

Competition Trip Criteria

Selection Criteria

2023-24



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1. General Information and Objectives

- 1.1 To maximize Canada's performance and podium potential at major championships (World Ski Championships and Olympic Winter Games), we will take Canada's most competitive performers on appropriate competition trips to achieve these goals. Performance benchmarks for competition trips are based off data from our Gold Medal Profile and Canadian Tire Performance Benchmarks (Appendix C).
- 1.2 This document establishes the eligibility and criteria used by Nordiq Canada for selecting athletes for international competition trips.
- 1.3 The process for the creation of selection criteria is guided by the NST Selection, Nomination and Announcement Policy.
- 1.4 Final decision authority for all selections is the Nordiq Canada High Performance Director (HPD) or their designate.
- 1.5 Selection decisions may be appealed under the Nordiq Canada Dispute Resolution and Appeal Policy. Due to tight timelines, the appeal deadline is 24 hours after the Team notice has been announced on the Nordiq Canada website.
- 1.6 The Nordiq Canada HPD, or their designate, has the authority, and reserves the right to amend this document prior to the selection date under the following circumstances:
 - a. In the event of unforeseen circumstances beyond the control of Nordiq Canada that prevents the HPD from fairly and objectively implementing these selection procedures.
 - b. When additional (or altered) information deemed relevant by Nordiq Canada to the criteria is provided by external parties, such as (but not limited to) an event organizing committee, Sport Canada, The Canadian Olympic Committee, FIS, or any other relevant organization.
 - c. To correct, clarify or amend any inconsistencies, errors, or omissions in the criteria.
 - d. Events or situations (i.e. pandemics, natural disasters, war, etc.) but not limited to race cancellations or rescheduling, any country border limitations, travel restrictions, travel limitations, inability to maintain safety of athletes, etc.

Changes to this document will be communicated directly to the ski community by whatever means and wherever the original criteria was published. Nordiq Canada is not responsible or liable in any way to anyone as a result of any amendments.

- 1.7 This policy does not require Nordiq Canada to select any or all athletes to the maximum number of allotted quota positions.
- 1.8 It is the athlete's responsibility to read and understand the contents of this document and other supporting documents and policies. For clarification on the content of this document contact the HPD.

2. Eligibility Criteria

- 2.1 Athletes must be Nordiq Canada members in good standing¹ with a valid Canadian passport, a Nordiq Canada racing license, and a valid Canadian FIS license.
- 2.2 Athletes will not be officially named to a competition team until eligibility requirements have been verified by Nordiq Canada. Athletes selected to a competition team will be notified by Nordiq Canada. The official team will be announced by Nordiq Canada once all verification checks have been completed.
- 2.3 Athletes must meet all FIS and other event entry standards for the competition(s) for which they qualified. The World Cup entry requirements are located on the [FIS website](#) (*Rules for the FIS Cross-Country World Cup* section 2.1).
- 2.4 Selected and pre-selected athletes must meet and sign-off on the following conditions to be eligible for a competition trip:
 - a. The athlete is in optimal health and completely recovered from any illness or injury 48 hours prior to the trip departure as supported by a medical doctor.
 - b. To ensure optimal health and safety, all athletes should have a medical screening completed by their personal physician within 4-months of the trip departure. Athletes who do not formally track their GMP with the Nordiq Canada IST should download this form [Preparticipation Evaluation Clearance Form](#) and have it filled out by their physician.
 - i. Nordiq Canada is committed to supporting the health of all athletes who represent Canada at international competitions. The goal is to ensure athletes are prioritizing their physical health and being monitored, at a minimum, on an annual basis.
 - ii. The Preparticipation Evaluation Clearance Form is intended to be completed by an athlete and their physician during the athlete's annual baseline physical health check.
 - iii. This is not intended to be a barrier to competition, but rather an opportunity for the National Team Integrated Support Team (IST) and Nordiq Canada Staff, to have information to best support the athlete at an international competition.
 - iv. Athletes trying to qualify for international competition trips may submit this form at any time to the HPD.
 - v. Athletes who qualify for international competition trips will be contacted by Nordiq Canada's IST Lead/Physiologist and Para-Medical Lead to follow-up on the information in this form so that Nordiq Canada Staff and Para-Medical Staff can best support the athlete on tour.
 - vi. If an athlete has been unable to have the form completed, Nordiq Canada's IST will work with the athlete to ensure proper health screening is done prior to travel.

