

Cross Country Ontario
Team Selection Criteria
and
Athlete Support Programs
For 2009-2010

Revision 1.3

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1 PURPOSE

The provisions in this document will be used by the CCO High Performance Committee, hereafter called HPC, to identify athletes as follows:

1. Athletes who will be named to the “Ontario Junior Development Team” for the Canadian National Championships 2010,
2. Additional athletes who qualify for the Canadian National Championships 2010 under the criteria,
3. Junior Athletes who qualify for the “Ontario Ski Team” 2010,
4. University and U23 Athletes who qualify for CCO University/U23 Support Program,
5. Athletes who qualify as Ontario Cup Series Junior Individual Champions,
6. The Ontario XC ski club that qualifies for the Ontario Cup Series Junior Club Champion

1.1 Definitions

CCC	Cross Country Canada
CCO	Cross Country Ontario
CCUNC	Canadian College and University National Championships
CPL	Canada Points List
HPC	High Performance Committee
IPC	International Performance Curve (as produced by CCC)
IPL	International Points List (as produced by CCC)
NTDC	National Team Development Centre (refers to either the Thunder Bay NTDC or the Pierre Harvey NTDC in Quebec City)
OCup	Ontario Cup
OCS	Ontario Cup Series
OU	Ontario University
PCM	Proposed Competition Model

1.2 Eligibility

To be eligible for accumulation of points on the Ontario Points List, athletes must meet the following criteria:

- **hold a valid 2009-2010 CCC racing license,**
- **be registered with a CCO club at the time of the race**
- **be a Canadian citizen or have Permanent Immigrant status**
- **be a permanent resident of Ontario¹ prior to the beginning of the Ontario Cup racing series.**

¹ The Ontario Health Card OR an Ontario Driver's Licence will be used as proof of permanent Ontario residency.

Points will **not** be awarded retroactively for a given race if an athlete obtains a license or club registration after the race. A day licence is NOT a racing licence and will not enable an athlete to accumulate Ontario Points.

Ontario Cup Series points will only be awarded to the Ontario ski club named on the athlete's 2009-2010 CCC racing licence.

1.3 Selection Races – Date & Location

The races identified in this document include the Ontario Cup Series and the Canadian National Championships. The following races are named for the 2009-2010 season Ontario Cup Series (OCS):

OCup Race Weekend #1 – Lappe Nordic, Thunder Bay, Ontario

December 19, 2009 (Classic Interval Start)

December 20, 2009 (Free, Mass Start)

Note: This race is a qualifying race for the Ontario Winter Games

OCup Race Weekend #2 and Ontario Winter Games – Arrowhead Nordic, Huntsville, Ontario

January 16, 2010 (Free Sprints)

January 17, 2010 (Classic Mass Start)

Note: This race open to Juvenile and Junior Boy/Girl categories only

OCup Race Weekend #3 and Eastern Canadian Championships – Nakkertok, NCD

January 30, 2010 (Free Interval Start)

January 31, 2010 (Classic Mass Start)

OCup Race Weekend #4 – Onaping Nordic, Onaping Falls, Ontario

February 13, 2010 (Free Sprints)

February 14, 2010 (Classic Interval Start)

February 15, 2010 (Free Mass Start)

OCup Race Weekend #5 – Haliburton, Ontario

February 27, 2010 (Free Interval Start)

February 28, 2010 (Classic Mass Start)

Note: This race will generate OCup Points in the Junior M/W and Open M/W categories only.

Canadian National Championships – Whitehorse, Yukon

March 14 to March 21, 2010

Note that for the 2009/2010 season, there are a total of nine points races (four classic and five skate races included in the Ontario Cup Series. Relay races will not be considered points races.

1.4 Competition Model

In September of 2009, CCC proposed the use of a new competition model for cross country ski racing in Canada. CCC's proposed competition model (PCM) is intended to re-align the competition categories with the LTAD model that has been rolled out to the ski community over the last several years. While CCO, and the High Performance Committee in particular, appreciates the need to have competition categories that support the LTAD model, the HPC felt that there was insufficient time to properly review, revise, and implement the proposed changes for the 2009/2010 competitive season.

