

# OXYGN8<sup>TM</sup>

FORMULATED TO ELEVATE OXYGEN LEVELS

2021



*Target Talent*  
Program

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## In partnership with



## OXYGN8 Athletics Victoria Target Talent Program (AVTTP) Overview

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The OXYGN8 Athletics Victoria Target Talent Program (AVTTP) is Athletics Australia's initial Talent Development strand of their High-Performance Strategy and is delivered in partnership with Athletics Australia Victoria (AV), Athletics Australia (AA) and the Victorian Institute of Sport (VIS). The TTP has been established to:

- Act as the early talent identification component of Athletics Australia's High-Performance Pathway;
- Inspire the best young athletes in the State by inviting them to be part of a State squad and participate in enhanced development opportunities;
- Encourage, continually challenge and develop the best local coaches through recognition and performance-based coaching workshops;
- To create meaningful contacts in the off-season between athletes, personal coaches and the AVTTP State coaching Team;
- Create a National pool of identified coaches in each event group (i.e. State Coaches who model best practice and who are supported by the AA National Coaching Pathway);
- By identifying and engaging Victoria's best junior athletes and coaches through development education opportunities. The AVTTP aims to encourage both athletes and coaches to achieve their potential and to progress through the AA High Performance Pathway, in a fun, encouraging and engaging environment

The 2021 AVTTP is open to athletes born in between 2002 and 2006. (*Athletes who fall outside of this date range may be considered via discretionary selection*).

Athletics Victoria, in collaboration with Athletics Australia, will appoint a Team of [AVTTP State event group Coaches](#), who along with hosting [training and education](#) sessions, will act as points of contact for AVTTP squad athletes and their personal coaches.

AVTTP Squad weekends (*refer example schedule in Appendix 1*) will incorporate a combination of event specific testing, review and planning sessions, training clinics and both general and event-specific education workshops. In addition, [targeted education workshops](#) will be provided for [personal coaches](#) and an [athlete's support network](#) (ie. parents, guardians).

Australia's elite athlete's past and present will also be engaged for training, education, and Q&A sessions wherever possible.

## **Athlete Invitation Criteria**

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### **Squad Period**

The 2021 AVTTP Squad will be selected following the conclusion of the 2021 Athletics Australia Track and Field Championships. The squad weekends will be held in July and September 2021.

### **Eligibility**

To be eligible for inclusion athletes must be a current registered member of Athletics Victoria and be born in 2002/03(U20), 2004(U18), 2005(U17) or 2006(U16).

### **Athletics Australia Invitation Standards**

Athletics Australia will send a personal invitation to any athlete and their coach who meet the following criteria.

### **Able-Bodied**

1. Any AV athlete who achieves the World Athletics Under-20 Championships selection standard (*Appendix 2*) as an under-20 athlete from December 1, 2020. For the avoidance of doubt, an athlete who, as an under-20 in 2021, achieves the World Athletics standard may be invited to TTP in 2021-2022, even though the athlete is no longer an Under-20.
2. Any athlete that achieves a top-3 finish at the Australian National Championships at Open, Under-20, Under-18, Under-17, or Under-16 level, and is still an under-20 in the following season.

In years where the Australian All Schools Championships are held; the following criteria will also be used:

3. Any athlete that achieves a top-3 finish at the Australian All-Schools Championships at the Under-18 or Under-16 level.

### **Para-Athletes**

Para athletes will only be invited in events for which they have a classification/event pathway at the next Senior BME. In some cases, an athlete will be invited if they have demonstrated the capacity to meet the selection criteria via an alternative event.

1. Any Under-21 Para Athlete that achieves 75% of the AA "B" Standard (*Appendix 3*) in the preceding year. For the avoidance of doubt, the AA "B" Standard will refer to the major BME of that year. For example, TTP invitations in 2021 will be utilised using the 2020/21 Tokyo AA "B" Standards.
2. Any Under-21 Para Athlete that can provide 2+ years of progression data demonstrating that athlete's ability to achieve 75% of the AA "B" Standard the following year.
3. Any Para Athlete aged 15-20 who demonstrates performance improvements similar to, or better than, current International medallists at a comparative age.

