



Rowing Canada Aviron Athlete Assistance Program (AAP) Criteria 2014

1. GENERAL

Sport Canada's Athlete Assistance Program (AAP) provides financial assistance to Canadian high-performance athletes to improve Canadian performances at major international sporting events such as the Olympic Games, Commonwealth Games, Pan American Games, and World Championships.

Rowing Canada Aviron (RCA), the national governing body for Rowing in Canada and a recognized National Sport Organization by Sport Canada, is tasked by Sport Canada with the management of the Rowing AAP policy. Rowing Canada Aviron and Sport Canada officials meet annually to review the athlete nominations for AAP support and to determine adjustments to the policy.

Also referred to as "carding", AAP funding is intended to contribute to an athlete's living and training costs. It is not intended to serve as an athlete's sole source of income. Furthermore, the AAP is not a reward for past performance but rather is designed to support athletes for the upcoming year who have demonstrated the potential for superior performance.

Many of the considerations that enter into the AAP nomination process are based on objective criteria. However, carding is not solely based on past performance and accordingly the nomination process will involve in part a subjective analysis of individual applicants.

2. ELIGIBILITY

Athletes must meet the following minimum eligibility requirements for APP nomination to Sport Canada;

- Canadian citizen or permanent resident of Canada on January 1st in the year of application for AAP support and the athlete shall have been a legal resident in Canada (student status, refugee status, work visa or permanent resident) for a minimum period of one year before being considered for AAP nomination;
- Be a member in good standing with RCA, FISA (the international rowing federation), and eligible to represent Canada at World Championships or Olympic Games;
- Meet the carding criteria as a member of a Canadian Team at international events sanctioned by RCA for such purposes.
- Must complete and sign the AAP application form attached to this document as Appendix 1 and submit it to RCA on or before December 1st.
- Must complete and sign the RCA Athlete Agreement and submit it to RCA prior to the deadline for nominations to Sport Canada for AAP funding.
- Must not be under suspension or other sanction by RCA or Sport Canada for any doping or doping related offence.

Athletes achieve eligibility for nomination to the AAP through identified national and international performances each year. RCA nominates individuals to Sport Canada for AAP funding, however Sport Canada has the authority to make the final selection decision of individuals for AAP funding. AAP nomination, and possible support, is predicated on the following expectations:

- That the athlete has the potential to meet the stated national or international performance objectives as set out in the RCA published Selection Policy and/Criteria, in the year of AAP support, or in the near future.
- That the athlete meets all the RCA mandated training and monitoring requirements throughout the AAP cycle.

(See “Criteria for all AAP Applicants” for further detail)

In the event that the athlete is nominated for AAP, he/she must continue to meet these conditions as well as additional conditions contained in the signed Athlete Agreement. RCA can recommend the withdrawal of AAP support to Sport Canada at any time during the year if an athlete is not meeting the performance requirements and/or other requirements as stipulated in the Athlete’s Agreement, Selection Policy and/or Selection Criteria.

Upon approval of support, and arrival at designated training centre, athletes will be awarded AAP cards as of **January 1st to December 31st of the year** following an Olympic Games or World Championship.

3. CATEGORIES OF CARDS

RCA nominates athletes for AAP in different categories. These categories have specific terms and conditions including eligibility requirements that may be in addition to the general eligibility requirements described in this document above.

Athletes are eligible for two levels of AAP support:

Senior Cards – awarded on the basis of **two** different sets of criteria:

i) International Criteria (SR1/SR2 - \$1,500 per month):

Sport Canada sets the International Criteria for Senior Cards. Athletes who meet the international criteria are eligible to be nominated by RCA for two consecutive years, with the card for the first year referred to as **SR1** and the card for the second year referred to as **SR2**. The second year of carding is contingent on the athlete being re-nominated by RCA and a training and competitive program approved by RCA and Sport Canada being maintained. The athlete must also sign an Athlete/RCA Agreement and complete an AAP Application Form for the year in question.

Only athletes who compete in the international competitions that are identified for SR1/SR2 eligibility shall be eligible for such carding. Athletes who are reserves or spares and do not participate in the competition will not be considered.