For the coming season, CCO decided to run the Ontario Cup races and calculate Ontario Points **using the conventional race categories**. The Ontario Junior Development Team and the Ontario Ski Team will therefore be selected using similar methods as have been applied in previous seasons. However, some modification of the selection process is necessary to reflect the fact that the PCM categories will be in use at both the Eastern Canadian and National Championships. This is particularly true for those athletes in the conventional Junior Boys category as well as some of the athletes identified in the PCM as having the choice of competing in one of two age categories (i.e., the "bracketed" age categories).

The principle effects of the new PCM categories at these two events will be as follows:

Eastern Canadian Championships

The race distances at this event have been chosen to be compatible with both the PCM and the conventional race categories. In order to collect Ontario Points in the conventional race categories, Ontario athletes will need to be aware of the following:

- Any Ontario juvenile girl who skis (up) out of the conventional (two-year) Juvenile Girls category will not collect Ontario Points in either the Juvenile Girls category or the Junior Females category
- All Ontario Junior Boys will be obliged to register to ski as Junior Males in order that all Junior Boys ski the same races. The race distances for these events have been chosen so as not to impose inappropriate race distances on skiers in any category. Ontario Points for the Junior Boys will be calculated by separating the results for the Junior Boys out of the larger Junior Males category.

National Championships

The PCM race categories will be used at the National Championships. However, there are too many races with differing race distances to make the same accommodations at the National Championships as planned for the Eastern Canadian Championships.

- As is the case at Easterns, any Ontario juvenile girl who skis (up) out of the Juvenile Girls category will not collect Ontario Points in the Junior Female age category
- There will be a number of races where the older skiers in the Junior Boys category will be competing as Junior Males while the younger skiers will be competing as Juvenile Boys and therefore in separate races over different distances. Ontario Points at the National Championships, for Junior Boys only, will be calculated by year of birth.

2 ONTARIO JUNIOR DEVELOPMENT TEAM

2.1 Team Description

Athletes named to the Ontario Junior Development Team will represent the province at the National Championships (i.e., the 2010 Team will be the 'Ontario Junior Development Team' that represents the province at the National Championships in 2010). The Team size for 2010 will be 44 plus additions as identified within.

2.1.1 Benefits

It is the intent of the HPC that athletes named to the Ontario Junior Development Team receive the following, where possible:

1. Registration costs for individual races at the National Championships,
2. Coaching support to the National Championships,
3. Access to personal coach support options for athletes who do not have a club coach,
4. Ontario Junior Development Team clothing.

2.2 Ontario Junior Development Team Selection

2.2.1 Team of Forty-four

Points as noted in Section 6.1, Reference Average Points Calculation, from the best four of nine Ontario Cup Series races. Forty-four positions, excluding the pre-selected athletes as identified in section 2.3, Pre-selected Athletes for the Ontario Junior Development Team, will be filled from the following criteria:

1. Top three athletes by points, in each age/gender category, based on best four of nine races including two of each technique, and
2. The remaining positions selected by the descending order of points using best four of nine races including two of each technique.

2.2.2 Additions to the Team

Additional athletes may be added to the 44 positions on the Ontario Junior Development Team, resulting in a team size larger than 44 athletes, as follows:

1. Any Ontario junior athletes who are nominated and who have accepted a position on the National Junior Team or World Junior Championship Team as identified in Section 2.3.1, will be added,
2. Any Ontario junior athletes named, and who attend National Team Development Centers as identified in Section 2.3.2, will be added,
3. Force majeure positions as identified in Section 2.4, Force Majeure Positions, may be added.

