



AUSTRALIAN
ATHLETICS

PATHWAYS TRANSITION PROGRAM 2026

Information for Athletes, Coaches & Parents

PTP Core

PTP Relays

Target 2032

Overseas Athlete

WHAT IS PTP?

Aims & Objectives of the Pathways Transition Program

The Australian Athletics Pathways Transition Program (PTP) supports athletes who are demonstrating potential to achieve High Performance goals at Olympic, Paralympic, World Championships and Commonwealth Games events — but who are not yet on the National Athlete Support Structure (NASS).

~100

Athletes
Supported

2023

Program
Launched

5 of 10

2024 World U20
Medalists on PTP

2nd

World U20 Nation
Table (from 7th)

HP PROGRAM GOALS

Olympic/World Champs: 7 medals + 6–8 top-8 places

Paralympic/WPA Champs: 4–8 Gold + 16–20 silver/bronze

World U20 Champs: 20 top-8 places

Commonwealth Games: Top nation on medal table

PTP bridges the gap between junior performance and medal-winning performance at senior level

PTP membership has no bearing on selection for any Australian representative team. Athletes selected for 12-month periods, with re-selection possible.

WHAT DO ATHLETES & COACHES GET?

Performance Support Services — Core, Relay & Overseas Athletes

Sports Medicine

Screening / Network

- consultation

Sports Physiotherapy

Screening / Load / Network

- consultation

Biomechanics

Data / Education / Collaboration

WITTW testing, targeted interventions & performance analysis

Sports Psychology

Collab / Engagement / Comms

Mental performance in competition & consultation

Sports Nutrition

Assessment & consultation

Physiology

Performance preparation & testing

S&C

QA / Benchmarks / Education

Coach & facility access

Learning Design

Coach & facility access

ADDITIONAL BENEFITS FOR ALL CATEGORIES

- ✓ Athlete Wellbeing & Engagement support (vocational, wellbeing)
- ✓ Travel assistance budget for camps and key competitions (Core/Relay/Talent Transfer)
- ✓ Coach development opportunities
- ✓ Soft Tissue Therapy (via negotiated injury management strategy)
- ✓ Financial support for physio & S&C when in Australia (Overseas Athletes)
- ✓ Learning Design support — Talent Transfer / Skill Development

SELECTION ELIGIBILITY & HOW TO APPLY

Who can be selected onto PTP for 2026?

⚠ All athletes must complete an Expression of Interest (EOI) to be considered for PTP 2026 selection

CORE ELIGIBILITY CRITERIA

- Australian citizen
- Registered AA member via Member Association
- Not currently on NASS
- Para athletes: 'Review' or 'Confirmed' classification
- Comply with all AA & anti-doping policies
- Commit to twice-yearly Individual Athlete Performance Plan
- Overseas Athletes: studying overseas OR residing >180 days outside Australia

Note: Talent Transfer & Event Group Project athletes are encouraged to complete an Eoi. Selections for these categories will be made in consultation with Event Group Panels.

2026 SELECTION TIMELINE

EOI OPEN

Now

Submit Expression of Interest at athletics.com.au

1ST ROUND

June 2026

Core PTP · Relay Futures · Overseas Athlete

2ND ROUND

July/Aug 2026

Talent Transfer (Hammer) · Event Group Projects (Hept/Dec)

PERFORMANCE STANDARDS

Standards are indicative — potential to achieve HP Goals is the ultimate guide for selectors

Performance standards are NOT automatic qualification standards. Meeting standards places athletes in the selection pool; selectors use discretion. Consistency across the season is valued alongside individual PBs. Para Athletes: For Under-21 athletes who are demonstrating yearly progression to towards achieving the Para NASS B Standards within 3 years. <https://www.athletics.com.au/participant-hub/nass/>

UNDER-20 (born 2007–2010) — World U20 Standards

Event	Men	Women
100m	10.50	11.78
200m	21.25	24.35
400m	47.40	55.20
800m	1:50.00	2:09.00
1500m	3:47.50	4:27.00
110/100mH	14.05	14.10
400mH	53.00	1:00.75
HJ	2.12m	1.81m
PV	5.12m	4.05m
LJ	7.58m	6.22m
SP	18.30m	14.50m
DT	56.00m	49.00m
JT	68.50m	49.50m

UNDER-23 (born 2004–2006) — Performance Matrix

Event	U21 (2006)	U22 (2005)	U23 (2004)
100m M	10.45	10.35	10.25
100m W	11.60	11.50	11.40
400m M	47.00	46.60	46.20
400m W	53.75	53.15	52.80
800m M	1:49.00	1:48.00	1:47.00
800m W	2:05.20	2:03.40	2:01.90
110mH M	14.10	13.95	13.75
100mH W	13.58	13.38	13.20
HJ M	2.18m	2.20m	2.24m
HJ W	1.84m	1.86m	1.88m
LJ M	7.68m	7.79m	7.90m
SP M	18.30m	18.80m	19.30m

PTP 2026 — PROGRAM CATEGORIES

Up to ~100 athletes supported across four categories

PTP CORE

~40 athletes

- Individual transition support for high-performing athletes
- Able-bodied & Para athletes included
- Focus: tracking towards NASS selection
- U20 & U23 age groups (case-by-case for older athletes)
- Selection: June 2026 (1st Round)

PTP RELAYS

~20 athletes

- ~5 athletes per squad: Men's/Women's 4x100m & 4x400m
- Mixed relay squads drawn from these athletes
- Relay performance a key priority
- Dedicated relay camps & competitions funded
- Selection: June 2026 (1st Round)

