



2017 Nova Scotia Espoir Team Selection Criteria

- **Athlete Eligibility**
 - Athletes must be a full Athletics NS member at the conclusion of the trials registration (June 15th)
 - Athletes must be eligible to compete at the 2017 Canada Games as a Nova Scotian Athlete (Native resident or attending an NS university)
 - Age Restriction
 - Able Bodies Athletes (1995, 1996, 1997, 1998)
 - Para Athletes (1987 or later)
 - Special Olympic Athletes (1987 or later)

- **Event Information**
 - 2016 Eastern Espoir Championships will take place in Moncton, NB on August 6th and 7th
 - Ontario, Quebec, New Brunswick, Newfoundland, Prince Edward Island and Nova Scotia will be in attendance.
 - Accommodation
 - Athletes and staff will be staying at the residence at the University of Moncton.
 - Transportation
 - The team will be travelling by Motorcoach, departing from Halifax with a stop in Truro
 - Travel Dates:
 - Departure – The morning of Friday, August 5th
 - Return – Upon conclusion of the meet on Sunday, August 6th

- **Selection Process**
 - Athletes are required to declare their intention of team interest by registering in the appropriate category (Espoir) on TrackieReg by the registration deadline of Wednesday, June 15th.
 - Athletes wishing to be exempt from the selection meet must have met the tier 1 funding standard this season. These athletes must contact head coach Ueli Albert a minimum of 1 week before the trials.
 - There will be a maximum of 2 athletes selected per event (relays see below). In order to be selected, athletes must meet the Eastern Espoir minimum scoring standard outlined in table 1.
 - For relay team purposes, the top 4 athletes in the 100m and 400m will be named to the 4x100m and 4x400m team, respectively. Other athletes already named to the team may also be added to relay teams.

- **Team Announcement**

- The 2016 Athletics NS Espoir Team will be named on or before, Tuesday, June 21st. The team list will be made available on www.athleticsnovascotia.ca

Table 1 – Minimum Scoring Standards

Minimum Standards Able Bodied (set at 600 IAAF Points)

Event	Female	Male
100m	14.64	12.06
200m	30.29	24.63
400m	1:09.68	55.30
800m	2:36.24	2:07.47
1500m	5:28.39	4:23.52
5000m	20:38.27	16:15.26
100m/110m Hurdles	18.12	17.00
400m Hurdles	1:16.36	1:02.67
3000m Steeplechase	13:56.56	10:47.14
High Jump	1.41	1.68
Pole Vault	2.87	3.62
Long Jump	4.17	5.47
Triple Jump	9.16	11.77
Shot Put	10.49	11.22
Discus	34.25	34.92
Javelin	34.69	45.08
Hammer	39.28	41.52
Heptathlon/Decathlon	3376	4592

Minimum Standards Para Athletes

Event	Female	Male
100m	30.00	25.00
200m	60.00	42.00
400m	1:55	1:30
1500m	5:40	7:20
Shot Put	150pts RAZA	150pts RAZA
Discus	150pts RAZA	150pts RAZA