2.3 Pre-selected Athletes for the Ontario Junior Development Team

2.3.1 Ontario Athletes named to National Junior Team or World Junior Championships Team

Ontario athletes who are nominated and accept a position with the National Junior Team, or who qualify to compete at the World Junior Championships, and accept the nomination, will be pre-selected for the 2010 Ontario Junior Development Team. Athletes in the group described in this Section will be hereafter referred to as Pre-selected Athletes **and will be in addition to the team size of 44**. This may result in a team size larger than 44. As Pre-selected Athletes become known they will be officially listed on the CCO website.

There are no Preselected Athletes (juniors) in this group at the time this document was issued.

2.3.2 Ontario Athletes named to National Team Development Centers

Ontario junior athletes named to, and who attend National Team Development Centers, will be pre-selected for the 2010 Ontario Junior Development Team. Athletes named to National Team Development Centers **will be in addition** to the 44 selected athletes. **Note – the addition of eligible NTDC athletes will result in a team size larger than 44.**

The Preselected Athlete (junior) in this group is from the NTDC in Thunder Bay for 2009/2010:

1. Lief Lennie

2.4 Force Majeure Positions

A maximum of four positions will be considered for force majeure additions to the team. Injury, illness, family misfortune, exceptional circumstances and equipment breakage will be considered valid grounds for appeal. Appeals must be made to the Chair of the HPC in writing by **5pm, Monday, March 1st, 2010**. Appeals must be written and include supporting documentation to support the appeal – including Doctor's notes. Appeals will be evaluated by the HPC taking into consideration the reason for the appeal and results from other races.

All appeals should be sent by e-mail to Brad Jones, Chair of the Ontario HPC at bradj@magma.ca, with a copy to admin@xco.org. Alternatively, appeals may be faxed to the CCO Administrator at 807-768-8368.

All force majeure selections **will be in addition** to the team size of 44. This may also result in a team size larger than 44.

2.5 Appeals for Ontario Junior Development Team Selection

Once the Ontario Junior Development Team has been named and released on the CCO website, any appeals of High Performance Committee decisions must be made to the CCO Board of Directors in writing by not later than **5pm, Friday, March 5th, 2010**.

All appeals should be sent by e-mail to the Chair of the Ontario HPC at bradj@magma.ca, with a copy to admin@xco.org. Alternatively, the appeal may be faxed to the CCO Administrator at 807-768-8368. Following the appeal period, the final list will be posted on the CCO website: www.xco.org

2.6 The Effect of Race Cancellation on Selection for the Ontario Junior Development Team

In the event that Ontario Cup Series races are cancelled, the following number of selection criteria races will be used to calculate points:

1. One race cancelled: best 4 of 8 races, including 2 of each technique
2. Two races cancelled: best 4 of 7 races, including 2 of each technique
3. Three races cancelled: best 3 of 6 races, including 1 of each technique
4. Four races cancelled: best 3 of 5 races, including 1 of each technique
5. Five races cancelled: best 2 of 4 races, including 1 of each technique
6. Six races cancelled: best 2 of 3 races, including 1 of each technique
7. Seven races cancelled: best 2 of 2 races

The selection of the Ontario Junior Development Team will be recommended by the HPC to the CCO Board for approval. In the event that all races are canceled, each District will be responsible to name athletes from their District to the Ontario Junior Development Team.

2.7 Additional Athletes wishing to attend the National Championships

Any licensed athlete may attend the National Championships to make up club relay teams, or for other reasons. Ontario clubs must seek the approval, in writing, of their District Chair to bring additional athletes. It is understood that support for these athletes must be provided by their home club or District. They will not be supported by CCO for travel, accommodation, waxing or transportation. It will be the responsibility of each District to ensure these athletes are fully supported and they do not detract from the services of the Ontario Coach or Assistant Coaches named to the Ontario Team coaching staff.