Information on events which are on the Paralympic Program can be found at the following link - <https://www.athletics.com.au/paralympic-games/>

## **Athletics Victoria Nomination Process**

Athletics Victoria welcomes the nomination of any athlete who achieves the following criteria;

1. All AV athletes who have achieved the 2021 AVTTP Performance Matrix standards (*Appendix 4*) as an under-20 athlete from November 28, 2020. For the avoidance of doubt, an athlete who, as an under-20 in 2021, achieves a 2021 AVTTP Performance Matrix standard may be invited to TTP in 2021-2022, even though the athlete is no longer an Under-20.

Athletes who achieve the above AV criteria and wish to be included in the 2021 AVTTP squad, are invited to complete and submit the following [nomination form](#) **before Friday April 30**. Successful athletes will be notified via email on or before May 15.

### **Notes**

- AV may also invite additional eligible athletes and their personal coaches based on competition results for their age group and advice from Athletics Australia Junior High-Performance Team;
- Age is calculated as of December 31, 2021. Age groups are outlined below accordingly.
  - **Under 18** - athletes must not have their eighteenth birthday on or before 31st December 2021 and must be born in 2004, 2005 or 2006
  - **Under 20** - athletes must not have their twentieth birthday on or before 31st December 2021 and must be born in 2002 or 2003

## **AVTTP Event Coaches**

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Where appropriate and in collaboration with Athletics Australia, Athletics Victoria will appoint a State TTP Coach for each of the following event groups (pending athlete numbers):

- Sprints
- Hurdles
- Horizontal Jumps
- Vertical Jumps
- Combined Events
- Throws
- Endurance
- Walks
- Para-Athletics Coordinator

### **Role of the State TTP Coaches**

State TTP Event Coaches are appointed to provide specialist coaching, education and mentoring to both TTP athletes and their personal coaches. In addition, State appointed TTP Event Coaches will:

- Contribute to the planning of AVTTP squad days, including event specific skills curriculum;
- Provide specialist coaching and coach mentoring to both athletes and personal coaches;
- Attend the AV State Championship events and providing coaching support where appropriate;
- Maintain an open dialog with athletes and personal coaches within State TTP squad and contribute to individual athlete planning;
- Actively support the ongoing development of a broad base of coaches with the knowledge and skills to optimally develop promising young athletes on the pathway to elite performance;

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- Assist in the collection of athlete testing data, and working with personal coaches and National event leads, identify and provide recommendation for the continued development of an athletes individual performance plan

# Appendix 1

## Example squad session

### Day 1

9:30am:	Welcome and Introduction
10:00am – 12:30 pm:	Group 1 – Testing & Practical Recovery Session Group 2 – Education Session
12:30pm – 1:00pm:	Lunch
1:00pm – 2:00pm:	Elite Athlete/Coach Q&A
2:00pm – 4:30pm:	Group 1 – Education Session Group 2 – Testing & Practical Recovery Session

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### Day 2

8:30am:	Welcome
9:00am – 11:00am:	Group 1 - Individual Event Group training session (incl. S&C where needed) Group 2 – Testing Review (Analysis of testing data; Identification of key individual athlete gaps; Understanding of training strategies to close gaps)
11:00am – 11:45am:	SIA Anti-Doping Education
11:45am – 12:15pm:	Lunch
12:15pm – 2:15pm:	Group 1 – Testing Review (Analysis of testing data; Identification of key individual athlete gaps; Understanding of training strategies to close gaps) Group 2: Individual Event Group training session (incl. S&C where needed)
2:15pm – 2:45pm:	Break
2:45pm – 4:45pm:	Coaches – “Art of Coaching” Session + Facilitated Key Topic Discussion Athletes – Education Session

## Appendix 2

### World Athletics Under-20 Championships Selection Standards

<b>Men</b>	<b>Event</b>	<b>Women</b>
10.58	<b>100m</b>	11.85
21.38	<b>200m</b>	24.35
47.35	<b>400m</b>	54.85
1:50.80	<b>800m</b>	2:08.70
3:48.00	<b>1500m</b>	4:28.00
8:14.00	<b>3000m</b>	9:25.00
14:12.00	<b>5000m</b>	16:35.00
9:07.00	<b>3000m SC</b>	10:35.00
14.15 (0.991m)	<b>110mH/100mH</b>	14.15
53.10	<b>400mH</b>	1:00.75
43:40.00	<b>10,000m Race Walk</b>	50:30.00
2.16	<b>High Jump</b>	1.82
5.10	<b>Pole Vault</b>	4.07
7.58	<b>Long Jump</b>	6.15
15.60	<b>Triple Jump</b>	12.90
18.30 (6kg)	<b>Shot Put</b>	14.60
57.00 (1.75kg)	<b>Discus Throw</b>	49.00
68.50 (6kg)	<b>Hammer Throw</b>	58.00
69.50	<b>Javelin Throw</b>	50.50
7100	<b>Decathlon / Heptathlon</b>	5350



