

Competition Criteria

Selection Criteria

2024-25



Table of Contents

1. General Information and Objectives	3
2. Eligibility Criteria	3
3. Selection Guidelines	5
4. World Cup (WC) Selection Criteria	6
5. 2025 World Ski Championships – February 17 to March 10, 2025	8
6. 2025 WJR/U23 Ski Championships – January 23 to February 10, 2025	9
7. U.S.A. U18 and U20 B-Tour – Spring 2025	11
8. APPENDIX A - Definitions	12
9. APPENDIX B – World Cup Points Scoring System	15
10. APPENDIX C – Canadian Tire Performance Benchmarks	16

DRAFT

1. General Information and Objectives

- 1.1 This document establishes the eligibility and criteria used by Nordiq Canada for selecting athletes for international competitions.
- 1.2 The process for the creation of selection criteria is guided by the *NST Selection, Nomination and Announcement Policy*.
- 1.3 Final decision authority for all selections is the Nordiq Canada High Performance Director (HPD) or their designate.
- 1.4 Selection decisions may be appealed under the Nordiq Canada Dispute Resolution and Appeal Policy. The appeal deadline will be posted in the selection rationale with the Team announcement on the Nordiq Canada website.
- 1.5 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.) pertaining to 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.
- 1.6 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, Chris Jeffries cjeffries@nordiqcanada.ca.

2. Eligibility Criteria

- 2.1 Athletes must be Nordiq Canada members in good standing¹ with a valid Canadian

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

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 Project:
 - a. The athlete is in optimal health and completely recovered from any illness or injury 48 hours prior to the Project 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 Project departure. Athletes who do not formally track their Athlete Performance Profile (APP) with the Nordiq Canada National High Performance Program (NHPP) should download this form [Preparticipation Evaluation Clearance Form](#) and have it filled out by their physician.
 - c. 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 and mental health and being monitored, at a minimum, on an annual basis.
 - d. 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.
 - e. 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.
 - f. Athletes trying to qualify for international competition trips may submit this form at any time to the HPD.
 - g. 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.
 - h. 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.
 - i. Health protocols, including testing, as stated in the Nordiq Canada COVID protocols or when mandated by local government health officials.
 - j. 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 HPD or their designate in consultation with the athlete, their personal coach, NC staff and IST.
- 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 submitted to the HPD within an hour 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 as per the specific Project criteria.
- 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.
 - a. World Ski Championships
 - b. World Cup
 - c. U23 World Championships
 - d. WJR Championships
 - e. COC/Nordiq Cup/Super Tour events
 - f. Nordiq Canada Sprint Series
 - g. International FIS races
 - h. NCAA races

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 within the qualification selection criteria. If there is still a tie it will move to 2nd, 3rd, etc. best result in eligible races until the tie is broken. If a tie still exists, the athlete will be ranked by the lowest FIS points in either discipline.

- 3.2 The HPD reserves the right to choose or modify team size, within the operational Project budget, to ensure the optimal health and competitiveness of the team.
- 3.3 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 Project.
- 3.4 The HPD, in consultation with the High Performance Committee and the NC staff (SDD, IST, NC Leads, Development Coach), has the right to subjectively select an athlete to a competition team. Athletes can be subjectively added to any team based on APP data, an athlete's Individual Athlete Performance Plan ([IAPP link here](#)) and performances

supported by the selection enhancing the athlete's development pathway, contribution to the Nordiq Canada Speed and Relay strategies 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
 - e. Sprint qualification result
- 3.5 This policy does not require Nordiq Canada to select any or all athletes to the maximum number of allotted quota positions.
- 3.6 All race results referred to in the selection criteria are from the 2024-25 season unless otherwise indicated.
- 3.7 All qualification race results for Individual Events must meet the definitions for Individual Final Finish Race Result, pt. 8.4, and Depth of Field Individual Event, pt. 8.5 unless otherwise indicated.
- 3.8 All qualification race results for Team Events must meet the definitions for Team Final Finish Race Result, pt. 8.6, and Depth of Field Team Event, pt. 8.7 unless otherwise indicated.

4. World Cup (WC) Selection Criteria

4.1 WORLD CUP PERIOD 1 (November 25 – December 16, 2024)

Races: Ruka, Lillehammer, Davos

Team Size: Up to a maximum of 10 athletes

SELECTION CRITERIA

- a. Final COC Leaders for 2023-24
- b. Athletes achieving objective criteria 5.9.a-c and 5.10.a in the 2024-25 NHPP criteria.
- c. Top-15 WC 2023-24
- d. 2 x Top-20 WC 2023-24
- e. HPD discretion as per 3.5

RATIONALE

- i. World Cup P1 is for athletes who have proven their ability to meet a Top-20 objective which Nordiq Canada has deemed a minimum standard required to consistently race on the World Cup circuit.