3 ONTARIO SKI TEAM 2010

3.1 Team Description

3.1.1 Benefits

It is the intent of the HPC that athletes named to the Ontario Ski Team receive the following, where possible:

1. OST training camps as identified in the OST Schedule and Athlete Contract,
2. Coaching support to National Championships,
3. Eligibility for Ontario Carding when such support is available,
4. Access to personal coach support options for athletes who do not have a club coach,
5. Ontario Ski Team clothing,
6. Ontario Ski Team support to attend specific elite racing events, as defined by the HPC on a cost-sharing basis.

Ontario Ski Team members are provided CCO support to attend specific elite racing events and on-snow training camps, as defined by the HPC, on a cost-sharing basis. OST athletes are eligible to receive the cost sharing only when the athlete travels with the OST and attends CCO-organized camps and events as a member of the Ontario Ski Team.

3.1.2 Obligations

Ontario athletes who accept their nomination to the Ontario Ski Team will be required to sign an Athlete Contract, pay the team fee, and fill out and sign the Athlete's Code of Conduct. The Athlete Contract will include a schedule that outlines all planned OST and Ontario/District dryland training and racing activities for the upcoming season, as well as the identified subset of activities that OST athletes must attend in order to remain OST members in good standing. Failure to meet the minimum participation standard could result in an athlete being removed from the OST.

Besides the training benefit that is available by participating in the dryland activities, OST athletes provide important program continuity by creating opportunities for Ontario's elite athletes to connect with and motivate developing athletes from across the province.

Note:

OST Athletes' obligations are such that an OST skier will *not* normally be able to satisfy these obligations while they are members of another ski team (excluding Canadian National Ski Teams and related development teams). Skiers considering this option should discuss their situation with the Ontario Coach before accepting their nomination.

3.1.3 Team Fee

Ontario Ski Team nominees will be asked to pay a team fee of \$330 to confirm their participation on the Team. This fee is due, along with the signed Athlete Contract, within **30 days** of the posting of the Ontario Ski Team nomination list.

3.2 Preselected Athletes for the Ontario Ski Team

3.2.1 Preselected Junior Athletes

Ontario athletes who qualify to compete at the 2010 World Junior Championships and accept the nomination, or who are nominated and accept a position with the 2010/2011 National Junior Team will be pre-selected to the Ontario Ski Team.

3.2.2 NTDC Athletes

All Ontario athletes who are nominated to, and attend a National Team Development Centre for 2010/2011 will be added to the Ontario Ski Team.

3.3 Ontario Ski Team Selection

Category	OCup Races (See Note 2)	National Championships Races	2009/2010 Year-end Canada Points List Minimum Standards (See Note 3)	Number of athletes to be selected																					
Juvenile Boys/Girls YoB: 94 & 95	Best six of nine OCup races including three of each technique.	Best two of four individual races at Nationals, including one of each technique, OR, a top five aggregate result.	n/a	3 females 3 males																					
Junior Boys/Girls YoB: 92 & 93	Best six of nine OCup races including three of each technique.	Best two of four individual races at Nationals, including one of each technique, OR, a top five aggregate result. Results for Junior Boys at Nationals will be calculated by Year of Birth.	n/a	4 females 4 males: (2 males from YoB = 92, and 2 males from YoB = 93) (See Note 4)																					
Junior Men/Women YoB: 90 & 91	Best four of nine OCup races including two of each technique.	Best two of four individual races at Nationals, including one of each technique, OR, a top five aggregate result.	<table border="1"> <thead> <tr> <th>Jun</th> <th>Spr</th> <th>Dist</th> </tr> </thead> <tbody> <tr> <td>WYr1</td> <td>82.5</td> <td>80.5</td> </tr> <tr> <td>WYr2</td> <td>84</td> <td>82</td> </tr> <tr> <td>MYr1</td> <td>84</td> <td>82</td> </tr> <tr> <td>MYr2</td> <td>85.5</td> <td>84</td> </tr> </tbody> </table>	Jun	Spr	Dist	WYr1	82.5	80.5	WYr2	84	82	MYr1	84	82	MYr2	85.5	84	up to 3 females up to 3 males						
Jun	Spr	Dist																							
WYr1	82.5	80.5																							
WYr2	84	82																							
MYr1	84	82																							
MYr2	85.5	84																							
U23 Men/Women YoB: 87, 88 & 89	Not applicable – rather than OCup Points, CPL ranking lists will be prepared using year-end sprint and distance data (refer to Note 3)	A top five aggregate result.	<table border="1"> <thead> <tr> <th>U23</th> <th>Spr</th> <th>Dist</th> </tr> </thead> <tbody> <tr> <td>WYr1</td> <td>85</td> <td>84</td> </tr> <tr> <td>WYr2</td> <td>86</td> <td>85</td> </tr> <tr> <td>WYr3</td> <td>87</td> <td>86</td> </tr> <tr> <td>MYr1</td> <td>87.5</td> <td>86</td> </tr> <tr> <td>MYr2</td> <td>89</td> <td>87</td> </tr> <tr> <td>MYr3</td> <td>90</td> <td>88</td> </tr> </tbody> </table>	U23	Spr	Dist	WYr1	85	84	WYr2	86	85	WYr3	87	86	MYr1	87.5	86	MYr2	89	87	MYr3	90	88	up to 2 females up to 2 males
U23	Spr	Dist																							
WYr1	85	84																							
WYr2	86	85																							
WYr3	87	86																							
MYr1	87.5	86																							
MYr2	89	87																							
MYr3	90	88																							