## Appendix 3

### Athletics Australia Para TTP Performance Standards

#### WOMEN – AA 2021-22 TTP Selection Standards

No.	Event	Eligible Class(es)	2021-22 TTP Standards	No.	Event	Eligible Class(es)	2021-22 TTP Standards
1	100m	T11	<b>15.48</b>	38	Long Jump	T11	<b>3.47m</b>
2	100m	T12	<b>15.29</b>	39	Long Jump	T12	<b>3.92m</b>
3	100m	T13	<b>15.69</b>	40	Long Jump	T20	<b>3.98m</b>
4	100m	T33/34	<b>24.38</b>	41	Long Jump	T37	<b>3.22m</b>
5	100m	T35	<b>20.10</b>	42	Long Jump	T38	<b>3.42m</b>
6	100m	T36	<b>18.53</b>	43	Long Jump	T45/46/47	<b>4.01m</b>
7	100m	T37	<b>17.19</b>	44	Long Jump	T42/61/63	<b>2.93m</b>
8	100m	T38	<b>16.88</b>	45	Long Jump	T44/62/64	<b>3.58m</b>
9	100m	T45/46/47	<b>16.10</b>	46	Club Throw	F31/32	<b>13.13m</b>
10	100m	T53	<b>21.50</b>	47	Club Throw	F51	<b>10.76m</b>
11	100m	T54	<b>21.13</b>	48	Discus Throw	F11	<b>22.38m</b>
12	100m	T42/63	<b>20.80</b>	49	Discus Throw	F37/38	<b>22.10m</b>
13	100m	T44/62/64	<b>16.75</b>	50	Discus Throw	F40/41	<b>20.00m</b>
14	200m	T11	<b>31.95</b>	51	Discus Throw	F51/52/53	<b>7.30m</b>
15	200m	T12	<b>31.56</b>	52	Discus Throw	F54/55	<b>15.79m</b>
16	200m	T35	<b>42.26</b>	53	Discus Throw	F56/57	<b>20.61m</b>
17	200m	T36	<b>39.50</b>	54	Discus Throw	F43/44/62/64	<b>21.69m</b>
18	200m	T37	<b>36.04</b>	55	Javelin	F12/13	<b>26.06m</b>
19	200m	T45/46/47	<b>33.24</b>	56	Javelin	F33/34	<b>11.63m</b>
20	200m	T44/64	<b>35.29</b>	57	Javelin	F45/46	<b>26.83m</b>
21	400m	T11	<b>1:13.76</b>	58	Javelin	F53/54	<b>11.44m</b>
22	400m	T12	<b>1:14.06</b>	59	Javelin	F55/56	<b>13.93m</b>
23	400m	T13	<b>1:12.85</b>	60	Shot Put	F11/12	<b>9.00m</b>
24	400m	T20	<b>1:14.05</b>	61	Shot Put	F20	<b>9.30m</b>
25	400m	T37	<b>1:23.45</b>	62	Shot Put	F32	<b>3.94m</b>
26	400m	T38	<b>1:22.64</b>	63	Shot Put	F33	<b>4.42m</b>
27	400m	T45/46/47	<b>1:17.01</b>	64	Shot Put	F34	<b>5.16m</b>
28	400m	T53	<b>1:12.50</b>	65	Shot Put	F35	<b>5.70m</b>
29	400m	T54	<b>1:11.25</b>	66	Shot Put	F36	<b>6.38m</b>
30	800m	T33/34	<b>2:48.75</b>	67	Shot Put	F37	<b>7.64m</b>
31	800m	T53	<b>2:22.79</b>	68	Shot Put	F40	<b>5.32m</b>
32	800m	T54	<b>2:21.25</b>	69	Shot Put	F41	<b>6.05m</b>
33	1500m	T11	<b>6:11.58</b>	70	Shot Put	F54	<b>7.21m</b>
34	1500m	T12/13	<b>6:02.50</b>	71	Shot Put	F56/57	<b>7.21m</b>
35	1500m	T20	<b>6:02.50</b>				
36	1500m	T53/54	<b>4:21.25</b>				
37	5000m	T53/54	<b>14:47.50</b>				

