. Top 8 65%	Avg. Top 8 60%	
F	Club Throw	F32	Women's Club Throw F32	19.64	15.92	15.44	11.20
F	Discus Throw	F53	Women's Discus Throw F53	11.10	8.66	8.36	5.66
F		F55	Women's Discus Throw F55	20.90	16.42	15.87	10.85
F		F57	Women's Discus Throw F57	27.24	21.29	20.55	13.94
F	Javelin Throw	F34	Women's Javelin Throw F34	15.18	12.73	12.40	9.63
F		F54	Women's Javelin Throw F54	13.52	11.40	11.10	8.72
F		F56	Women's Javelin Throw F56	17.53	14.56	14.15	10.73
F	Shot Put	F32	Women's Shot Put F32	5.46	4.61	4.49	3.52
F		F33	Women's Shot Put F33	5.89	4.80	4.66	3.43
F		F34	Women's Shot Put F34	6.77	5.64	5.50	4.20
F		F54	Women's Shot Put F54	6.37	5.26	5.12	3.85
F		F57	Women's Shot Put F57	9.65	7.66	7.43	5.30

Gender	Event	Classification	Paralympic Event	Avg. Top 8	CAPP IDENTIFICATION		BCWSA
					Avg. Top 8 65%	Avg. Top 8 60%	
M	Club Throw	F32/33	Men's Club Throw F33	32.41	25.79	24.99	17.78
M		F51	Men's Club Throw F51	29.96	23.24	22.47	15.57
M	Discus Throw	F52	Men's Discus Throw F52	16.81	13.82	13.42	9.97
M		F56	Men's Discus Throw F56	38.32	29.69	28.67	19.29
M	Javelin Throw	F34	Men's Javelin Throw F34	30.26	23.48	22.66	15.19
M		F54	Men's Javelin Throw F54	26.94	20.24	19.48	12.56
M		F57	Men's Javelin Throw F57	42.17	31.45	30.25	19.35
M	Shot Put	F32	Men's Shot Put F32	9.30	7.64	7.43	5.56
M		F33	Men's Shot Put F33	10.04	8.17	7.93	5.85
M		F34	Men's Shot Put F34	10.66	8.60	8.35	6.09
M		F53	Men's Shot Put F53	7.55	6.15	5.98	4.42
M		F55	Men's Shot Put F55	10.80	8.58	8.32	5.97
M		F57	Men's Shot Put F57	13.49	10.48	10.15	7.13

APPENDIX B

2024-2025 BCWSA PROVINCIAL WHEELCHAIR ATHLETICS PROVINCIAL TEAM ATTENDANCE AGREEMENT

Attendance

Provincial Team athletes are expected to be punctual and consistent for scheduled training sessions. The scheduled training sessions are mandatory, and athletes must complete the program provided by the coach within the session to receive credit. The following are the **minimum attendance standards for Provincial Team athletes only**:

1. Athletes are required to maintain an attendance record of 80% within their scheduled training sessions throughout the 2024-2025 BCWSA Provincial Athletics season.
2. Athletes must declare excused absences four hours prior to the scheduled training session².
3. Athletes with unexcused absences from scheduled training sessions are expected to provide evidence of the completion of individualized training at the coach's discretion.
4. Athletes that have five unexcused lateness to scheduled training sessions in one season will not be permitted to join the scheduled training sessions for the remainder of that season.
5. Athletes must complete, at a minimum, 6 hours per week of structured training and 4 hours per week of self-paced training³. Athletes can have an individual of the S&C team, club coach, or assistant to sign off on the completion of a remedial session
6. Athletes requiring long-term medical exemptions are expected to report their status to their respective sports-specific provincial coach.
7. Athletes present at the Athletics clinics must attend all seminars provided and are subject to the same rules as a training session.
8. Athletes are required to attend at least six BC Athletics sanctioned track meets

¹The attendance record is calculated by $\frac{(\text{Sessions Attended} + \text{Excused Absences})}{\text{Total Sessions}} \cdot 100\%$.

²Absences declared within 4 hours of a scheduled training session will be recorded as an unexcused absence; however, case by case appeals can be made to their corresponding coach.

³Athletes that live outside the Metro Vancouver region must complete their training with a coach approved by BCWSA within their respective region.



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By signing this document, Athletic Provincial Team athletes have acknowledged and agree to follow the expectations set forth by BCWSA Athletics.

Athlete's Printed Name

Athlete Signature

Date Signed