Notes:

1. The Ontario Ski Team selections will be based on athletes' performance as calculated on the Ontario Points List using the Normal Points Calculation, as described in Section 6.2, as follows:
 - a) Team selection will be based on the "best x of y" Ontario Cup races as defined in the table in Section 3.3. Should races be canceled, the criteria will be modified as noted in Section 3.4, Effect of OCup Race Cancellation on Ontario Ski Team Selection.
 - b) The best two of four individual races at the National Championships, counting one race of each technique, will be included. Relay races shall not be included in the calculation of individual points. The four individual races include:
 - Classic Interval Start
 - Free Interval Start
 - Qualification round times in the Free Sprint
 - Mass Start Long Distance Classic Race
 - c) CPL: The standard (average-based) Distance and Sprint Canada Points Lists as published by CCC at the end of the competitive season (final) will be used.
2. The reduction in the minimum number of OCup races for Jr M/W (when compared to younger age categories) reflects the higher probability that skiers in the older junior categories would be participating in higher level races that might conflict with some OCup dates.
3. The selection of up to two U23 skiers of each gender will be based on a ranking according to the proximity percentage of a skier's distance and sprint CPL relative to the distance and sprint-specific CPL standards for U23 skiers listed in the table in Section 3.3 above. The ranking list will use the athlete's "best of" either sprint or distance proximity calculation.
4. The Junior Boys points will be calculated by year of birth to accommodate the fact that the PCM age categories will see this group assigned to separate races at the National Championships. For all other age categories, points will be calculated by two-year age category (as has been done in the past).

3.4 Effect of OCup Race Cancellation on Ontario Ski Team Selection

The selection of the Ontario Ski Team will be recommended by the HPC to the CCO Board for approval. In the event that nine or all races are canceled each District will be responsible to recommend athletes from their District to the HPC, who will select a team for recommendation to the CCO Board. If eight or fewer Ontario Cup races are cancelled, the races used for selection will be adjusted as indicated in the sections below.