¹ Refer to Nordiq Canada By-Laws for conditions of membership.

- c. Health protocols, including testing, as stated in the Nordiq Canada COVID protocols or when mandated by local government health officials.
- d. The athlete must be at a competitive ready performance level, as demonstrated throughout the training season and competition season. This assessment will be made by the NST coach(es) and the HPD.

2.5 Curtailment of Competition (Curtailment of Health, Force Majeure):

- a. **An athlete starting in an event is deemed healthy and fit to compete, as such their results stand for any and all selection criteria.**
- b. If an athlete does not start an event, a written exemption can be submitted requesting and explaining the rationale for not competing. This rationale must be resubmitted to the HPD within an hour prior to or after the race.
- c. Medical documentation confirming diagnosis from a licensed physician must be submitted to the HPD within 48 hours of the start of the selection race.
- d. Nordiq Canada reserves the right to have all submissions reviewed by the NST medical doctor or another licensed medical doctor.
- e. Acceptance of a curtailment of competition will be decided by the HPD.
- f. Acceptance will be evaluated and based on the most recent comparative objective data and proven international success, in the current and past competition season supporting the fact the athlete would have expected to qualify if they had been able to compete.
- g. Accepted curtailment of competition applications will be ranked in the subjective nominations. If there are no subjective nominations, they will be ranked against the last objectively qualified athlete using the most recent comparative data.
- h. Submission or acceptance of curtailment of competition does not guarantee event qualification.

3. Selection Guidelines

3.1 Only events listed in this document are considered for selection rankings and standards.

3.2 Events from the 2023-24 season that may be considered are:

- a. World Cup
- b. World JR/U23 Ski Championships
- c. COC events
- d. Nordiq Canada Sprint Series
- e. International FIS races
- f. NCAA races
- g. Domestic FIS Tier 1 races

3.3 International selection races must reflect a competitive depth of field (see Definitions, pt 7.6) that will be assessed using the following: number of nations in attendance, and the number of red group and seeded group athletes attending the event.

- 3.4 Unless otherwise stated in the specific event selection criteria, in the event of a tie after the selection criteria has been applied, where a tie exists athletes will be ranked on their single best race result. If there is still a tie it will move to 2nd, 3rd, etc. best result in all eligibleraces until the tie is broken.
- 3.5 The HPD reserves the right to choose or modify team size, within the operational trip budget, to ensure the optimal health and competitiveness of the team.
- 3.6 Athletes will not be eligible for a competition team unless they are healthy and in competition ready condition at the time of the competition trip departure. *Refer to point 2.4.*
- 3.7 In the event a qualifying athlete is ineligible or otherwise unable to compete, the HPD may choose to select the next qualifying athlete for that trip.
- 3.8 The HPD, in consultation with the High Performance Committee and the HP staff team (IST, NST coaches), has the right to subjectively select an athlete according to 4.3.f of the 2023-24 National Ski Team Criteria. Additionally, athletes can be subjectively added to any trip based on GMP data, athlete IPPs and performances supported by the selection enhancing the athlete's development pathway, contribution to the Nordiq Canada Speed and Relay strategies (insert links here) and the overall performance of the team.

Performances will be evaluated by but not limited to:

- a. Canadian Tire Performance Benchmarks (Appendix C)
 - b. FIS points
 - c. Time behind winner
 - d. Depth of field
- 3.9 Subject to quota spots, eligible athletes are selected in priority order as per the criteria outlined in the competition trip until quota positions are filled.
 - 3.10 All race results referred to in the selection criteria are from the 2023-24 season unless otherwise indicated.
 - 3.11 All qualification race results referred to are Individual Final Finish Race Results (see Definitions), unless otherwise indicated.