**MEN – AA 2021-22 TTP Selection Standards**

No.	Event	Eligible Class(es)	2021-22 TTP Standards	No.	Event	Eligible Class(es)	2021-22 TTP Standards
1	100m	T11	<b>14.28</b>	47	Long Jump	T11	<b>4.62m</b>
2	100m	T12	<b>13.73</b>	48	Long Jump	T12	<b>5.18m</b>
3	100m	T13	<b>13.91</b>	49	Long Jump	T13	<b>5.04m</b>
4	100m	T33	<b>25.01</b>	50	Long Jump	T20	<b>5.12m</b>
5	100m	T34	<b>20.00</b>	51	Long Jump	T36	<b>4.07m</b>
6	100m	T35	<b>16.24</b>	52	Long Jump	T37	<b>4.37m</b>
7	100m	T36	<b>15.36</b>	53	Long Jump	T38	<b>4.49m</b>
8	100m	T37	<b>14.63</b>	54	Long Jump	T45/46/47	<b>5.18m</b>
9	100m	T38	<b>14.30</b>	55	Long Jump	T42/61/63	<b>4.19m</b>
10	100m	T45/46/47	<b>13.96</b>	56	Long Jump	T44/62/64	<b>4.91m</b>
11	100m	T51	<b>28.61</b>	57	High Jump	T45/46/47	<b>1.42m</b>
12	100m	T52	<b>22.24</b>	58	High Jump	T42/63	<b>1.32m</b>
13	100m	T53	<b>18.69</b>	59	High Jump	T44/64	<b>1.39m</b>
14	100m	T54	<b>18.00</b>	60	Club Throw	F31/32	<b>23.60m</b>
15	100m	T42/63	<b>15.76</b>	61	Club Throw	F51	<b>21.29m</b>
16	100m	T44/62/64	<b>14.25</b>	62	Discus Throw	F11	<b>27.78m</b>
17	200m	T35	<b>34.48</b>	63	Discus Throw	F37	<b>36.44m</b>
18	200m	T37	<b>29.43</b>	64	Discus Throw	F51/52	<b>13.22m</b>
19	200m	T51	<b>53.88</b>	65	Discus Throw	F54/55/56	<b>29.12m</b>
20	200m	T61	<b>31.75</b>	66	Discus Throw	F43/44/62/64	<b>37.79m</b>
21	200m	T44/64	<b>29.05</b>	67	Javelin	F12/13	<b>43.61m</b>
22	400m	T11	<b>1:05.55</b>	68	Javelin	F33/34	<b>21.34m</b>
23	400m	T12	<b>1:02.50</b>	69	Javelin	F38	<b>34.98m</b>
24	400m	T13	<b>1:03.46</b>	70	Javelin	F40/41	<b>28.22m</b>
25	400m	T20	<b>1:01.69</b>	71	Javelin	F45/46	<b>43.04m</b>
26	400m	T36	<b>1:11.53</b>	72	Javelin	F53/54	<b>20.08m</b>
27	400m	T37	<b>1:07.50</b>	73	Javelin	F56/57	<b>31.43m</b>
28	400m	T38	<b>1:06.44</b>	74	Javelin	F42-44,61-64	<b>40.11m</b>
29	400m	T45/46/47	<b>1:01.93</b>	75	Shot Put	F11	<b>10.74m</b>
30	400m	T51/52	<b>1:19.38</b>	76	Shot Put	F12	<b>11.04m</b>
31	400m	T53	<b>1:02.50</b>	77	Shot Put	F20	<b>11.64m</b>
32	400m	T54	<b>59.38</b>	78	Shot Put	F32	<b>6.95m</b>
33	400m	T62	<b>1:07.18</b>	79	Shot Put	F33	<b>7.43m</b>
34	800m	T33/34	<b>2:15.00</b>	80	Shot Put	F34	<b>8.16m</b>
35	800m	T53	<b>2:05.00</b>	81	Shot Put	F35	<b>10.15m</b>
36	800m	T54	<b>2:00.00</b>	82	Shot Put	F36	<b>9.68m</b>
37	1500m	T11	<b>5:18.88</b>	83	Shot Put	F37	<b>10.09m</b>
38	1500m	T12/13	<b>4:56.25</b>	84	Shot Put	F40	<b>7.04m</b>
39	1500m	T20	<b>4:57.73</b>	85	Shot Put	F41	<b>8.43m</b>
40	1500m	T37/38	<b>5:28.61</b>	86	Shot Put	F45/46	<b>11.03m</b>
41	1500m	T45/46	<b>5:00.96</b>	87	Shot Put	F53	<b>5.33m</b>
42	1500m	T51/52	<b>4:51.85</b>	88	Shot Put	F54/55	<b>8.32m</b>
43	1500m	T53/54	<b>3:47.50</b>	89	Shot Put	F56/57	<b>10.43m</b>
44	5000m	T11	<b>19:53.51</b>	90	Shot Put	F42/61/63	<b>9.99m</b>
45	5000m	T12/13	<b>18:45.00</b>				
46	5000m	T53/54	<b>13:00.00</b>				

