

## 2023 TRIATHLON CANADA MIXED RELAY SELECTION POLICY

### A. INTRODUCTION

This document establishes the eligibility and selection criteria for individual selection to Triathlon Canada's entry to all 2023 Mixed Team Relay Events (excluding the 2023 Pan American Games).

Triathlon Canada is committed to selecting the highest performing team using a combination of objective and subjective selection criteria; and in accordance with World Triathlon (WT) entry criteria (if applicable). The primary goal is to achieve podium performances at all Mixed Relay events through the selection of athletes that demonstrate the highest level of success and podium potential relevant to performance in the Mixed Team Relay.

1. The 2023 Mixed Team Relay events calendar is attached in Schedule 1.
2. Triathlon Canada is not obligated to enter a relay team at any event.
3. Selection according to the terms of this Policy will not qualify an athlete for participation in any World Triathlon event if the athlete is not eligible according to the World Triathlon Eligibility Rules applicable to the aforementioned events.
4. The World Triathlon determines the maximum number of quota positions, as per the World Triathlon Qualification Rules, for all the aforementioned events.
5. Neither this policy, nor the World Triathlon require Triathlon Canada to select any or all athletes to the maximum number of allotted quota positions.
6. This policy can be amended at any time by Triathlon Canada if Triathlon Canada is of the opinion, that such an amendment is necessary due to any change in World Triathlon guidelines, or to give effect to the Policy following discovery of a drafting error or oversight, or for any other reason determined to be in the best interests of Triathlon Canada by Triathlon Canada. Triathlon Canada shall not be responsible or liable in any way to any one as a result of any such amendment.
7. The Schedules and Appendices and any other document referred to in this document form part of this Selection Policy.
8. It is the athlete's responsibility to read and understand this Policy (and other supporting documents and/or policies).

In the first instance, for further clarification relating to this Policy, queries should be directed to the High-Performance Director.

If an athlete is still unclear about the Policy (and other supporting documents and/or policies) operation or effect, independent legal advice should be sought.

### B. ELIGIBILITY CRITERIA

Only athletes meeting the following terms will be eligible for selection.

1. *World Triathlon Eligibility Criteria*

An athlete must:

- Comply with all current World Triathlon Rules regarding citizenship, national representation, and eligibility.

- Be a Canadian Citizen;
- Complete the World Triathlon medical Pre-Participation Evaluation (PPE) prior to competing in any World Triathlon event.

If there is any doubt regarding eligibility to compete for Canada, athletes must contact the Chief Executive Officer (CEO) or designate of Triathlon Canada for clarification.

## 2. Triathlon Canada Specific Eligibility Criteria

An athlete must:

- Be a Canadian citizen;
- Be members in good standing with a Triathlon Provincial Sport Organization;
- Be in good standing with Triathlon Canada;
- Have a current Triathlon Canada International Competition Card (ICC);
- Have submitted all required ratified run/swim times as communicated by Triathlon Canada;
- Have completed 80% of daily metrics in Smartabase/Training Peaks;
- Be deemed healthy to race as per Triathlon Canada's Competition Readiness policy (see Appendix A); and
- Participate fully with Team Canada as per the Triathlon Canada Athlete Agreement
- If eligible, participate in the 2022 Triathlon Canada National Championships
- Have a coach of record that is in good standing with the Coaching Association of Canada and Triathlon Canada OR be in good standing with their respective National Sport Organization/Coaching Association

## C. SELECTION CRITERIA

**Priority #1** - 2023 World Triathlon Mixed Relay Series and World Championship.

### **2023 World Triathlon Mixed Relay Championships Elite – Hamburg**

### **2023 World Triathlon Mixed Relay Championships Jr/U23 – Hamburg**

### **2023 World Triathlon Mixed Relay Series – Sunderland**

### **2023 World Triathlon Mixed Relay Series – Paris**

This policy also applies to any additional events added by World Triathlon to the 2023 World Triathlon Mixed Relay Series.

**All** selections through Priority 1 will be through **discretionary selection and subject to available quota spots**. Discretionary selection is the sole authority of the High-Performance Director.

**Note:** Selection to 2023 World Triathlon Mixed Relay Series Events does not guarantee a start in associated individual races at the same event.

**Note:** By accepting selection through Priority 1, an athlete is agreeing to prioritize the relay event over the individual event if directed by the High-Performance Director.