4. World Cup (WC) Selection Criteria

- 4.1 Athletes must have the required FIS points to start in the 2023-24 World Cups. *Refer to point 2.3*
- 4.2 Team size is inclusive of the COC Leaders.
- 4.3 Trip fees are estimated costs and subject to change. Trip fees, except where noted in the specific trip criteria, include all airfare, ground transportation (not including transit to and

from the airport of origin), meals and lodging, insurance, and race service costs. Athletes are eligible for a performance-based trip fee reimbursement based on the following achievements and conditions:

- a. The following percent of trip fees² will be reimbursed to athletes achieving the following performance benchmarks in individual World Cup, World Ski Championship or World Junior/U23 Ski Championship races.
 - i. Top 20 final result = 50% reimbursement of total trip fee
 - ii. Top 12 final result = 75% reimbursement of total trip fee
 - iii. Top 6 final result = 100% reimbursement of total trip fee

- b. The following percentage of trip fees will be reimbursed to athletes achieving the following performance benchmarks in a team event World Cup, World Ski Championship or World Junior/U23 Ski Championship races.
 - i. Top 8 final result = 50% reimbursement of total trip fee
 - ii. Top 5 final result = 100% reimbursement of total trip fee

- c. Only official and final results will count; sprint qualifications and ‘time of day’ results will not be considered.

- d. Reimbursements are not cumulative in a trip; only one reimbursement is applied per trip. If more than one performance benchmark is achieved the highest reimbursement percentage of the achieved performance benchmarks will be applied.

- e. Reimbursements will be carried forward to the next competition trip. For example, a performance achieved in P1 will have a reimbursement applied to both P1 and P2. If Nordiq Canada or an athlete is skipping the subsequent period, that reimbursement will be carried forward to the athlete’s next competition period. Additionally, a performance achieved in the final period of a season will be carried over to the subsequent season and applied to the athlete’s next competition trip in the Competition Trip selection criteria.

- f. Performance benchmark reimbursement is only eligible for the same level of event it was achieved as illustrated below. As an example, an 18th place finish at the 2023 World Junior/U23 will be applied for the 2023 and 2024 World Junior/U23 event only, not World Cup.
 - i. Level 1: World Cup, World Ski Championship, Olympic Winter Games
 - ii. Level 2: World Junior and U23 Championships

² All trip fee reimbursements are inclusive of the trip fee only as invoiced by Nordiq Canada. It does not include athlete expenses incurred outside of these costs and the competition start and end date.

4.4 **WORLD CUP PERIOD 1 (November 15 – December 19, 2023)**

Races: Gallivare (FIS), Ruka, Gallivare, Östersund, Trondheim

Team Size: 7 athletes

Trip Fee: \$7,500; COC Leader \$1500

SELECTION CRITERIA

- a. COC Leaders
- b. Athletes achieving objective criteria 5.7.1.a-c in the 2023-24 NST criteria.
- c. Top-12 WC 2022-23 or WSC individual final race result
- d. 2 x Top-20 WC 2022-23 or WSC individual final race result
- e. HPD discretion as per 3.8

RATIONALE

- World Cup P1 is for athletes who have proven their ability to meet a Top-20 objective, which is currently a relevant result for the current performance state of the NST program.

4.5 **WORLD CUP PERIOD 2 (December 21 – January 8, 2024)**

Races: Tour de Ski

Team Size: Up to a maximum of 6 athletes

Trip Fee: \$4,600; COC Leader \$1,500

SELECTION CRITERIA

- a. FIS Red Group Sprint or Distance at completion of P1
- b. COC Leaders after P1
- c. Top-12 at 2023-24 WC P1 individual final race result
- d. Top-20 at 2023-24 WC P1 individual final race result
- e. Top-8 **AND** top half of field at 2023-24 WC team event
- f. HPD discretion as per 3.8

RATIONALE

- Provide appropriate competition opportunities to athletes that have demonstrated the ability to achieve a Top-20 performance or contribute to Nordiq Canada's Relay Strategy.