4.2 WORLD CUP PERIOD 2 (December 26 – January 6, 2025)

Races: Tour de Ski

Team Size: maximum of 6 athletes

SELECTION CRITERIA

- a. FIS Red Group Sprint or Distance at completion of P1
- b. COC Leaders after P1
- c. Top-15 at WC individual final race result
- d. Accepted Curtailment of Competition as per 2.5
- e. HPD discretion as per 3.5

RATIONALE

- i. Provide appropriate competition opportunities to athletes that have demonstrated the ability to achieve a Top-20 performance.

4.3 WORLD CUP PERIOD 3 (January 12 – February 17, 2025)

Races: Les Rousses, Engadine, Cogne, Falun

Team Size: maximum of 14 athletes

SELECTION CRITERIA:

Part 1 – Selections to be made at conclusion of WC P1 (HPC Meeting December 18, 2024)

- a. Athletes meeting WC P2 objective criteria 4.2.a and c.
- b. COC Leaders after P2
- c. Top-15 at WC P2
- d. Nordiq Canada Sprint Leaders after P2
- e. Accepted Curtailment of Competition as per 2.5
- f. HPD discretion as per 3.4
- g. **Nordiq Canada Selection Trials, Thunder Bay, ON**

Note – Updated ranking list process will be published in next draft.

RATIONALE

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

4.4 WORLD CUP PERIOD 4 (March 10 to 24, 2024)

WC P4 Races: Oslo, Tallinn, Lahti

Team Size: maximum of 8 athletes

SELECTION CRITERIA

- a. FIS Red Group status Sprint or Distance end of P3
- b. COC Leaders at the end of P3
- c. Top-15 at WSC individual final race result
- d. Top-20 at WSC individual final race result
- e. Top-8 at WSC team event
- f. Accepted Curtailment of Competition as per 2.5
- g. HPD discretion as per 3.5
- h. Top-20 at WC individual final race result
- i. Top-8 at WC team event

RATIONALE

- i. Rewards performance at Nordiq Canada's target event of the year, the World Ski Championships.
- ii. 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.
- iii. Provide appropriate competition opportunities to athletes that have demonstrated the ability to achieve a WC Top-20 performance.

5. 2025 World Ski Championships – February 17 to March 10, 2025

Location: Trondheim, NOR

Team Size: maximum of 12 athletes, minimum 4 per gender

SELECTION CRITERIA

- a. FIS Red Group status sprint or distance end of P3
- b. Top-8 at WC individual final race result
- c. Top-6 at WC team event
- d. Top-15 at WC individual final race result
- e. Accepted curtailment of competition as per 2.5
- f. HPD discretion as per 3.5
- g. Remaining team positions will be nominated from a ranking list based on the following priorities in order as per pt. 3.2.:
 - i. World Cup P1, P2 or P3 top 20 individual finish race result
 - ii. U23 World Championships top 8 individual finish race result
 - iii. WJR Championships top 3 individual final finish race result
 - iv. Nordiq Canada Selection Trials, Thunder Bay, ON

Note – Updated ranking list process will be published in next draft.

RATIONALE

- i. Support excellence and podium performances at Nordiq Canada’s high performance target event of the year as outlined in the 2030 Strategic Plan.
- ii. Support athletes to achieve a top-12 individual and top-4 team event final finish result.
- iii. 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.

6. 2025 WJR/U23 Ski Championships – January 23 to February 10, 2025

Location: Schilpario, Italy

Team Size: 20 athletes

6.1 Team Size

- a. Maximum team size is 20 athletes for the entire Project.
- b. Minimum of 4 athletes per gender per category.
- c. Maximum of 4 athletes per gender, per category can be named from the sprint ranking.
- d. 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.
- e. Athletes eligible for WJRs must be born between 2005 and 2009 in accordance with FIS rules.
- f. Athletes eligible for U23s must be born between 2002 and 2004 in accordance with FIS rules.

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.

