

## 2026 Elite National Championships Qualification Criteria

The following document outlines the qualification criteria for athletes wishing to compete at the 2026 National Championships.

### Junior/U23 Athlete Qualification Criteria:

The following criteria will be used to determine eligibility to National Championships\*:

- Submitted an Expression of interest (EOI) prior to the 45-day submission deadline
- Must have a minimum of National Development Series **2 scores** (*1 Provincial Qualifier, 1 Regional Championship*)
- Must have a minimum National Development Series points score of **450** (*top 15 at the provincial level\*\*, top 30 at regionals*)
- A **maximum of 3 National Development Series scores** will be counted (*1 Provincial, 2 Regional*)

*\*Athletes with a World Ranking under 250 may bypass the entry criteria to race in Junior/U23 National Championships. If an athlete gains entry to Nationals in this manner, they will not be given a National Development Series Ranking. This is to allow access to National Championships to Junior/U23 athletes racing consistently beyond the scope of the National Series.*

### Senior Athlete Qualification Criteria:

Senior athletes will qualify for the National Championships in the following order

- Submitted an Expression of interest (EOI) prior to the 45-day submission deadline
- Athletes with a World Ranking within the top 250 will automatically be granted qualification
- Remaining positions on the start list will be allocated through roll-down based on the 2026 National Rankings.
- Athletes who do not hold a National Ranking may be considered for selection at the discretion of the Triathlon Canada High Performance Director (HPD), based on the strength of their season race résumé and subject to start list availability.

### U23 Mixed Team Relay will be formed using the following process:

- Athletes wishing to compete in the Mixed Team Relay will submit an EOI prior to the 45-day submission deadline.
- All athletes who submit an EOI must also notify their home province of their interest in racing
- Provinces will form teams based on their internal selection processes
- Athletes who submit an EOI but are not selected to a provincial team may be eligible to form a composite team with athletes from other provinces.

### Exemptions to Qualification Criteria

Exemptions to the eligibility criteria to attend National Championships may be considered under extenuating circumstances. Exemption requests must be approved and submitted by the athlete with support from their affiliated PSO. The submission must include a valid reason for being unable to compete in a required qualification event. In the event of an illness or injury, submission of a medical certificate is advised. Submissions must be received by Triathlon Canada's High-Performance Director a minimum of 2-weeks prior to the qualifying race unless the request is related to sudden illness or cancellation of a qualifying race. **Exemption requests received more than 1-week after the required qualifying event, regardless of the circumstances, will not be considered.**

### Available Titles & Rankings

- » **National Champions:** These are the athletes who win their respective National Championships.
- » **National Development Series Champions:** These are the athletes who achieve the highest Series points score and are therefore the most consistent athletes on the National Development Series.
- » **National Development Series Ranking:** This is a ranked list of points achieved for all athletes competing on the National Development Series per the system outlined above.
- » **Overall National Ranking:** This is a comprehensive list of all Canadian athletes and is a combination of points received for provincial and national events as well as World Ranking as outlined below.

### National Ranking System

A new system for ranking Canadian athletes was developed in 2024. The intent is for athletes to be able to see where they fall within the full scope of the national athlete pool.

The World Triathlon points structure is used as the foundation for this system. We've taken the maximum points allocated for each level of World Triathlon racing and then extrapolated down to apply a scoring system to our Development Series events. The Overall National Ranking is made up of a combination of these two-point scores. See [Appendix A](#) for a breakdown.

**The National Ranking will be updated on the first of every month OR after each National Development Series event. Requests for additional updates will not be accepted.**

The National Development Series Ranking and Overall National Ranking can be found on the Triathlon Canada website here: <https://www.triathloncanada.com/publications/#rankings>

### Why does Ranking matter?

National Rankings will be used to determine the start order for the National Championships.

For Junior athletes (aged 16-19) and U23 athletes (aged 20-23), the National Development Series Ranking and Regional/National Championships may be used to select athletes to the Junior World Championships and other National Team Projects.

On top of providing a tangible way to measure progress within the Canadian high performance program, the ranking systems have been developed to help familiarize athletes and coaches with the World Triathlon model.

**Race selection to maximize points is a very important strategy to learn.** Developing a season plan that first promotes and protects health and then maximizes performances in a meaningful way is a critical skill.

### 2026 National Development Series Schedule

EVENTS	LOCATION	DATE	DISTANCE	TIER/POINTS
<b>PROVINCIAL</b>				
<b>Triathlon Ontario</b> Draft-Legal Provincial Championships	Welland, ON	August 31, 2025*	Super Sprint	1 – Standard
<b>Triathlon Quebec</b> Designated Provincial Qualifier	Laval, QC	June 7	Super Sprint	1 – Standard
<b>Triathlon Alberta</b> Provincial Championships	Calgary, AB	June 6	Sprint	1 – Standard
<b>Triathlon Saskatchewan</b> Provincial Championships	Echo Lake, SK	July 5	Sprint	1 – Standard
<b>Triathlon BC</b> Designated Qualifier	Penticton, BC	July 18	Super Sprint	1 – Standard
<b>Triathlon Maritimes</b> Provincial Championships	Summerside, PE	August 16	Sprint	1 – Standard

REGIONAL				
Regional Championship #1 – Americas Cup Magog	Magog, QC	July 11- 12	Sprint	2 – 15% Prem
Regional Championship #1 – Magog Draft-Legal Dev Race	Magog, QC	July 11- 12	Super Sprint	1 – Standard
Regional Championship #2 – SuperTri Toronto	Toronto, ON	July 26	Sprint	2 – 15% Prem
Regional Championship #2 – Toronto Draft-Legal Dev Race	Toronto, ON	July 26	Sprint	1 – Standard
NATIONAL				
Junior/U23 National Championships	Victoria, BC	August 22-23	Super Sprint	3 - 20% Prem
U23 Mixed Team Relay National Championships	Victoria, BC	August 22-23	Super Sprint	N/A

*\*To align with Triathlon Ontario’s provincial race schedule, we are transitioning to a new qualification model in which Ontario’s Provincial Qualifier takes place the year prior to Nationals. Beginning in 2025, the Provincial Championships will serve as the qualifying event for the 2026 National Championships. The 2026 season will function as a bridging year during this transition. Please contact Triathlon Ontario with any questions or concerns.*

**APPENDIX A – OVERALL NATIONAL RANKING; POINT ATTRIBUTIONS**

COMPETITION	AVAILABLE POINTS
<b>WORLD TRIATHLON (TRI) POINTS SYSTEM</b>	
World Triathlon Grand Final	1250
World Triathlon Championship Series	1000
World Triathlon Cup	500
Continental Championships (PATCO)	400
Continental Cup (PATCO)	250
National Championships	50
<b>TRIATHLON CANADA POINTS SYSTEM</b>	
National Championships	300
Regional Championships*	150
Provincial Qualifier	50

*\*Regional championships that are the non-PATCO draft-legal events will be allocated the same points as a Provincial Qualifier.*

The “points” listed are the number of points the first place finisher receives. As above, points then reduce by 7.5% per place. “World Ranking” already calculates all the points athletes are eligible for under the TRI point system. World Ranking is combined with any points received under the Triathlon Canada points system.

- » National Championships has been given 300 points on top of the 50 TRI allocates to National Championship events.
- » Regional Championships that include an Americas Cup have been given 150 points on top of the 250 TRI allocates to Americas Cup events.
- » Provincial Qualifiers have been allocated 50 points.

The National Development Series is specifically targeting athletes who have a World Ranking higher than 300. These are athletes who are racing at or just below the Continental Cup (Americas Cup) level.