4.6 **WORLD CUP PERIOD 3 (January 10-29, 2024)**

Races: Oberhof, Goms

Team Size: Up to a maximum of 13 athletes

Trip Fee: \$4,850; COC Leader \$1,300

SELECTION CRITERIA:

- a. FIS Red Group status Sprint or Distance at completion of P2
- b. COC Leaders after P2
- c. Top-12 at 2023-24 WC individual final race result

- d. 2 x Top-20 at 2023-24 WC individual final race result
- e. Top- 8 **AND** top half of field at 2023-24 WC team event
- f. HPD discretion as per 3.8
- g. Super Tour and Nordiq Cup, Anchorage, Alaska USA, December 9-10 and 16-17, 2023
 - i. COC leader after P1
 - ii. Nordiq Canada Sprint Leader after P1
 - iii. Additional athletes to be selected by HPD discretion, 3.8, to full-fill the objectives of the trip as stated in the trip rationale.

RATIONALE

- Provide appropriate competition opportunities to athletes that have demonstrated the ability to achieve a Top-20 performance.
- Provide an opportunity for athletes to qualify domestically for World Cup competitions.
- Provide meaningful competition pathway opportunities to athletes who can contribute to the long-term objectives of Nordiq Canada’s Sprint and Relay strategies for the 2026 and 2030 OWG.

4.7 WORLD CUP PERIOD 4 (February 6 to 19, 2023)

WC P4 Races: Canmore, Minneapolis

Team Size: Up to a maximum of 12 athletes per event per gender with a minimum requirement of 2 athletes aged U23.

Trip Fee: Trip fees for this period will be included and explained in a trip information document, to be published by October 31st, 2023.

SELECTION CRITERIA

1. International Group
 - a. FIS Red Group status Sprint or Distance end of P3
 - b. COC Leaders at the end of P3
 - c. Athletes nominated to P3 under 4.6
 - d. HPD discretion as per 3.8

2. National Group

Designated Selection Trials: Nordiq Canada Selection Trials – Mont-Sainte-Anne, QC

Dates: January 4 to 7, 2024

SELECTION TRIALS NOMINATION PROCESS

Two (2) selection race ranking lists, one (1) sprint and one (1) distance, will be created for each gender using finishing place results from the following races as outlined below using the World Cup Scoring System. (see appendix B). Athletes who have met selection criteria 4.7.1 and international athletes will be removed from the ranking list.

SPRINT Ranking List

Qualifier Sprint Free

Final Sprint Free

Distance Ranking List

10 KM Classic

20 KM Mass Start Free

- e. The top ranked athlete from each ranking list.
- f. HPD discretion as per 3.8.
- g. Any additional quota spots will be allocated to next ranked athletes from the ranking list. The process is repeated until the maximum quota is reached.

Athletes must have met FIS basic entry requirements of 120 Distance or Sprint FIS points to be selected. Athletes who have not met the minimum requirement will not be removed from the ranking list. Deadline to achieve the required FIS point standard is 1900 EST, January 21, 2024. **Official P4 nominations will be made on January 23, 2024.**

RATIONALE

- Provide appropriate competition opportunities to athletes that have demonstrated the ability to achieve a Top 20 World Cup performance.
- Provide an opportunity for athletes to qualify domestically for World Cup competitions.

4.8 WORLD CUP PERIOD 5 (February 19 to March 18, 2024)

WC P5 Races: Lahti, Oslo, Drammen, Falun

Team Size: up to a maximum of 8 athletes

Trip Fee: \$6,150; COC \$1,500

SELECTION CRITERIA

- a. FIS Red Group status Sprint or Distance end of P4
- b. COC Leaders at the end of P4
- c. Top-12 at 2023-24 WC individual final race result
- d. 2 x Top-20 at 2023-24 WC individual final race result
- e. HPD discretion as per 3.8

RATIONALE

- Provide appropriate competition opportunities to athletes that have demonstrated the ability to achieve a Top-20 performance.
- Provide appropriate competition pathway opportunities to athletes who can contribute to the long-term objectives of Nordiq Canada's Sprint and Relay strategies for the 2026 and 2030 OWG.