Athletes selected to the Canadian National Team, and who compete at the World Rowing Senior Championships in an “Olympic Event”, or athletes selected to the Canadian Olympic Team and who compete at the Olympic Games shall be eligible for SR1/SR2 nomination for two consecutive years (SR1 and SR2) according to the following criteria:

- Top 8 Finish and top 1/2 of field at the World Rowing Senior Championships or Olympic Games.
- Olympic Events are:

Heavyweight Women	1x, 2x, 4x, 2-, 8+
Lightweight Women	2x
Heavyweight Men	1x, 2x, 4x, 2-, 4-, 8+
Lightweight Men	2x, 4-

ii) National Criteria (SR - \$1500 per month & C1 - \$900 per month):

RCA sets the national criteria for Senior Cards. Senior Cards based on national criteria are awarded for one year and are called **SR** cards.

Senior cards awarded to athletes who meet National Criteria for the first time are called **C1** cards and are funded at the Development Card level (**\$900/month**).

The following are the performance criteria required for RCA's SR Card eligibility:

Tier 1. Any athlete selected to compete in an Olympic event (including spares who are nominated to support Olympic class events) at the World Rowing Senior Championships or Olympic Games and does not meet the International Criteria,

Tier 2. Achieve the following performances during RADAR testing or organized NTC testing in 2013 prior to the November RADAR submission deadline. (see Section 15 - Important Dates). (http://www.rowingcanada.org/athlete_monitoring_program/).

- 2000m ergometer: 98% of National Training Centre Target, or
- 6000m ergometer: 98% of National Training Centre Target

And,

- 2013 National Rowing Championships: within 2% of the winning time in the final of the Senior Single or Senior Pair event (for January 2014 intake), or
- 2014 Spring Trials: within 2% of the winning time in the final of the Senior Single or Senior Pair event (for July 2014 intake).

See Section 16 for target details.

Athletes can retain SR card status for a maximum of four years, by the end of which SR1/SR2 card status should have been attained. This four-year period may be extended if an athlete is demonstrating improvement towards SR1/SR2 status and, after a thorough review, is recommended by RCA and approved by Sport Canada. Any extension would be for a one-year period only.

Development Cards - (D) (\$900 per month):

RCA sets the national criteria for Development Cards. Development Cards based on national criteria are awarded for one year and are called **D** cards.

Athletes may be nominated for AAP support based on **Development (D) Card** criteria outlined below. The number of cards allocated is dependent on quotas set by Sport Canada.

The following performance criteria outline requirements to be **Eligible** for a D Card. Meeting the eligibility allows athletes to be considered in the ranking process.

- Athletes achieving a top 3 finish, and top ½ of the field, at the World Rowing Under 23 Championships in an Olympic boat class, during the same calendar year as the AAP nomination,
- Athletes Winning a Gold Medal at the World Rowing Under 23 Championships in a Non-Olympic Boat class, during the same calendar year as the AAP nomination, or
- Participate in RCA's Athlete monitoring program achieving the standards indicated below during RADAR testing or organized NTC testing in 2013, prior to the November RADAR submission deadline.

Senior Athletes: (Athletes 23 and older in the upcoming calendar year): achieve the following performances:

- 2000m ergometer: 96% of National Training Centre Target, or
- 6000m ergometer: 96% of National Training Centre Target,

And,

- 2013 National Rowing Championships: within 4% of the winning time in the final of the Senior Single or Senior Pair event (for January 2014 intake), or
- 2014 Spring Trials: within 4% of the winning time in the final of the Senior Single or Senior Pair event (for July 2014 intake).

U23 Athletes (Athletes eligible to race as Under 23 in the upcoming calendar year): achieve the following:

- 2000m ergometer: 94% of National Training Centre Target, or
- 6000m ergometer: 94% of National Training Centre Target,

And,

- 2013 National Rowing Championships: within 6% of the winning time in the final of the Senior Single or Senior Pair event (for January 2014 intake), or
- 2014 Spring Trials: within 6% of the winning time in the final of the Senior Single or Senior Pair event (for July 2014 intake).

See Section 16 for target details.

[Athletes meeting the above eligibility requirement will be ranked \(see Section 4 – Relative Ranking Process\) by national team coaches to create the AAP Nomination List.](#)

* Athletes must be training in their designated training Centre to receive funding.

It is the intention of Sport Canada that the criteria for D Cards support developing athletes with the potential to meet SR and SR1/SR2 criteria. It is Sport Canada's policy that once athletes have progressed to the Senior card level, they normally cannot go back to a D Card. Athletes may revert to D cards if they are in the U23 program. Special circumstances may be considered by RCA, at the discretion of the High Performance Director, to allow post U23 athletes to return to a D Card.