3.4.1 Race Cancellation for Juvenile and Junior Boys and Girls

In the event that OCup races are canceled, the following number of selection criteria races will be used to calculate points:

- | | |
|---------------------------|--|
| 1. One race cancelled: | best 6 of 8 races, including 3 of each technique |
| 2. Two races cancelled: | best 6 of 7 races, including 2 of each technique |
| 3. Three races cancelled: | best 4 of 6 races, including 2 of each technique |
| 4. Four races cancelled: | best 4 of 5 races, including 2 of each technique |

- | | |
|---------------------------|--|
| 5. Five races cancelled: | best 3 of 4 races, including 1 of each technique |
| 6. Six races cancelled: | best 2 of 3 races, including 1 of each technique |
| 7. Seven races cancelled: | best 2 of 2 races |

3.4.2 Race Cancellation for Junior Men and Women

In the event that OCup races are canceled, the following number of selection criteria races will be used to calculate points:

- | | |
|---------------------------|--|
| 1. One races cancelled: | best 4 of 8 races, including 2 of each technique |
| 2. Two races cancelled: | best 4 of 7 races, including 2 of each technique |
| 3. Three races cancelled: | best 3 of 6 races, including 1 of each technique |
| 4. Four races cancelled: | best 3 of 5 races, including 1 of each technique |
| 5. Five races cancelled: | best 2 of 4 races, including 1 of each technique |
| 6. Six races cancelled: | best 2 of 3 races, including 1 of each technique |
| 7. Seven races cancelled: | best 2 of 2 races |

3.5 Special Invitation to OST Trips

In general, OST trips are available to identified team members only. Team members may decline a trip for school, health or other reasons. No replacement will be added, however the HPC reserves the right to invite additional athletes with exceptional performances or under unusual circumstances.

3.6 Force Majeure

Injury, illness, family misfortune, exceptional circumstances and equipment breakage will be considered valid grounds for a force majeure appeal. Appeals must be made to the Chair of the HPC in writing by **5pm, Monday, March 29th, 2010**. Appeals must be in writing and include supporting documentation to support the appeal – including Doctor's notes. Acceptance of a force majeure addition will not displace an otherwise eligible athlete.

All appeals should be sent by e-mail to Brad Jones, Chair of the Ontario HPC at bradj@magma.ca, with a copy to admin@xco.org. Alternatively, appeals may be faxed to the CCO Administrator at 807-768-8368.

4 U23-UNIVERSITY/COLLEGE ATHLETE SUPPORT

4.1 Eligibility

Athletes must meet all of the following:

- all eligibility requirements as outlined in Section 1.2, Eligibility,
- 22 years old or younger as of Dec. 31, 2009
- be listed as an eligible athlete on either the Ontario University Championships (OUC), OR, the Canadian College and University National Championships results lists
- other athletes wishing to have points calculated for U23-University/College Athlete Support must submit a request to the CCO High Performance Committee

accompanied by certification from the registrar of their University/College prior to the CCUNC indicating they are carrying the required course load

- not already nominated to the Ontario Ski Team per criteria in Section 3.3
- be continuing to attend university/college and planning to ski in the subsequent season

4.2 Athlete Selection Criteria

Up to four athletes, two of each gender, will be selected for U23-University/College Support based on athletes' performance as calculated on the Ontario Points List using the Normal Points Calculation, as described in Paragraph 6.2, but modified to use the top Ontario University/College skier as the top athlete in a category from the following races:

1. The best four of nine Ontario Cup races including two races of each technique.

Note: The 2010 Eastern Canadian Championships will have no Open category for day 2. Points calculated for this one event will be done based on the top Ontario skier in the junior category for all juniors and the top Ontario skier in the senior category for all seniors (or juniors skiing up) for both men and women. Points accumulated for each athlete will have these points treated as their points for this event as if it were one men's and one women's Open category. (Two men and two women will receive 100 points for this one event).

