



APPENDIX A

AUSTRALIAN CANOEING SPRINT CANOE / KAYAK



INTERNATIONAL PERFORMANCE STANDARDS

This explanatory document outlines the method by which the International Performance Standards (IPS) were established, the reason for their development and the application of them by Australian Canoeing. These standards are to be used as informative guidelines due to the variable nature of Sprint Canoe / Kayak competition.

Background:

1. The level of competition in Sprint Canoe / Kayak across the globe is improving in both quality and depth. Australia's isolation from the large European Sprint Canoeing nations mean as a Country we have less access to quality International competition.
2. For Australia to remain a strong Nation in Sprint Canoe / Kayak, we must have a clear understanding of the standard of International competition and regularly monitor and assess our performances against those standards.
3. The purpose of establishing International Performance Standards is two-fold:
 - (a) To educate athletes, coaches, parents, support staff and stakeholders on the current standards of International competition.
 - (b) To provide Selectors with a Performance Standard to assist in their decision making in assessing whether an Athlete or Crew is of sufficient standard to benefit from being exposed to International Benchmark Events.
4. The IPS are considered the minimum International Performance Standards that Australian Athletes/Crews should be achieving at BME events, being the following:
 - (a) Senior Teams: Times that represent qualifying for an International A-Final in Crew boats and a B-Final in K1/C1 events.
 - (b) U23/Jnr Teams: Times that represent qualifying for an International A-Final in Crew boats and middle of B-Final in K1/C1 events.

Development of the IPS:

1. Being a sport held in variable conditions, there is no easy method to establish a 100% accurate IPS. Nevertheless, by applying a formula based on sound methodology over a nominated time period enables us to generate performance standards that can be applied as an accurate guide to be used to educate and inform decision making.
2. The current IPS were established using the following method:
 - (a) Senior data is based on results from 2013 onwards, including all World Championship and Olympic Games results.
 - (b) U23 and Junior data is based on results from all World Championship results from 2013 onwards.

- (c) Times are presented as mean times over the period, 2013 – 2016.
- (d) Times that were more than 1 standard deviation greater (slower) than the mean, were excluded, with the mean then recalculated. This reduces the effect of results which were achieved in significantly favourable or unfavourable conditions.
- (e) Time required to make an A or B-Final were taken from the Semi-Final times of the successful boats making the A or B-Final, using the appropriate semi-final progression plan.
- (f) For U23/Junior Team K1/C1 times, the average of times between qualifying for the A final and qualifying for the B final was taken to represent qualifying middle of the B final.
- (g) Boats that progressed straight from the heat to the Final have not been included in the time to make an A-Final.
- (h) Missing data in the B-Final meant there was not enough data or an event to generate times.
- (i) All times have been cross-referenced with Senior Coaching staff's current assessment of International benchmark standards.

Implementation of the IPS:

1. When using the IPS, it is reasonable to assume these times need to be achieved in fair and neutral environmental conditions. Performances conducted in favourable conditions (e.g. tail wind) may be faster than the IPS, and similarly, performances held in unfavourable conditions (e.g. head wind) will be slower than the IPS.
2. Hence, when applying the IPS in either training or competition, a realistic judgement is required to assess the relative effect of the environmental conditions. For instance, if an Athlete/Crew narrowly misses the IPS but conditions were unfavourable, it is reasonable to assume this was a satisfactory performance. Similarly, if an Athlete/Crew narrowly achieves the IPS and conditions were very favourable, it may not be considered a satisfactory performance. The IPS is not a definitive selection criterion, but will be used by Selectors as a guide.
3. Given the variability in environmental conditions, the IPS should be used as a guide only. Nevertheless, the IPS serves a valuable purpose of assessing an Athlete/Crews performance level against their International competitors.

2018 International Performance Standards: (updated November, 2017)

	K1 1000	K2 1000	K4 500	C1 1000	C2 1000	K1 200
Snr Men	03:35.05	03:15.50	01:20.88	04:00.53	03:37.77	00:35.35
U23 Men	03:36.53	03:21.52	01:23.00*	04:02.49	03:44.18	00:36.97
U18 men	03:39.03	03:25.52	01:27.00*	04:10.74	03:52.48	00:37.39
	K1 500	K2 500	K4 500	C1 200	C2 500	K1 200
Snr Women	01:54.62	01:42.19	01:33.36	00:53.00*	02:04.95	00:41.16
U23 Women	01:56.87	01:49.34	01:37.71	00:55.00*	02:05.02	00:43.93
U18 Women	02:00.92	01:52.23	01:39.45	00:57.00*	02:07.30	00:45.01

*Estimated times due to not enough data