To all Member Sports and Performance Pathway Athletes,

Please find below an explanation of the process that will be followed with keys dates and deadlines.

As you are aware we agreed to set PERFORMANCE INDICATORS at the end of 2015 so there would be a full picture of every athlete’s commitment to the GC 2018 Games. **To this end it is vital that you show all your competition results for the past two seasons (or more)**. This will show your Performance Pathway and give the Validation Sub-Committee a clear picture of your achievements as a “Performance Package”.

The forms you need to fill in are specific to your sport and you may add information and extend the form as you see fit. Please fill in the forms electronically so they can be submitted by email as an editable document.

**The forms are divided as follows -**

**PART ONE**A form for athletes who will be competing AFTER the November deadline. If you are NOT competing after November please ignore this page and go to part two. If you ARE competing please fill in part one and then carry on and fill in all the other pages.  
Athletes who are competing in late Oct/Nov/Dec MUST still complete the forms and forward them to their governing body by the set deadline. The governing body will forward this to validation so they are fully aware of the possible numbers involved in the final selection.

**PART TWO**2016 full results.  
This is divided into 3 levels of competition. Please fill in FULLY with all your off island results regardless of the quality.  
If for any reason 2016 was a lean year you may add results for 2015 in the “extra” information section.

**PART THREE**2017 full results.   
Please fill with as many competition results as possible at all 3 levels.

**PART FOUR**Plans for the period from submitting your application to the actual competition as the whole reason for the Pathway is to perform well at the games - this part crucial.

**THE PROCESS**

Please liaise with your governing bodies so you know when they want your filled in forms. **This part of the process is totally internal.**

**Your association will review your form and will decide whether to put your name forward to the Validation Sub-Committee.**

The governing bodies need to decide –

1. where more than the allotted places are being challenged for who (if anyone) should be put forward
2. that the results and information are accurate, complete and reflect their PIs

Each association will set its own time table for this internal process.

Please be aware and understand that your association/governing body will select who is put forward to validation. If you are **not selected** to be put forward you **may appeal to your governing body** and discuss it with them. The CGAJ will not be involved with this part of the process. Time must be built into this internal process to allow for this.

***November 7th is the latest date for submissions by Governing Bodies to the CGAJ***

Athletes who are still competing should still follow this process so they will only have the extra results to be added to their submission.

The Validation Sub-Committeewill meet between **9th and 20th November** to deal with all submissions.

An initial announcement of the Core Team based on how many “late applications” are in the pipeline will be made at the Athletes’ Day on November 25th 2017.

It is possible that athletes NOT named in the team on Nov 25th (who have completed their programme) may still be offered a place in January when the final numbers are agreed including – but not limited to - athletes who were competing up until December.

**The final Jersey Team will be announced in early January 2018.**

**Name of athlete - Your specific event(s) -**

**Part 1**

**Late 2017 Competitions; (Athletes who have completed their programme by this time please go to part 2)**

This section is to be completed if you have competitions late in 2017 which means that you will NOT be able to have your validation finalised in November.

You may have competitions in October and still be able to meet the November validation deadline. This is an INTERNAL sports process/decision.

Please detail the competitions below; (add more boxes if required)

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| **Full name of the competition** | **Venue of the competition** | **Dates of the competition** |
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Add any notes relating to the above, below -

**Part 2 - 2016 Results**

**Please list all your major results for the year**

1. **Local competitions** (Jersey and Channel Island events OR events where you are based at local/club level) Please include ALL triathlons (any distance) Please also include any significant results in duathlons, aquathons and the Jersey organised KPI time trials.

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| --- | --- | --- |
| **Full name of competition** | **Date** | **Full result** |
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1. Results of events **off island** such as COUNTY champs, DISTRICT champs, OPEN competitions you chose to enter (up to national events e.g. English, Welsh or other such champs). Include any MAJOR age group events. Please include any distance Triathlons.

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| --- | --- | --- | --- |
| **Full name of competition** | **Date** | **Full result with splits please** | **Placing/time in relation to PI** |
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1. Results of **full international events** with the calibre of competition that the Commonwealth Games will expose you to. Please include BRITISH championships. Please include any distance Triathlons.

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| --- | --- | --- | --- |
| **Full name of competition** | **Date** | **Full result with splits please** | **Placing/time in relation to PI** |
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**Part 3 - 2017 Results**

**Please list all your major results for the year**

1. **Local competitions** ( Jersey and Channel Island events OR events where you are based at local/club level. Island Games may go here.) Please include the Jersey KPI trials and any other aquathons and/or duathlons.

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| --- | --- | --- |
| **Full name of competition** | **Date** | **Full result with splits please.** |
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1. Results of events **off island** such as COUNTY champs, DISTRICT champs, OPEN competitions you chose to enter (up to national events e.g. English, Welsh or other such champs). Include any MAJOR age group events. Please include any distance triathlons.

|  |  |  |  |
| --- | --- | --- | --- |
| **Full name of competition** | **Date** | **Full results with split times.** | **Placing, time in relation to PI** |
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1. Results of **full international** events with the calibre of competition that the Commonwealth Games will expose you to. Please include British champs.

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| --- | --- | --- | --- |
| **Full name of competition** | **Date** | **Full results with split times** | **Placing, time in relation to PI** |
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Please add any other notes or information to assist the Validation team and to support the athlete’s bid for a place on the team.

**Part 4 – Plans in the run up to the GC Games**

**Please lay out your detailed plans for the period from presenting your papers to competing below.**