2. The best two of three individual races at the National Championships, counting one race of each technique. Relay races shall not be included in the calculation of individual points. The three individual races include:
 - Interval Start Classic
 - Interval Start Free
 - Qualification round times in the Free Sprint

4.3 Support Program Description

The benefits provided through this Program include:

- a scholarship of \$500 payable at the beginning of the school year
- access to personal coach support options for athletes who do not have a club coach
- CCO support at specific racing events, as defined by the HPC, on a cost-sharing basis

5 ONTARIO CUP SERIES JUNIOR CLUB AND JUNIOR INDIVIDUAL CHAMPION

5.1 OCS Junior Individual Champion

An Ontario Cup Series Champion (individual athlete award) will be named in each of the six junior categories. Selection of the Juvenile and Junior Boy and Girl Champions will be based on the best six of nine Ontario Cup Races with at least three of each technique required. Selection of the Junior Men and Women Champions will be based on the best four of nine Ontario Cup Races with at least two of each technique required. Points are to be allocated to athletes using the Normal Points Calculation method as described in Section 6.2. In the event of a tie for first place the champion will be declared on the basis of the best six of nine races.

In the event Ontario Cup races are canceled, refer to Section 3.4, Effect of OCup Race

Cancellation on Ontario Ski Team Selection, for modifications.

5.2 OCS U23 Individual Champion

An Ontario Cup Series Champion (individual athlete award) will be named for male and female for the U23 category (includes all licensed U23 seniors). Selection of the champions is based on points from the best four of nine Ontario Cup races with two of each technique required. Points are calculated as in Section 6.2, Normal Points Calculation. In the event of a tie for first place the champion will be declared on the basis of the best six of nine races.

In the event Ontario Cup races are canceled, refer to Section 3.4, Effect of OCup Race Cancellation on Ontario Ski Team Selection, for modifications.

5.3 OCS Junior Club Champion

An Ontario Cup Series Junior Club Champion will be named based on club results for all Ontario Cup Series races that are held for the season. When a relay is included in the Ontario Cup Series, it shall be a required race for the Ontario Cup Series Junior Club Champion. Club points will be calculated from the aggregate total obtained from each eligible licensed junior athlete from each club per Section 6.2, Normal Points Calculation.

6 CALCULATION OF POINTS

The two methods of calculating points are described in this section. The first method is called the "Reference Average Points Calculation" method and is used in the calculation of points for Ontario Junior Development Team selection. The Reference Average Points Calculation compensates for the fact that some of the age/gender categories may not be equally competitive, and may contain Pre-selected Athletes.

The second method, called the "Normal Points Calculation" method, is used for the selection of all other teams and awards except for the Ontario Junior Development Team.

Important notes that apply to both methods of points calculation:

Note 1:

The points for any sprint races in the OCup Series will be calculated from the qualification round results and not the head-to-head final results.

Note 2:

Calculation of points will be based on Ontario athlete results only (i.e., athletes not licensed as Ontario athletes will be taken out of the results calculations).

6.1 Reference Average Points Calculation

6.1.1 Categories with No Pre-selected Athletes

For categories with no Pre-selected Athletes an individual's points for a race will be calculated against the average time of the top 3 finishers in that category. The maximum points awarded will be 100.

6.1.2 Categories with One or More Pre-selected Athletes

For any category that has one Pre-selected Athlete not competing in the event, individual's points for the race will be calculated against the average time of the top 2 finishers in that

category. Any category that has two or more Pre-selected Athletes not competing in the event will have the points calculated against the winning time only. The maximum points awarded will be 100.

Points will be calculated using the following formula:

$$\text{Points} = 100 * [1 - (\text{Athlete's Time} - \text{Average Time}) / \text{Average Time}]$$

The calculation of points for early season races will not be recalculated retroactively should one or more athletes become Pre-selected Athletes (for example, by being selected to the World Junior Championships Team or the B Tour).

6.2 Normal Points Calculation

An individual's points for a race will be calculated against the best Ontario athlete's result in that category. The Normal points calculation does not contain any compensation for the presence of Pre-selected Athletes in an age/gender category.

Points will be calculated using the following formula:

$$\text{Points} = 100 * [1 - (\text{Athlete's Time} - \text{Best Time}) / \text{Best Time}]$$

7 MEMBERS OF THE HPC

Questions or comments regarding these selection criteria should be directed to your District's representative on the High Performance Committee. They are:

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