TARGET 2032

Up to 25 athletes

- Talent Transfer: Hammer Throw (2026 focus)
- Event Group Projects: Heptathlon / Decathlon
- Attract athletes to events with talent gaps
- Pathway to Brisbane 2032 Olympic readiness
- Selection: 2nd Round (July/Aug 2026)

OVERSEAS ATHLETE

~20 athletes

- Athletes studying or residing overseas (>180 days)
- NCAA athletes eligible
- Targeted remote performance support
- Financial support available for physio/S&C in Australia
- Selection: June 2026 (1st Round)

Goal: Develop pathways to support Australia to achieve top-16 finishes in ALL events at the Brisbane 2032 Olympics

← TALENT TRANSFER — HAMMER THROW

2026 Focus Event: Hammer Throw (Throws event group)

Who we're looking for:

- Athletes interested in event transition with potential in throwing events
- Athletes in field events or with relevant athletic profile

What you get:

- Targeted performance support services (med, physio, biomechanics, psych, nutrition, physiology, S&C)
- Dedicated Talent Transfer Camp (travel & accommodation covered)
- Coach development opportunities
- Up to 15 athletes selected; 2nd year extension available for up to 5 showing strong progress

📅 EVENT GROUP PROJECTS — HEPT / DEC

2026 Focus Events: Heptathlon & Decathlon

About the project:

- Identified during 2026 Domestic Season; led by Event Group Panels & coaches
- Targeted strategy to support performance depth for Brisbane 2032

What you get:

- Targeted remote performance support (biomechanics, physiology, sports psych, nutrition, S&C)
- Athlete Wellbeing & Engagement support including mentoring
- Event Group Camp (performance profiling, biomechanics, physiology)
- Selections made in consultation with event group panels — athletes encouraged to complete EOI

Individual Talent Transfer project nominations will be considered if capacity exists.

Contact adam.didyk@athletics.org.au

CAMPS & DEVELOPMENT ACTIVITIES

Travel & accommodation covered by Australian Athletics for all camps

PTP NATIONAL CAMP

Core, Relay & Talent Transfer (U20) athletes

- Annual national camp for all Core athletes
- Event Group Project component included in 2026
- Age & performance-appropriate education sessions
- Physiological & biomechanical testing/profiling
- Performance planning sessions with AA support staff
- Travel & accommodation covered by Australian Athletics
- Exemptions for personal circumstances (e.g. exams) considered

TALENT TRANSFER CAMP

Hammer Throw Talent Transfer athletes

- Dedicated camp for Hammer Throw Talent Transfer cohort
- Skill learning design & event-specific technical coaching
- Initial profiling & athlete testing included
- Ongoing support towards successful event transition
- Travel & accommodation covered by Australian Athletics
- Commitment to camp is a Terms of Reference requirement

RELAY CAMPS

PTP Relay athletes — Men's & Women's 4x100m / 4x400m

- Multiple relay-specific camps & competitions throughout year
- Minimum 4 weeks' notice provided (outside special circumstances)
- Athletes must arrive in sufficiently recovered state
- Injury/illness: medical report to PTP Physiotherapy Lead required
- Travel & accommodation covered by Australian Athletics
- Relay performance is a key priority for athletes in this category



COACH SUPPORT & PERFORMANCE PLANNING

Integrated coach-athlete planning supported by PTP Performance Managers

HOW WE SUPPORT COACHES

Gap-to-Podium (GTP) Analysis

Coach & athlete complete a structured gap analysis with AA PTP Staff to identify key development priorities

Individual Athlete Performance Plan

Annual & mid-year plans developed with personal coach and AA staff — integrated with PTP Performance Support Team

Coach Development Opportunities

Access to AA coach education, workshops and networking with national event group coaches

Performance Support Integration

Plans are shared with and integrated across the full PTP performance support team (physio, nutrition, psych, S&C, biomechanics)

TERMS OF REFERENCE — KEY COMMITMENTS

ALL CATEGORIES

- Complete Gap-to-Podium analysis with coach & AA staff
- Mid-year review with coach & AA staff
- Comply with all AA & AIS policies (Codes of Conduct)

CORE / RELAY / TARGET 2032

- Attend PTP Camps (travel covered)
- Engage proactively with AA Pathway Staff

RELAYS ONLY

- Make relay performance a key priority
- Attend all relay camps & competitions (4 weeks' notice given)
- Relay training at required intensity

TALENT TRANSFER ONLY

- Attend Talent Transfer Camp (travel covered)
- Commit to competing in transfer event during domestic season

Athletes and coaches engage as a team — plans are athlete-centred and integrated across all support services



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HOW TO APPLY

Next Steps for Athletes, Coaches & Parents

- 1** Read the PTP Selection Policy & Terms of Reference at athletics.com.au/participant-hub/pathways
- 2** Confirm your eligibility (age, registration, EOI requirement, performance standards)
- 3** Submit your Expression of Interest (EOI) — **Closing Friday 15 May 2026**
All athletes must complete an EOI — without an EOI it will be assumed you do not wish to be considered for selection
- 4** 1st Round selections announced June 2026 (Core / Relay / Overseas)
2nd Round announced July/August 2026 (Target 2032 / Hept / Dec)

**SUBMIT
YOUR EOI**

<https://wkf.ms/4kydUaC>



Adam Didyk — Pathways Transition Manager | adam.didyk@athletics.org.au
Para Pathways: carly.salmon@athletics.org.au