**Note:** Selection may or may not include alternates; and will be communicated to athletes at the appropriate time

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

- 2022/2023 individual results (placing and GMP) in World Triathlon Championship Series (WTCS) and World Triathlon Cup (WC) sprint distance events.
- 2022/2023 team results (placing and GMP) in World Triathlon Mixed Relay events
- 2022/2023 individual leg results (placing and GMP) in World Triathlon Mixed Relay events.
- 2022/2023 individual semi-finals results (placing and GMP) in World Cup and Continental Cup events hosting a semi-finals/finals format
- 2022/2023 team and individual leg results (placing and GMP) in Super League and Major League Triathlon Events
- Submitted ratified times as per Triathlon Canada Ratified Times Policy
- Commitment to Triathlon Canada relay rosters as an alternate.
- Team dynamics, team compliance, race experience and other subjective criteria.
- Demonstrated ability and willingness to prioritize Triathlon Canada initiatives, compliance, and strategies at any Triathlon Canada supported/identified events (i.e., Major Games, World Triathlon Championships Final, Mixed Relay events, camps etc.) including assistance to another team member in a domestique role
- Demonstrated ability and willingness to integrate with any and all Triathlon Canada team plans (i.e., training, meetings, camps etc.) at a Triathlon Canada supported/identified events (i.e., Major Games, World Triathlon Championships Final, Mixed Relay events, etc.)
- Triathlon Canada's strategic initiative(s); specifically, Mixed Relay ranking/Olympic qualification
- Athletes with specific characteristics/abilities that result in exceptional Team performance. These abilities may be demonstrated through,
  - Evidence of consistent front-pack swimming
  - Evidence of world class T1 and T2 results
  - A demonstrated ability to close or establish gaps in the swim, bike, and/or run.
- Triathlon Canada's strategic initiative(s); specifically, Mixed Relay ranking/Olympic qualification
- World Triathlon Individual Olympic Ranking in relation to the [WT/IOC Olympic Qualification System](#)

**Priority #2** - Other 2023 World Triathlon Mixed Team Relay Events or Identified Mixed Team Relay Events

### **2023 Americas Triathlon Mixed Relay Championships – Huatulco**

**All** selections to the 2023 Mixed Relay Events other than the 2023 World Triathlon Mixed Team Relay Series Events, will be through **discretionary selection AND** subject to World Triathlon rules, available team entries and number of eligible athletes. Selection decisions are at the sole authority of the High-Performance Director.

**Note:** Selection to any 2023 World Triathlon Mixed Relay Events or identified Mixed Relay events does not guarantee a start in associated individual races at the same event.

**Note:** By accepting selection through Priority Criteria 2, an athlete is agreeing to prioritize the relay event over the individual event if directed by the High-Performance Director.

**Note:** Selection may or may not include alternates; and will be communicated to athletes at the

*appropriate time.*

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

- 2022/2023 individual results (placing and GMP) in World Triathlon Championship Series and World Cup sprint distance events.
- 2022/2023 team results (placing and GMP) in World Triathlon Mixed Relay events
- 2022/2023 individual leg results (placing and GMP) in World Triathlon Mixed Relay events.
- 2022/2023 individual semi-finals results (placing and GMP) in World Cup and Continental Cup events hosting a semi-finals/finals format
- 2022/2023 team and individual leg results (placing and GMP) in Super League and Major League Triathlon Events
- Submitted ratified times as per Triathlon Canada Ratified Times Policy
- Commitment to Triathlon Canada relay rosters as an alternate.
- Team dynamics, team compliance, race experience and other subjective criteria.
- Demonstrated ability and willingness to prioritize Triathlon Canada initiatives, compliance, and strategies at any Triathlon Canada supported/identified events (i.e., Major Games, World Triathlon Championship Finals, Mixed Relay events, camps etc.) including assistance to another team member in a domestique role
- Demonstrated ability and willingness to integrate with any and all Triathlon Canada team plans (i.e., training, meetings, camps etc.) at a Triathlon Canada supported/identified events (i.e., Major Games, World Triathlon Championships Final, Mixed Relay events, etc.)
- Triathlon Canada's strategic initiative(s); specifically, Mixed Relay ranking/Olympic qualification
- Athletes with specific characteristics/abilities that result in exceptional Team performance. These abilities may be demonstrated through,
  - Evidence of consistent front-pack swimming
  - Evidence of world class T1 and T2 results
  - A demonstrated ability to close or establish gaps in the swim, bike, and/or run.
- Triathlon Canada's strategic initiative(s); specifically, Mixed Relay ranking/Olympic qualification
- WT Individual Olympic Ranking in relation to the [WT/IOC Olympic Qualification System](#)

Using discretionary selection, Triathlon Canada will fill each subsequent team based on available team entries (as allotted by the World Triathlon/Organizing Committee technical delegate) or till all athletes with validated ***Expressions of Interest*** have been exhausted (whichever comes first).

For example: Team Canada 1, Team Canada 2, etc.

**NOTE:** In the event that there are any unassigned athletes, Triathlon Canada is under no obligation to place athletes on teams with other federations.

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

- Final team rosters will be determined by Triathlon Canada as per World Triathlon/Organizing Committee rules.
- Athletes selected as alternates are considered part of the team and are expected to retain competition readiness through till the day of the event.

#### **E. EVENT COSTS**

All event costs are the responsibility of the athlete unless otherwise communicated by Triathlon Canada. If Triathlon Canada, as the National Sport Federation, is managing an event's logistics and pre-paying expenses, all costs associated with the athletes' attendance and participation at the event will be invoiced to the athlete.

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

- In accordance with World Triathlon rules all athlete entries into events are managed by Triathlon Canada;
- All athletes may submit **Expressions of Interest (EOI)** for Mixed Relay events as soon as they submit their proposed race calendar in Smartabase;
- Any athlete wishing to compete in a World Triathlon Mixed Relay 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.

#### **G. 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, World Triathlon 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.

#### **H. LANGUAGE**

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

#### **I. 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).

**SCHEDULE 1  
COMPETITION CALENDAR**

The current World Triathlon Event Calendar can be found [here](#)

## 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 World Triathlon 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 Selection Committee 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.