

## **2021 National Development Series**

### *Program Details and Calendar*

#### **1. Adapting to the COVID World**

The ongoing COVID pandemic continues to limit racing opportunities across the world. In Canada, each province/region is responding accordingly but it is resulting in varying abilities to travel, train and race. Competition is at the heart of sport and in this new reality, innovative and novel approaches are required to ensure athletes and coaches have specific targets to focus their efforts on and be competitive. The 2021 National Development Series will provide a framework for a domestic competition series with specific dates and recommended formats but can be adapted by provinces/regions to meet their specific COVID restrictions and protocols. All provinces will collaborate to target the identified dates to provide a national incentive to compete.

#### **2. Overview – What is the National Development Series?**

A National Series made up of identified events selected from within the existing provincial series events with a point system focused towards creating a clear national ranking amongst development athletes. For 2021, the dates of the events will be identified by Triathlon Canada and the event formats will be determined by the provinces. Points ranking will be determined within each provincial event and accumulated as a national ranking system.

#### **3. Purpose/Philosophy – Why have a National Development Series?**

With the continued cancellation or postponement of traditional triathlon events due to COVID and the uncertainty of when they will be able to occur consistently, Triathlon Canada and its provincial partners recognize the need for a structured competition series. This is to facilitate the competition needed for sport development, participation and growth.

Additionally, the National Development Series (NDS) is designed to facilitate the transition from community events to World Triathlon (formerly ITU) racing. In 2021 this will be done by driving accessibility to innovative and novel racing opportunities that target multi-event options, geographical balance, and points premiums. It will familiarize athletes and coaches with the World Triathlon system through incorporation of World Triathlon-like points allocations, World Triathlon-like ranking, and World Triathlon race formats and course profiles.

#### **4. Event Formats, Direction and Guidelines – What and how will people be racing?**

The NDS has evolved to be a collaborative project between the PSO's and Triathlon Canada. With the varying COVID responses across our country, the 2021 NDS will be a mix of competitive formats that will be determined by the PSO's in conjunction with Triathlon Canada. Depending on what can be executed in the province due to restrictions, PSO's will communicate specific details prior to the calendar dates on the NDS schedule. These details will identify the format of the activity/event.

The focus of the NDS is on short and fast technical racing or efforts. This is in line with the demands of competition we are seeing at the elite level. It will also provide more robust levels of competition during these times.

For example, if on the identified date a PSO is able to run a planned triathlon event, then that event will be 'their' event for the NDS. If a PSO is unable to run a planned triathlon event, then they will communicate a

specific activity/format that complies with their specific COVID reality that will satisfy the competitive nature of the NDS. **Sample formats are in Appendix A.**

### **5. Targeted Athletes - Who Should be Racing this Series?**

Traditionally, this series is meant for athletes that are preparing to move into World Triathlon racing. Any Junior/U23 athlete who does NOT have **World Triathlon points** should be racing at the Development Series level. Additionally, any athletes in the Junior/U23 categories that are progressing through Triathlon Canada's Podium Pathway at the Train-to-Train stage of the Long-Term Athlete Development (LTAD) model or have not been selected to the National Team or National Development Team should continue to race at this level. However, with the pandemic, any athletes in Triathlon Canada's Olympic/Paralympic pathway can target any accessible events of the National Development Series. Points will be awarded only to Junior/U23 athletes but all athletes are encouraged to compete in the absence of traditional triathlon events.

Athletes with a World Triathlon ranking of 300 or better on the event date will not be given National Development Series points.

### **6. Racing Requirements & Points – How Should Events be Prioritized to a Season Plan?**

The 2021 event formats will be determined by the Provincial Sport Organizations, and if possible, with their Local Organizing Committee stakeholders. Athletes are advised to follow all Provincial Health Authority recommendations, restrictions and guidelines when planning their event calendar. The communicated calendar is designed to focus on a competitive period between May and September to facilitate academic excellence, weather and potential World Triathlon events.

