

**Innovation 4 Gold**  
Project Rationale Form

**1. Research Project Title:**

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**2. Research Abstract**

*Please provide the general overview for the research or innovation project.*

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**3. Performance Gap Description**

*Please provide an explanation of the performance gap that underpins the development of the research proposal.*

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**4. Research Question or Innovation Idea**

*From a research perspective, provide a question or hypothesis that addresses the performance gap.*

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**5. Expected Performance Impact**

*How does this research or innovation support high performance sport in Canada?*

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