



Athletics NS Sport Science Program

Athletics NS, in conjunction with the Canadian Sport Center Atlantic, will be offering sport science services to Midget, Youth and Junior aged athletes. This is an exciting opportunity for athletes, coaches and clubs to work with CSCA staff to aid in the development of Athletics in Nova Scotia. The initiation of this program comes as part of a restructuring of resources. The previous resources available through the Canada Games Funding Program are being redistributed and this is one of the new programs that will be initiated in its place. Over the coming years, this program will likely be expanded to include other initiatives from the new NS Performance Pathway Initiative (NSPPI).

The following criteria must be met to be eligible for this program.

- 1) Meet the Sport Science Group Standards (shown below). These are based of performances at your respective age groups national championships AND/OR
- 2) Placed in the Top 5 at your respective Age Group National Competition (National Legion Championships, National Junior Championships) AND
- 3) Your coach must be in support of this initiative and be able and willing to attend some of the training sessions with you, as this will be a working relationship with the CSCA staff.

The Sport Science program will primarily consist of strength training, with other services such as mental performance and nutritional services added at a later date. In most cases, these will likely be in a group setting and in a central location.

Location: The strength training portion of the program will be available in 3 different locations: 1) Acadia University 2) Canada Games Center (CSCA Atlantic) 3) STFX University.

Dates: January 8th until April 1st (This could be extended but will not be determined until the program is up and running.

Days: 2 days per week (Halifax will be Monday/Wednesday, Wolfville /Antigonish dates TBD).

Cost: \$200 per athlete.

Interest Deadline: Wednesday, January 3rd. Athletes are encouraged to express interest ASAP so more logistics of the groups can be arranged. To express interest, please visit [TrackieReg](#). If you meet the criteria for this program, you will be emailed a document that will need to be completed and returned.

Contact: For more information on this program, contact Jonathan Doucette at coach@athleticsnovascotia.ca or 902-220-3108.

2018 Sport Science Group Standards

2018 Sport Science Group Standards							
Female				Male			
Event	U16	U18	U20		U16	U18	U20
100m	12.59	12.40	12.03	100m	11.50	11.19	10.84
200m	26.13	25.09	24.61	200m	23.48	22.74	21.93
300m/400m	41.52	57.08	56.11	300m/400m	36.70	49.94	49.07
800m	02:16.39	02:14.74	02:12.20	800m	02:02.79	01:56.03	01:53.79
1200m/1500m	03:40.23	04:41.00	04:35.90	1200m/1500m	03:17.88	04:02.26	03:59.01
2000m/3000m	06:39.52	10:21.68	09:51.92	2000m/3000m	05:52.57	08:48.74	
2000mSC/3000m SC	05:05.94	07:31.50	11:24.08	2000mSC/3000m SC	04:39.96	06:12.18	09:35.88
5000m			18:45.81	5000m			15:12.89
80mH/100mH	12.36	14.57	14.25	100mH/110mH	14.33	14.79	14.67
400mH	28.58	64.19	62.18	400mH	26.53	56.27	55.71
Long Jump	5.22	5.47	5.52	Long Jump	6.09	6.72	6.81
Triple Jump	10.83	11.30	11.76	Triple Jump	12.39	13.34	14.18
High Jump	1.56	1.60	1.66	High Jump	1.76	1.90	1.99
Pole Vault	2.85	3.03	3.45	Pole Vault	3.21	3.75	4.40
Shot Put	11.78	13.04	12.02	Shot Put	14.21	15.04	15.15
Discus	30.79	35.18	38.42	Discus	43.83	44.17	44.44
Hammer	40.77	51.60	49.54	Hammer	44.29	51.13	52.11
Javelin	36.17	37.89	38.28	Javelin	47.73	54.63	53.26
Pent/Hept/Dec	2910	4302	4175	Pent/Hept/Dec	2725	5187	5221