# England Senior Programme Selection Policy 2022-2023

The England Senior Programme aims to support senior English athletes who have the realistic potential to compete for Team England at the Commonwealth Games in Victoria, Australia in 2026. The programme runs from 1st December 2022 until 30th November 2023.

There are two levels of support on the England Senior Programme:

1. Commonwealth Games Programme – This two-tier programme offers a bespoke level of support services and camp-based training support for athletes who competed in the 2022 Commonwealth Games and achieved a top 8 finish
2. Senior Talent Programme – This programme offers camp-based training support and an education curriculum (where required) for athletes who achieved a performance standard in 2022

**Overview of Programme Benefits**

| | Elite (CWG Programme) | Performance (CWG Programme) | Senior Talent Programme |
|---|---|---|---|
| Programme Contact | Individual athlete planning (IAP) with coach throughout the year<br><br>Regular monthly communication with event specific Point of Contact (POC) | Individual athlete planning (IAP) with coach throughout the year<br><br>Regular monthly communication with event specific Point of Contact (POC) | Individual athlete planning (IAP) with coach twice a year<br><br>Communication with Point of Contact (POC) every 6-8 weeks |
| UK Camps | Invitation for athlete and coach to National Senior Event Camps twice a year | Invitation for athlete and coach to National Senior Event Camps twice a year | Invitation for athlete and coach to National Senior Event Camps twice a year |
| Overseas Camps | Overseas training camps funded* | Overseas training camps part-funded | Invitation to attend overseas training camps self-funded |
| International Teams | Small International England representation opportunities | Small International England representation opportunities | Small International England representation opportunities |
| Support services | Support service agreement through England Talent Hub network<br>or<br>Contribution towards local support services | Support service agreement through England Talent Hub network<br><br>Access to camp-based support services | Access to camp-based and/or online support services |
| Medical Insurance | Medical Insurance Scheme covered | Option to purchase medical insurance | Option to purchase medical insurance |
| Athlete Education | Access to EA education curriculum<br><br>Invitation to athlete workshops | Access to EA education curriculum<br><br>Invitation to athlete workshops | Access to EA education curriculum<br><br>Invitation to athlete workshops |
| Coach Education | Access to EA Coach Development workshops | Access to EA Coach Development workshops | Access to EA Coach Development workshops |

*Overseas training camp funding offer will be agreed with programme POC and EA Event Group Lead and based on location, duration, time of year and total cost

## Eligibility

To be considered for the England Senior Programme, an athlete must fulfil the following Eligibility criteria:

a) Be eligible to compete for England in the Commonwealth Games
b) A British Passport holder.
c) Not currently serving a period of eligibility as a result of a transfer of allegiance.
d) Not currently serving a provisional or permanent suspension for a doping violation.
e) Has not, whether by an act or omission, brought England Athletics or British Athletics into disrepute.
f) Not serving a period of ineligibility from the sport as determined by England Athletics or British Athletics. For example, due to misconduct and / or disciplinary reasons.
g) Not be supported on the British Athletics World Class Programme or Futures Programme

Any athlete who has associated, or intends to associate, themselves with a coach, doctor or other medical or support person who England Athletics or British Athletics reasonably considers it inappropriate for the athlete to associate with, shall not be eligible for selection for membership.

### Selection Criteria Matrix

| | Elite (CWG Programme) | Performance (CWG Programme) | Senior Talent Programme |
|---|---|---|---|
| Performance Standard | Exceeded the Performance Standard on numerous occasions in the 2022 season | Exceeded the Performance Standard in the 2022 season | Exceeded the Performance Standard in the 2022 season |
| Championship Performance | Achieved a Top 5 finish at Birmingham 2022 Commonwealth Games | Achieved a Top 8 finish at Birmingham 2022 Commonwealth Games. | Evidence that the athlete has a track record of performing at Championships (e.g. U20/23 GB&NI and England Teams, UK Championships, England Championships) |
| Performance Consistency | Performance consistency will be assessed through reviewing their average performance of their top 3 outdoor performances* within the 2022 season.<br><br>*Marathon not included | Performance consistency will be assessed through reviewing their average performance of their top 3 outdoor performances* within the 2022 season.<br><br>*Marathon not included | Performance consistency will be assessed through reviewing their average performance of their top 3 outdoor performances* within the 2022 season.<br><br>*Marathon not included<br><br>Age and stage for the specific event will be considered |
| Performance potential and progression | NA | Evidence that it is realistic for the gap between the current performance level to the level required to win a Commonwealth Games medal within 3 years. This will include but not exclusively reviewing the following:<br><br>a) Performance in other relevant events<br>b) Rates of progress in performance and critical determinants of performance<br>c) Injury and training history<br>d) Lifestyle and training environment | Evidence that it is realistic for the gap between the current performance level to the level required to reach a Commonwealth Games top 8 finish within 3 years. This will include but not exclusively reviewing the following:<br><br>a) Performance in other relevant events<br>b) Rates of progress in performance and critical determinants of performance<br>c) Injury and training history<br>d) Lifestyle and training environment |

## Performance Standards

### Minimum Performance Standards

| | Women | Men |
|---|---|---|
| 100m | 11.32 | 10.18 |
| 200m | 23.00 | 20.50 |
| 400m | 51.60 | 45.70 |
| 800m | 2:00.75 | 1:45.5 |
| 1500m | 4:07.00 | 3:37.00 |
| 5000m | 15:30.00 | 13:30.00 |
| 10000m | 32:15.00 | 28:00.00 |
| 10k Walk | 47:15.00 | 41:30.00 |
| Marathon | 2:34.00 | 2:14.00 |
| 110m/100m Hurdles | 13.20 | 13.62 |
| 400m Hurdles | 56.00 | 49.60 |
| 3000m Steeplechase | 9:40.00 | 8:35.00 |
| Long Jump | 6.50 | 7.95 |
| High Jump | 1.87 | 2.25 |
| Triple Jump | 13.65 | 16.60 |
| Pole Vault | 4.30 | 5.45 |
| Javelin | 56.00 | 77.00 |
| Shot Put | 17.00 | 19.40 |
| Discus | 56.50 | 60.00 |
| Hammer | 65.00 | 70.00 |
| Decathlon/Heptathlon | 5850 | 7750 |

### Performance Limiting Injury or Illness

A performance limiting injury or illness is an injury or illness which results in significant interruption to training for at least 3 months and impacts on an athlete's ability to meet the England Senior Programme selection criteria. Individuals affected by a performance limiting injury or illness will still be considered for selection if the panel believes the selection criteria would have been achieved if the athlete had been fully fit and able to compete in the 2022 outdoor season.

### Senior England Programme Selection Process

The selection process is split across four stages:

- Stage 1 – Athletes are shortlisted by England Athletics Pathway Team and have met the eligibility criteria
- Stage 2 – Athletes who have met the selection criteria matrix will progress to stage 3
- Stage 3 – The selection panel will consider all the information and a selection decision will be made
- Stage 4 – Induction

### Selection Panel

The Senior England Programme selection panel will have the following representatives:

- England Athletics Event Group Leads (Speed, Endurance, Throws, Jumps & Combined Events)

- England Athletics Head of Talent Development (Selection Meeting Chair)
- Talent Hub Managers (Leeds, Loughborough & Birmingham)
- Independent Sport Observer & Note taker

**Programme Places**

The number of places on the programme is limited and may vary from year to year.