An athlete must obtain Senior carding status within **four years of first being carded as a D Card**. An athlete who has not achieved a Senior card by the end of the four years shall no longer be eligible for Development Carding. The only exception is if two of the years the athlete was competing at the Under 23 program level. In this case the High Performance Director may, at their discretion, allow for a fifth year on a D Card.

4. AAP ADMINISTRATIVE PROCESS:

In November of each year, a relative ranking of athletes will be developed after the National Championships (or its equivalent) and consideration of all AAP criteria. Athletes may be nominated by RCA for AAP support based upon the published criteria for SR1/SR2, SR, C1 and D Cards and a completed letter of intent indicating commitment for the upcoming racing season. RCA National Team Coaches, in conjunction with RCA national office staff, will develop the final AAP nomination ranking. This ranking will be presented to, and reviewed by the High Performance Director and the VP High Performance.

The relative ranking of athletes may also include consideration and assessment of each athlete based on the following:

1. Ergometer performance in the both the 2km and 6km test;
2. On water performance at Spring Trials Regatta and the National Rowing Championships;
3. Ongoing commitment to RCA's Athlete monitoring program (RADAR), throughout the year;
4. Ongoing technique and coachability;
5. Ongoing compatibility with other athletes and coaches;
6. Commitment to the program;
7. Assessment of competitive readiness; and
8. The athlete's experience and his or her potential to make future Olympic Teams.

Nominations for AAP support in the coming year are restricted to the total funding of SR level cards assigned to RCA from Sport Canada (1 SR card = \$18,000). A portion of the total funding may be transferred into Development Cards (1 D card = \$10,500) if RCA's total AAP funding allocation exceeds the number of athletes that have met SR standards. As a result Development Card funding fluctuates annually and it is possible that RCA may not be able to nominate all athletes identified through the Eligibility Criteria and Relative Ranking process.

If there are Development cards left unused after the November relative ranking process, a second intake of D cards may take place in June for a July 1st start date. Cards will be 6 months in length, July 1st to December 31st, subject to training location requirements being met. Athletes will be identified based on a relative ranking of the following factors:

1. Ergometer performance in the both the 2km and 6km test;
2. Performance at the Spring Trials regatta and previous National Rowing Championships;
3. Ongoing commitment to RCA's Athlete monitoring program (RADAR), throughout the year;
4. Ongoing technique and coachability;
5. Ongoing compatibility with other athletes and coaches;
6. Commitment to the program;
7. Assessment of competitive readiness ; and
8. The athlete's experience and his or her potential to make future Olympic Teams.

5. CRITERIA FOR ALL AAP APPLICANTS

The decision to nominate an athlete or coxswain to Sport Canada for AAP consideration shall be made by the National Team Program Coaches in conjunction with the High Performance Director, and shall be based on the following criteria:

- a) RCA requires that athletes in the AAP shall be registered with the association during the application period and throughout the period of carding support.
- b) Athletes who are carded within the current year shall have commenced full training by the posted opening date of their designated RCA Training Centre post World Championships as identified by the HPD and the respective Performance Director to maintain carding support for the remainder of the cycle.
- c) Athletes who are nominated for AAP support beginning January 1st, shall have commenced full training by the identified opening date of their designated RCA Training Centre as determined by the HPD and their respective Performance Director.
- d) AAP support for all athletes will be on hold pending arrival in their designated training centre.
- e) Training Centre designations are as follows: Women and Lightweight Men – London Training Centre, Open Men – Victoria Training Centre, National Development Centre Ontario: Development Men and Women, National Development Centre BC: Development Men and Women.
- f) In special circumstances approved by the HPD, athletes attached to a Talent Development Centre may be considered for Development Carding if their position in the relative ranking process warrants consideration for nomination. Any athlete approved for carding through this mechanism will be required to sign off on a performance plan. The performance plan will indicate all performance monitoring requirements, training performances.
- g) There is a network of 7 Talent Development Centres across Canada: TDC – Ontario Central (Peterborough/Trent), TDC – Ontario Niagara (Brock), TDC – Ontario West (UWO), TDC – BC Vancouver Island (UVIC), TDC – BC Lower mainland (Burnaby), TDC – Calgary and TDC Montreal.
- h) Athletes training outside Canada:
 - Athletes will not normally be eligible for carding support during the period they are outside the country, at an NCAA school, or receiving an athletic scholarship of any kind.
 - Funding will be accessible upon return to the RCA High Performance program at their designated RCA Training Centre.
- i) Athletes shall have competed in the most recent **National Championships** (or its designated equivalent) unless an exemption is approved by the RCA High Performance Director.
- j) Athletes shall complete the published Rowing Canada Athlete Monitoring Program testing or National Training Centre Testing in November. A minimum of 2k and 6k ergometer must be submitted as part of the RADAR testing requirements in order to be eligible for AAP ranking and potential nomination to Sport Canada.
- k) If a second intake of cards is available, performances outlined in **Section 3 – Categories of Cards**, including 2k and 6k ergometer scores from RADAR or organized National Training Centre testing received by June 10th, and performance at the Spring Trials, will be used in order to assess eligibility for AAP support. Final nominations will be submitted based on the relative ranking process outlined in **Section 4 – AAP Administrative Process**.
- l) Athletes must provide a signed Athlete Agreement and a written declaration of intent to compete for a position on the Canadian National Rowing Team to the RCA National Team Manager. **Please see Section 15 – Important Dates.**