5. 2024 WJR/U23 Ski Championships – February 5th to 11th, 2023

Location: Planica, Slovenia

Team Size: 20 athletes

Trip Fee: \$4,000, P3 athletes \$2,000

A trip information document will be published by October 31st, 2023

- 5.1 Trip authority at the training camp and the Championships is the Team Head Coach or designate.
- 5.2 Team Size
- Maximum team size is 20 athletes for the entire trip.
 - Minimum of 4 athletes per gender per category.
 - Maximum of 4 athletes per gender, per category can be named from the sprint ranking.
 - Each athlete is guaranteed one (1) start at the World Championships. The FIS quota is a maximum of 4 race starts per gender for each race.
 - Athletes eligible for WJRs must be born between 2004 and 2008 in accordance with FIS rules.
- 5.3 Subject to quota spots, eligible athletes are selected in priority order as outlined in the criteria. NOTE: Curtailment of competition applications will be ranked as per section 2.5.

5.4 SELECTION CRITERIA

- U23 athletes nominated to WC P3 as per 4.6 will be automatically nominated.
- Designated Selection Trials: Nordiq Canada Selection Trials – Mont-Sainte-Anne, QC
Dates: January 4 to 7, 2024**

Two (2) selection race ranking lists, one (1) sprint and one (1) distance, will be created for each age group and each gender using finishing place results from the following races as outlined below.

SPRINT Ranking List

Sprint Free Qualifier
Sprint Free Final

Distance Ranking List

10 KM Interval
20 KM Mass Start

5.5 SELECTON TRIALS NOMINATION PROCESS

STEP 1: Race winners will be selected from the following races. Where an athlete wins more than one event, there will NOT be a roll down selection (e.g., the 2nd place athlete is NOT selected in this priority).

Junior Women

Sprint Qualifier
Sprint Final

Final rankings will be from the final results of the Open category heats, followed by the final results of the U20 category heats.

10 KM
20 KM

Junior Men

Sprint Qualifier

Sprint Final

Final rankings will be from the final results of the Open category heats, followed by the final results of the U20 category heats.

10 KM

20 KM

U23 Women

Sprint Qualifier

Sprint Final

10 KM

20 KM

U23 Men

Sprint Qualifier

Sprint Final

10 KM

20 KM

STEP 2: Following Step 1, athletes will be selected to fulfill the 4 athletes per gender per age group minimum using the following rationale:

- There is no selection priority between the sprint and distance race categories. There is also no selection priority between the 10 km and 20 km events.
- Selection between the sprint and distance race events will be based on point 3.7. Performances will be evaluated by but not limited to ensure the highest chance of performance at the Championships.
 - Canadian Tire Performance Benchmarks (Appendix C)
 - FIS points
 - Time behind winner
 - Depth of field
- Example: A 4th place JR female athlete in a distance race could be selected over a 3rd place junior in a sprint race if the distance athlete has a stronger performance based on time behind the winner, depth of field, tracking performance benchmarks and is better positioned for a stronger performance at the respective Championship race.

STEP 3: Selection will then move to any HPD discretionary selection under point 3.8 and inclusive of curtailment of health submissions as per point 2.5.

STEP 4: After the minimum of four (4) athletes per gender, per age group is selected, and HPD discretion applied, there will be no priority selections between age group and gender to complete selections to the maximum athlete team size number of 20.

- Selection between the sprint and distance race ranking lists will be based on point 3.7. Performances will be evaluated by but not limited to ensure the highest chance of performance at the Championships.

- Canadian Tire Performance Benchmarks (Appendix C)
- FIS points
- Time behind winner
- Depth of field
- Example: A sixth U23 female could be selected over a fifth U23 male if the next eligible U23 female athlete for selection has a stronger performance based on time behind the winner, depth of field, tracking performance benchmarks and is better positioned for a stronger performance at the respective Championship race.