## Appendix 4

### 2021 OXYGN8 Athletics Victoria Target Talent Program Performance Matrix Standards - Able Body

MEN																				
	100m	200m	400m	800m	1500m	5000m	XC^	110mH	400mH	3000S	HJ	PV	LJ	TJ	Shot	Disc	Ham	Jav	10,000W	Comb Ev
							8km													
U20 / 2002 Born	10.71	21.89	48.01	01:52.0	03:54.1	14:58.7	26:38.8	14.40	54.33	09:41.6	2.04	4.53	7.25	14.72	16.20	50.61	59.55	63.77	45:47.6	6437
						3000m	6km			2000S									5000W	
U18 / 2004 Born	10.92	21.99	48.85	01:54.1	03:56.9	08:45.7	19:27.4	14.32	54.27	06:12.1	1.99	4.00	6.96	14.03	16.42	51.03	57.33	61.43	23:50.0	6034
							6km													
U17 / 2005 Born	11.15	22.34	49.89	01:56.5	04:02.4	08:52.1	19:52.9	14.79	56.14	06:16.6	1.96	3.88	6.69	13.57	15.16	47.65	51.07	55.48	24:28.9	5615
							4km	100mH	200mH										3000W	
U16 / 2006 Born	11.41	22.75	51.13	01:59.8	04:10.4	09:01.3	12:45.5	13.65	26.69	06:21.0	1.87	3.46	6.39	13.09	15.90	56.57	49.81	51.14	14:35.5	3992
WOMEN																				
	100m	200m	400m	800m	1500m	5000m	XC^	100mH	400mH	3000S	HJ	PV	LJ	TJ	Shot	Disc	Ham	Jav	10,000W	Comb Ev
							6km													
U20 / 2002 Born	12.03	24.56	55.83	02:09.6	04:30.5	16:36.4	23:29.9	14.29	61.86	11:08.0	1.76	3.70	5.82	12.16	13.27	47.51	51.11	43.38	51:35.4	4721
						3000m	4km			2000S									5000W	
U18 / 2004 Born	12.16	24.80	56.35	02:11.1	04:31.3	09:59.1	14:22.0	14.06	62.80	0.00	1.72	3.35	5.67	12.08	13.84	44.19	50.64	42.72	25:48.2	4763
							4km													
U17 / 2005 Born	12.28	24.93	56.69	02:11.9	04:33.2	10:12.7	14:28.7	14.32	64.11	07:15.7	1.69	3.23	5.55	11.78	13.14	40.31	46.41	41.67	25:51.5	4426
							4km	90mH	200mH										3000W	
U16 / 2006 Born	12.37	25.13	56.80	02:13.0	04:36.1	10:15.0	14:32.3	13.14	29.27	07:20.0	1.65	3.06	5.48	11.52	12.68	39.42	42.55	39.97	15:01.3	4396

#### Notes

- Performance standards for each event represent the average of the Bronze medal place, from previous National Junior Championships, apart from the following:
  - XC (Cross Country) Average of the Bronze medal place from the Victorian Cross-Country Championships, for the past 5 years (Note: Victorian XC Championships chosen due to course consistency)
  - Combined Events Average of silver medal place from previous National Junior Championships