Any exceptions to these criteria shall be at the discretion of the RCA High Performance Director.

6. SPECIAL CIRCUMSTANCES

The RCA National Team Performance Directors will review any special cases related to injury, illness, prohibitive causes or extenuating circumstances that restrict an athlete's involvement in any of the Training Camps. Full details of the special situation must be provided in writing (Doctor's note required) to their respective Performance Director and National Team Manager, together with a prognosis for recovery (if injury or illness). **To be eligible for carding as a special case, an athlete must have been carded in the previous year's carding cycle.**

An athlete wishing to have a special circumstance reviewed should contact the National Team Manager.

7. COXSWAINS

Coxswains are eligible to be nominated for an SR1/SR2, SR or C1 card if they coxed at the most recent World Rowing Senior Championships or Olympic Games and have submitted a written declaration of intent to compete for a position on the upcoming World Rowing Senior Championship or Olympic team. In this situation, a coxswain may be nominated for an SR1, SR2, SR, or C1 card depending on the finish of his or her crew at the World Rowing Senior Championships or Olympic Games (see Senior Card Criteria).

Coxswains may be nominated for a SR or C1 card if the coxswain ranks appropriately in the Performance Directors relative ranking and is recommended by the Performance Director.

Coxswains may be nominated for a Development Card (depending upon their availability) for the next competitive season if they won a medal at the most recent Under 23 World Championships, their position in the relative ranking process, and they are recommended by the Lead Coach and Development Coach.

8. SPECIAL REINSTATEMENT

Following the year of an Olympic Games, an athlete who has competed in those Games may wish to follow a year of maintenance training, foregoing full participation on the Senior Team for one competitive season, and then rejoin the national program for the second season after the Olympics with the intention of competing in the subsequent Olympics. In order for carding to resume (following the year of maintenance training) the respective athlete does not have to meet eligibility standards in Section 3 but in order to be nominated for a Senior card, would need to be ranked by the program coach in their relative ranking of athletes. See 'relative ranking' above in Section 4 - AAP Administrative Process. **This opportunity for Special Reinstatement shall only be available to athletes who competed on the preceding Olympic team.**

9. APPEAL PROCEDURE

Athletes who are not nominated for carding, who have achieved the minimum eligibility criteria, and who have submitted a complete Carding/AAP Application before the deadline, may submit an appeal in accordance with the RCA Appeal Policy (http://www.rowingcanada.org/member_services/policies).

A final appeal can be made to Sport Canada directly for AAP support consideration. The regulations for this process are outlined on the Sport Canada website (<http://www.pch.gc.ca/sportcanada/pol/athl/114-eng.cfm>).

10. CARDING APPLICATION PROCEDURE

- a) The National Team Program Coaches submit to the National Team Manager a long list of athletes meeting the AAP nomination eligibility requirements.
- b) Sport Canada confirms with RCA the number of AAP cards available for the year in question.

- c) The National Team Manager prepares the AAP nomination long list and works with the High Performance Director, and the Program Performance Directors to produce a final AAP nomination list that reflects the number of cards RCA will receive from Sport Canada for the year in question.
- d) The National Team Manager prepares a detailed report on each athlete's performances throughout the season (including their intent to commit to the national team program for the upcoming year) and submits this information along with RCA's nominations for AAP support to Sport Canada for review.
- e) Representatives of Sport Canada and RCA meet to review the submission and determine final AAP support for athletes nominated.
- f) The National Team Manager sends out a confirmation letter, AAP carding applications and the RCA Athlete Agreement to athletes that have been approved for AAP support and confirms their carding level.
- g) Athletes complete their annual Sport Canada AAP application forms, sign the RCA Athlete Agreement and return them to RCA.
- h) Following the return of all documents as noted above, Sport Canada issues carding cheques to the athletes. Athletes normally receive carding cheques every two months in advance for support over a two-month period.