6. U.S.A. U18 and U20 B-Tour – March 30 – April 6, 2024

Location: Jackson Hole March 30 – April 1, Sun Valley April 4 – April 6

Team Size: 12 athletes

Cost: TBC

6.1 The trip authority on the tour is the Trip Leader or their designate.

6.2 Team Size:

- a. Maximum team size is 12 athletes for the entire trip 3 athletes per gender per category.
- b. Athletes eligible for the tour must be born between 2004 and 2007.

6.3 SELECTION CRITERIA

Selection Events:

- **Nordiq Canada Selection Trials – Mont Saint Anne, QC, January 4-7, 2024**
- **Nordiq Canada Ski Nationals – Nakkertok, QC, March 9-16, 2024**

Two (2) ranking lists will be created for both the U18 and a U20 categories for each gender, one sprint and one distance, using finishing place results from the following races as outlined below using the World Cup Scoring System. (See appendix B)

U18 Sprint Ranking List

- a. Sprint Qualifier Nationals (U18 category)
- b. Sprint Finish Nationals (U18 category)
- c. Team Sprint Qualifier Nationals (U18 category)

U18 Distance Ranking List

- a. Interval Start Nationals
- b. Mass Start Nationals

U20 Sprint Ranking List

- a. Sprint Finals Trials
- b. Sprint Qualifier Trials
- c. Sprint Finals Nationals
- d. Sprint Qualifier Nationals

U20 Distance Ranking List

- a. Interval Start Trials
- b. Mass Start Trials
- c. Interval Start Nationals
- d. Mass Start Trials

6.4 SELECTION NOMINATION PROCESS

STEP 1: Select top ranked athlete from each ranking list in each age group in each gender.

STEP 2: Additional athletes will be selected up to the maximum team size by going to the next ranked athlete on the ranking lists. The next athlete is the one with the most points. If there is a tie, athletes will be ranked by the number of 1, 2, 3 place finishes. For example, an athlete with two first-place and two second-place finishes will rank higher than one with two, one second and one third.

- e.g., U18 female 2nd place sprinter has 220 points, U18 female 2nd distance has 218 points – the U18 sprint athlete will be chosen.
- e.g., U18 female 2nd place sprinter and 2nd place distance skier both have 250 points. The Sprint athlete has a 2,2,4,5, the distance athlete has a 1,2,3,2 – the U18 distance athlete will be chosen.

7. APPENDIX A - Definitions

Definitions relevant to understanding criteria procedures.

- 7.1** Distance Races: For these selection criteria, all races longer than 2.0 km will be designated a distance race. This could be an individual start, mass start, pursuit, or skiathlon competition. An athlete selected or identified in a distance race will be referred to as a distance athlete.
- 7.2** Sprint Events: For these selection criteria, all individual races that are shorter than or equal to 2.0 km and two-athlete team events where each leg is shorter than or equal to 2.0 km are designated individual sprints or team sprints. These races will be designated as a sprint event. An athlete selected or identified in a sprint event will be referred to as a sprint athlete. All references to sprint results in these criteria are references to final results unless otherwise noted.
- 7.3** Tier One Selection Events: A categorization of races used for team selection and trip standards that is limited to domestic and international FIS sanctioned races that count towards the FIS points list.
- 7.4** Individual Final Finish Race Result: The final time and ranking attributed to an athlete at the completion of an entire individual event, i.e., time of day, qualification heats, pre-qualification times, team relay, or team sprint times are not considered individual final finish race results. World Cup (WC) points must be awarded for any result to be considered a WC race result.
- 7.5** Competition Ready: Defined as the ability of the athlete to achieve equal or superior performance(s) onsite at the scheduled event, as compared to the performance(s) the

athlete achieved in qualifying.

- 7.6 Depth of Field: For a final finish race result to be achieved, there must be 15 of the top 30 FIS athletes according to the FIS World Cup Overall Sprint or Distance standings that have started the race. The ranking used will be the most up to date standings of the FIS World Cup (Sprint or Distance).

