

# 2018 Triathlon Canada ITU Mixed Relay American Championships

## A. INTRODUCTION

This document establishes the eligibility and selection criteria for individual selection to Triathlon Canada entry to 2018 ITU Mixed Relay American Championships (MRAC) in Sarasota, FL (Oct 15, 2018)

Triathlon Canada is committed to selecting the highest performing team using a combination of objective and subjective selection criteria; and in accordance with International Triathlon Union (ITU) entry criteria. The primary goal is to achieve podium performances at the MRAC

## B. ELIGIBILITY CRITERIA

- a. Be a Canadian citizen;
- b. Be members in good standing with a Triathlon Provincial Sport Organization;
- c. Be in good standing with Triathlon Canada;
- d. Have a current Triathlon Canada International Competition Card;
- e. Have submitted all required ratified run/swim times as communicated by Triathlon Canada;
- f. Have completed 80% of daily metrics in Smartabase/Training Peaks;
- g. Be deemed healthy to race as per Triathlon Canada's Competition Readiness policy (see Appendix A); and
- h. Participate fully with Team Canada as per the Triathlon Canada Athlete Agreement

## C. SELECTION CRITERIA

*All* selections to MRAC will be through **discretionary selection**.

**Note:** Selection to MRAC does not guarantee a start in associated individual races at the same event.

**Note:** Triathlon Canada has submitted multiple teams to the ITU for consideration. ITU will determine the number of total teams that Triathlon Canada will field at the MRAC. In the event that Triathlon Canada cannot fill one or more available teams, Triathlon Canada will not field those teams. Therefore, athletes must be aware that a relay start is contingent on Triathlon Canada completely filling the roster of the ITU approved Triathlon Canada teams.

**Note:** Triathlon Canada will not field composite teams (teams that are comprised of multiple nations)

**Note:** The High Performance Director is responsible for the implementation of this policy and all team selections and alternates must be ratified by the Board of Directors of Triathlon Canada

Discretionary selection will be based on, but is not limited to, the following objective and subjective criteria (not in priority order).

- 2017/2018 individual results (placing and GMP) in WTS and World Cup sprint distance events.
- 2017/2018 team results (placing and GMP) in ITU Mixed Team Relay events
- 2017/2018 individual leg results (placing and GMP) in ITU Mixed Team Relay events.
- 2017/2018 individual heat results (placing and GMP) in ITU World Cup and Continental Cup events hosting a heats/finals format
- Submitted ratified times as per 2018 Triathlon Canada's Ratified Times Policy

- Commitment to Triathlon Canada relay rosters as an alternate.
- Team dynamics, team compliance, race experience and other subjective criteria.

#### **D. FINAL TEAM ROSTERS**

1. Final team rosters will be determined by Triathlon Canada as per ITU rules.
2. Triathlon Canada will support athletes named to Team Canada 1 within available resources.

#### **E. CONDITIONS AND PROCEDURES OF ENTRY**

1. In accordance with ITU rules all athlete entries into events are managed by Triathlon Canada;
2. All athletes may submit **Expressions of Interest (EOI)** for MRAC as soon as they submit their proposed race calendar in Smartabase;
3. Triathlon Canada will send out a call for **Expressions of Interest (EOI)** pertaining to a series of upcoming ITU Events. The call for EOIs is emailed to all 2018 Triathlon Canada ICC holders as well as each Triathlon Canada Provincial Sport Organization.
4. Any athlete wishing to compete in an ITU MRAC event must submit their EOI via Smartabase no later than **45 days before race start**. Each EOI submitted will receive an automatic confirmation receipt. If an athlete does not receive a response, he/she should contact the Triathlon Canada office directly.

#### **F. MODIFICATION OF POLICY**

Triathlon Canada reserves the right, in extenuating circumstances, to modify this policy as it deems necessary in its sole discretion. In the event that this policy is modified, Triathlon Canada will promptly post an announcement on its website announcing the changes.