11. ATHLETE RESPONSIBILITIES

Maintenance of AAP support requires athletes to commit to the responsibilities listed below:

- a) Adhere to the competitive and training programs and administrative requirements specified by RCA throughout the carding cycle. This includes points outlined in the RCA Athlete agreement.
- b) Athletes are expected to train at the training centre designated by the HPD and the respective Performance Director. Athletes currently carded are expected to be in their designated centre by the published centre opening date (see Section 15 – Important Dates). Athletes newly carded through the November relative ranking process are to be in the training centre designated by RCA on January 1st for carding support to become effective on January 1st. (see Section 5 - Criteria for all AAP Applicants).
- c) Refund any assistance provided if the individual's eligibility status changes or carding status is withdrawn.
- d) Abide by and comply with the Canadian Doping Control Policy and Program and the current IOC-COC, Sport Canada and World Anti-Doping Agency ("WADA"), Canadian Center for Ethics in Sport and FISA anti-doping policies, as they may be amended from time to time.
- e) Participate in sport-related, non-commercial, promotional activities on behalf of the Government of Canada. Sport Canada usually makes the request for participation, and RCA generally makes the detailed arrangements. Such promotional activities do not normally involve more than two working days per athlete per year.
- f) Immediately advise the RCA National Office of any address change. This is needed to ensure the athlete's timely receipt of AAP cheques and program information.
- g) Initiate any AAP-related appeal directly to RCA. An athlete may request that Sport Canada review such AAP-related decisions after an appeal to RCA has been completed.
- h) Comply with AAP policies and procedures, including those dealing with AAP-related disputes with Sport Canada.
- i) Actively participate in all program evaluation activities. Athletes will co-operate fully in any evaluation that may be conducted by the Minister or anyone authorized to act on the Minister's behalf and provide such data as the person conducting the evaluation considers necessary for the proper conduct of the evaluation.
- j) Provide true statements in their application and supporting documentation and to verify these statements if requested by Sport Canada.

- k) Indicate if they are current or former federal government employees, and if so, confirm that they are in compliance with the Values and Ethics Code for the Public Service or the Conflict of Interest and Post-employment Code for Public Office Holders.

12. RCA's RESPONSIBILITIES

- a) Communicate with athletes both orally and in writing in the official language of their choice (French or English).
- b) Produce and provide a copy of the AAP guidelines (in the form of an athlete handbook), carding criteria for the following season, a selection document for the upcoming competitive season, and discipline and appeal procedures in the official language of the athlete's choice.
- c) Submit all nominations for carding in December preceding the commencement of RCA's carding cycle on January 1st of the following year.
- d) Provide athletes with forms required for the AAP, including tuition vouchers and application forms.
- e) Review and recommend requests for special-needs assistance and deferred tuition.
- f) Ensure that each athlete adheres to RCA's approved training and competition plan throughout the carding cycle.
- g) Advise Sport Canada immediately if a carded athlete fails to honor his/her AAP commitments.
- h) Inform Sport Canada in a timely manner of an athlete's retirement and all anti-doping rule violations resulting from international testing. If RCA fails in this regard and the athlete subsequently receives excess AAP benefits, it is the responsibility of RCA to facilitate return of that overpayment to Sport Canada. RCA is also responsible for facilitating the return of any funding provided to an athlete that is the result of a false application or fraudulent misrepresentation on the part of the athlete or RCA.
- i) Develop discipline and appeal procedures based on due process that include access to independent arbitration through the Sport Dispute Resolution Center of Canada (SDRCC).
- j) Provide Sport Canada with written confirmation that all carded athletes have signed their Athlete/NSO Agreement. This must occur within two (2) months of the start of RCA's carding cycle. The Agreement is not considered signed if any sections have been deleted or altered in any way. Athletes for whom Sport Canada has not received signed confirmation from RCA may have their AAP payments suspended until RCA confirms in writing that the Agreement is signed. The decision to suspend AAP payments of athletes who have not signed their Agreement will be made in consultation with RCA, and RCA will advise Sport Canada why the Agreement has not been signed.
- k) Actively participate in all AAP program evaluation activities. RCA will co-operate fully in any evaluation that may be conducted by the Minister or anyone authorized to act on the Minister's behalf and provide such data as the person conducting the evaluation considers necessary for the proper conduct of the evaluation.