8. APPENDIX B – World Cup Points Scoring System

1 st place =	100 points	26 th place =	30 points
2 nd place =	95 points	27 th place =	28 points
3 rd place =	90 points	28 th place =	26 points
4 th place =	85 points	29 th place =	24 points
5 th place =	80 points	30 th place =	22 points
6 th place =	75 points	31 st place =	20 points
7 th place =	72 points	32 nd place =	19 points
8 th place =	69 points	33 rd place =	18 points
9 th place =	66 points	34 th place =	17 points
10 th place =	63 points	35 th place =	16 points
11 th place =	60 points	36 th place =	15 points
12 th place =	58 points	37 th place =	14 points
13 th place =	56 points	38 th place =	13 points
14 th place =	54 points	39 th place =	12 points
15 th place =	52 points	40 th place =	11 points
16 th place =	50 points	41 st place =	10 points
17 th place =	48 points	42 nd place =	9 points
18 th place =	46 points	43 rd place =	8 points
19 th place =	44 points	44 th place =	7 points
20 th place =	42 points	45 th place =	6 points
21 st place =	40 points	46 th place =	5 points
22 nd place =	38 points	47 th place =	4 points
23 rd place =	36 points	48 th place =	3 points
24 th place =	34 points	49 th place =	2 points
25 th place =	32 points	50 th place =	1 point

9. APPENDIX C – Canadian Tire Performance Benchmarks

Cross Country Skiing - Performance Profile Benchmark Summary



Each metric across the top of the table below has a set of benchmarks for each gender and race type group - A: Major Podium; B: WC Top 12; C: WC Top 30.

Each of these groups are cumulatively exclusive, meaning each subsequent group contains all athletes not within a previous group. Athletes are placed in each group if they have achieved that target performance since 2010. Their career performance data, dating back to the 2000 season, is then used in the benchmark calculations.



The benchmark for each group is the 75th Percentile of the metric for those athletes within the group. The 75th Percentile was selected to eliminate any extreme out...

Gender	Race Type	Target	Number of Athletes	First Age	U20WCH Best Rank	U23WCH Best Rank	U23 WC Best Rank	U25 WC Best Rank	U28 WC Best Rank	29+ WC Best Rank	U23 WC Best 5 Avg. Rank	U25 WC Best 5 Avg. Rank	U28 WC Best 5 Avg. Rank	29+ WC Best 5 Avg. Rank
Men	Distance	A: Major Podium	33	29.0	8.0	5.0	29.5	6.0	2.0	2.0	37.5	12.1	3.9	2.6
		B: WC Top 12	140	27.0	14.3	13.0	33.0	21.0	11.0	13.0	43.4	32.9	19.2	21.0
		C: WC Top 30	127	27.0	30.0	21.0	49.0	41.0	36.0	35.5	58.9	54.7	46.8	43.9
	Sprint	A: Major Podium	15	26.5	11.5	6.0	4.0	2.0	1.0	3.5	7.9	5.5	3.3	5.0
		B: WC Top 12	162	26.0	19.0	16.0	28.0	17.0	12.0	17.0	40.7	31.8	22.3	28.6
		C: WC Top 30	148	26.0	30.0	25.0	45.0	37.8	38.0	38.0	57.1	51.4	51.1	50.8
Women	Distance	A: Major Podium	20	27.3	5.5	1.3	5.0	1.5	1.0	1.3	8.1	3.7	4.4	2.4
		B: WC Top 12	133	28.0	19.0	7.8	34.0	25.3	14.0	11.0	42.1	32.4	22.3	19.0
		C: WC Top 30	143	26.0	25.8	16.5	37.0	35.8	31.0	30.3	47.8	44.6	41.9	41.1
	Sprint	A: Major Podium	15	28.0	6.0	8.0	5.0	2.5	2.0	3.0	10.2	7.1	3.6	3.9
		B: WC Top 12	122	25.0	17.0	10.8	27.0	17.0	10.5	11.3	34.1	27.8	20.6	20.2
		C: WC Top 30	126	26.0	25.0	22.5	36.0	35.0	32.0	33.0	47.8	42.4	42.9	44.7