6.2 SELECTION CRITERIA

- a. **Designated Selection Trials: Nordiq Canada Selection Trials – Thunder Bay, ON
Dates: January 2-5, 2025**

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 Classic Qualifier
Sprint Classic Final

Distance Ranking List

10 KM Interval Start Free
20 KM Mass Start Classic

6.3 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 3.5. 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 curtailment of competition 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 3.5. 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.

7. U.S.A. U18 and U20 B-Tour – March 30 to April 6, 2025 (tour dates TBD)

Location: Jackson Hole, WY and Sun Valley, ID

Team Size: 12 athletes

7.1 Team Size:

- a. Maximum team size is 12 athletes for the entire project 3 athletes per gender per category.
- b. Athletes must be born between 2005 and 2008.

7.2 SELECTION CRITERIA

Selection Events:

- **Nordiq Canada Selection Trials – Thunder Bay, ON, January 2-5, 2025**
- **Nordiq Canada Ski Nationals – Canmore, AB, March 17-23, 2025**

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. Short distance Nationals
- b. Long distance 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. 10k Trials
- b. 20k Trials
- c. Short distance Nationals
- d. Long distance Nationals

7.3 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.

8. Funding

- 8.1** It is the athlete's responsibility to understand the cost of participating. Upon accepting a position on a competition team, athletes acknowledge they are aware of and accept the costs of participating.
- 8.2** Individual athlete competition fees, unless otherwise stated, will include the following. Specific details for each competition, including payment details, will be included in each specific competition project information document (technical guide). The only exception to fee changes is a performance bonus achieved:
 - a. Athlete airfare including any changes or additional applicable fees.
 - b. Accommodation and food at a rate of 125 CHF per night.
 - c. \$10 per day travel insurance
 - d. \$30 per day race service fee

- 8.3 COC Leaders fees will include costs listed in 3.9 less the FIS payments as per the [World Cup rules](#), see section 6.0.
- 8.4 Costs incurred by Nordiq Canada due to deviations or concessions outside of the project scope and budget will be charged to the athlete. This includes, but is not limited to; additional flights or changes, extended or decreased accommodation stays, alternate transportation modes or scheduling than what is provided, etc.
- 8.5 Nordiq Canada is not responsible for any costs or charges incurred by an athlete outside of the project start and end date and location.
- 8.6 Nordiq Canada is not responsible for lost luggage or expenses incurred resulting in lost luggage.

PERFORMANCE BONUSES

- 8.7 Athletes are eligible for fee reductions if they achieve the following performances Championship as defined in the NHPP Selection Criteria:
 - At a World Cup, World Ski Championship, or World Junior/U23 Ski:
 - a. Top 6 individual final race result = 100% reimbursement
 - b. Top 12 individual final race result = 75% reimbursement
 - c. Top 20 individual final race result = 50% reimbursement
 - d. Top 5 Team final result = 100% reimbursement
 - e. Top 8 Team final result = 50% reimbursement
- 8.8 Only official and final results will apply; sprint qualifications and 'time of day' results will not be considered.
- 8.9 Only one reimbursement will be applied per competition. If more than one performance benchmark is achieved the highest reimbursement will be applied.
- 8.10 Fee reimbursements only apply to the competition fee, it does not apply to athlete expenses incurred outside of these costs and the project start and end dates.

9. APPENDIX A - Definitions

Definitions relevant to understanding criteria procedures.

- 9.1 **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.
- 9.2 **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.

- 9.3** Tier One Selection Events: A categorization of races used for team selection and Project standards that is limited to domestic and international FIS sanctioned races that count towards the FIS points list.
- 9.4** 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, or pre-qualification times are not considered individual final finish race results. An athlete must complete the race and obtain FIS points for any result to be considered a race result. Also see Depth of Field Individual Event definition for further final finish result requirements.
- 9.5** Depth of Field Individual Event: For a final finish race result to be achieved, the athlete must be top-half of field. Additionally, for World Cup events, 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). Field size will include all athletes who start the race, i.e., athletes that are lapped out, disqualified or do not receive a time for another reason will count towards the total field size.
- 9.6** Team Final Finish Race Result: The final time and ranking attributed to a team at the end of an entire team event, i.e., qualification rounds are not considered. A team must complete the race and obtain a final finish time to be considered a race result. Also see Depth of Field Team Event definition for further final finish result requirements.
- 9.7** Depth of Field Team Event: For a final finish race result to be achieved, the team must be top-half of field, including all teams that start the event, i.e., teams that are lapped out, disqualified or not permitted to start will count towards the total field size.
- 9.8** 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.

10. 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

11. 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	U20CH 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

DRAFT