13. SPORT CANADA'S RESPONSIBILITIES

- a) Communicate with athletes both orally and in writing in the official language of their choice (French or English).
- b) Review all nominations for AAP support endorsed by RCA.
- c) Approve nominations in accordance with AAP policies and arrange payments in accordance with AAP policies and procedures.
- d) Advise RCA and athletes regarding the development and approval of carding criteria, athlete agreements, appeals procedures and due process, athlete monitoring and other areas of athlete assistance and related services as requested by RCA, the athletes or both.
- e) Provide RCA with AAP materials (application forms; the booklet *Athlete Assistance Program and Policies*, tuition vouchers; etc.)
- f) Ensure that RCA adheres to carding criteria in the selection of athletes for athlete assistance.

- g) Provide a review procedure to both athletes and RCA on any AAP operational decision as per Section 13 of the AAP Policies and Procedures (<http://www.pch.gc.ca/sportcanada/pol/athl/114-eng.cfm>).

14. WITHDRAWAL OF CARDING STATUS

Athletes may withdraw from the AAP by expressing to RCA their wish to do so. This may involve retiring permanently or temporarily foregoing the commitments of carded status. The Athlete shall refund, on a pro-rata basis, any assistance provided to the Athlete should the Athlete's eligibility status change or carded status be withdrawn. RCA has the right to request withdrawal of AAP support.

RCA may recommend the withdrawal of carding status for the following reasons:

- Non-renewal of carding status
- Failure to meet training or competitive commitments
- Violation of the Athlete Agreement
- An athletes' failure to meet responsibilities outlined in the AAP guidelines
- Gross breach of RCA policies and/or receipt of discipline
- Fraudulent misrepresentation
- Doping violations

15. IMPORTANT DATES

2013

September 15 th	RADAR Submission
September 10 th	Welland National Development Centre Open
September 10 th	Burnaby National Development Centre Open
September 23 rd	London Training Centre Opens
September 30 th	Victoria Training Centre Opens
November 1 st	Letter of intent to RCA National Office
November 8 – 10 th	National Rowing Championships, Welland, ON
November 15 th	RADAR Submission or NTC testing due
November 25 th	RCA AAP Ranking published
December TBC	AAP review meeting with Sport Canada

2014

January 1 st	Carding initiated
January 1 st	Newly carded athletes to report to Training Centre
January 2 nd	National Training Centres Open (LTC and VTC)
January 31 st	Athlete Agreement to RCA National Office
April TBC	Spring Trials West (location TBC)
May TBC	Spring Trials East (location TBC)
June 10 th	2km and 6km erg scores due to Rowing Canada for July AAP intake (if applicable).

For additional information on AAP services and support, please review the RCA Athlete Handbook. More information about the AAP is also available from Sport Canada at the following website:

<http://www.pch.gc.ca/sportcanada/pol/athl/index-eng.cfm>

16. RCA NATIONAL TRAINING CENTRE ERGOMETER TARGETS

	Percentage	Men	Women	Light Women	Light Men
2000m	100%	5:48.00	6:43.00	7:02.00	6:10.00
	99%	5:51.48	6:47.03	7:06.22	6:13.70
	98%	5:54.96	6:51.06	7:10.44	6:17.40
	97%	5:58.44	6:55.09	7:14.66	6:21.10
	96%	6:01.92	6:59.12	7:18.88	6:24.80
	95%	6:05.40	7:03.15	7:23.10	6:28.50
	94%	6:08.88	7:07.18	7:27.32	6:32.20
	93%	6:12.36	7:11.21	7:31.54	6:35.90
6000m	100%	18:36.0	21:20.0	22:18.0	19:36.0
	99%	18:47.2	21:32.8	22:31.4	19:47.8
	98%	18:58.3	21:45.6	22:44.8	19:59.5
	97%	19:09.5	21:58.4	22:58.1	20:11.3
	96%	19:20.6	22:11.2	23:11.5	20:23.0
	95%	19:31.8	22:24.0	23:24.9	20:34.8
	94%	19:43.0	22:36.8	23:38.3	20:46.6
	93%	19:54.1	22:49.6	23:51.7	20:58.3