Extenuating circumstances may include, but are not limited to, ITU rule changes, non-competitiveness at any selection event(s), or inappropriate timing of any selection event(s) as it relates to the overall Triathlon Canada High Performance program.

#### **G. LANGUAGE**

Where there is a difference in interpretation between the French and English versions of this document, the English shall prevail.

#### **H. APPEALS**

Triathlon Canada is responsible for all Team decisions. As such, an athlete wishing to appeal a decision regarding the Team selection must follow the Triathlon Canada Appeals Policy (see Triathlon Canada website).

## APPENDIX A COMPETITION READINESS POLICY

### INTRODUCTION

The purpose of this document is to outline the eligibility procedures (the “competition readiness” determinant) that will be used by Triathlon Canada to select athletes who wish to be entered in any international competition.

The objective of the Triathlon Canada Competition Readiness Policy (TCCRP) is to identify and support Canadian athletes who have demonstrated the ability to consistently manage and monitor their health status, adopt a safe and effective training program, communicate clearly and honestly their current health status to Triathlon Canada, and target the appropriate levels of competition; all with the intent of continued progression towards achieving a podium result at the Olympic/Paralympic Games and World Championships. Triathlon Canada will evaluate each athlete entry request on a case by case basis.

### POLICY DETAILS

As per International Triathlon Union (ITU) rules and regulations, Triathlon Canada is solely responsible for validating and submitting entry of Canadian athletes into international competition.

Demonstrated competition readiness is only one of many eligibility requirements outlined in Triathlon Canada’s individual event selection criteria documents. Valid and up to date athlete/coaching training logs, Triathlon Canada athlete monitoring programs, validated medical diagnosis/prognosis (through Triathlon Canada’s team physician), and athlete performance analysis will be used to evaluate and determine the competition readiness of an athlete. Triathlon Canada High Performance Director will have sole discretion to allow or deny entry into an event.

### TRIATHLON CANADA’S AUTHORITY FOR DECISIONS

All matters relating to the nomination of athletes for international competition are the sole authority of Triathlon Canada. Competition readiness will be determined based on an athlete meeting all of the following criteria

#### Criteria 1: Current Athlete Health Status

To be considered competition ready by Triathlon Canada, an athlete must provide or demonstrate the following to Triathlon Canada:

- 1.1 A medical report clearing the athlete for competition from Triathlon Canada’s team physician or from a sport science and sport medicine (SSSM) practitioner as approved by Triathlon Canada’s team physician;
- 1.2 Access to or an up-to-date Triathlon Canada approved training/monitoring log; and.

## **Criteria 2: Athlete Daily Monitoring and History**

To be considered competition ready, an athlete must provide or demonstrate the following:

- 2.1 80% completion of Triathlon Canada approved daily monitoring tools;
- 2.2 Not miss three (3) consecutive days of daily monitoring;
- 2.3 Full compliance with Triathlon Canada's Competition Readiness Policy in previous event entry requests;
- 2.4 Adoption and adjustment of training/competition principles in line with best practices for reducing injury as advised by the Triathlon Canada approved SSSM practitioners;
- 2.5 Adherence to return to play protocols during previous injuries as defined and outlined by Triathlon Canada approved SSSM practitioners and as directed by Team Canada's team physician; and
- 2.6 Consistent, clear, and timely communication of athlete training logs and health status as requested by Triathlon Canada.

## **Criteria 3: Competition Level**

To be considered competition ready, an athlete must provide or demonstrate the following:

- 3.1 A commitment to compete at Triathlon Canada National Championships;
- 3.2 Progression of results at each successive level of competition as defined by Triathlon Canada's Podium Pathway;
- 3.3 A potential to achieve a top ten (10) result in the requested event based on performance metrics (previous performances, GMP run and swim times, quality of field); and
- 3.4 A commitment to compete at events in which Triathlon Canada selected an athlete to compete.