For 2021, there are no premium point events. All events will be scored equally and in line with World Triathlon points allocations.

### **7. Entries & Points System**

This series is for athletes who are targeting the high performance pathway. As much as possible, it is designed to teach athletes the skills they will need to be successful. This also applies to the points system, which will follow the established World Triathlon procedures. Please see the attached excel template and the full breakdown linked below.

**For 2021, no maximum event limit will be implemented.**

Entries will be Local Organizing Committee (LOC) or PSO driven. Registration information is provided below. Results will be submitted to Triathlon Canada following the attached template for generation of point for ranking.

[For a full breakdown of the World Triathlon points system click here.](#)

### **8. Submission of Results**

All race results must be submitted by the PSO's in a consistent manner to Triathlon Canada to ensure that the athletes' data can be managed accordingly. LOC's or PSO's must submit official results to Triathlon Canada ([Results@triathloncanada.com](mailto:Results@triathloncanada.com)). Results will ONLY be accepted if they are submitted in the following manner:

- 1) Emailed to [results@triathloncanada.com](mailto:results@triathloncanada.com) by 12pm PST on the Wednesday immediately following the race date.
- 2) Using the specified master excel sheet and the specified columns
- 3) The excel sheet must be renamed where RACE NAME PROVINCE DATE is changed to reflect the race accordingly.

Ratified times submissions can be submitted via the Triathlon Canada Ratified Times policy protocol by athletes/coaches if need be.

**9. Publication of Results**

Triathlon Canada will publish a CURRENT STANDINGS National Development Series ranking sheet on the website every Friday by 12pm PST: <https://www.triathloncanada.com/high-performance/#results>

**10. Age Restrictions:** Junior / U23 (16-23 as of December 31<sup>st</sup>, 2021)

The series will work within the U23 and Junior categories as defined by the World Triathlon rules. This restriction only applies to points accumulation. The events for 2021 should be open to all available athletes unless there are competition restrictions or limitations that would impeded fair play or competitiveness.

**11. Event Registration**

Registration will be done through the Local Organizing Committees or Provincial Organizations for all National Development Series Races. Links are provided below where available.

**12. 2021 Event Calendar**

The following dates are based on feedback and collaboration with PSO’s. A window is provided to ensure athletes/coaches/PSO’s can adapt accordingly. If PSO’s are facing logistical challenges, the date windows can be shifted a few days. The intent is to ensure a ‘calendar’ with targeted windows for athletes/coaches to plan for.

- Due to COVID restrictions events may be added or removed from this calendar.

EVENT	DATE
<p style="color: red;">Triathlon Canada Performance on Demand Series</p> <p>Ratified Times Submissions</p>	May 2-8
<p style="color: red;">Provincial Event</p> <p>Formats TBC by PSO</p> <p>BC event/activity available</p>	May 22-29
<p style="color: red;">Provincial Event</p> <p>Formats TBC by PSO</p>	June 4-11

QC event available	
<p><b>Triathlon Canada Performance on Demand Series</b></p> <p>Ratified Times Submissions</p>	June 25 -July 2
<p><b>Provincial Event</b></p> <p>Formats TBC by PSO</p> <p>SK, QC and PEI events available</p>	July 9-17
<p><b>Provincial Event</b></p> <p>Format TBC by PSO</p> <p>PEI and QC event available</p>	Aug 7-14
<p><b>Provincial Event</b></p> <p><b>Potential CSG Test Event</b></p>	Labour Day

## Appendix A

### Potential Race/Event/Activity Formats

This is not an exclusive or exhaustive list but is intended to provide PSO's, parents, athletes and coaches with ideas to simulate the demands of competition.

- A. Ratified Times
  - As per Triathlon Canada's ratified times submissions
  
- B. Swim/Bike/Run/multisport TT's
  - 1500m or 3000m or 5000m
  - 2 x 800 on 5 min
  - T2 to 1500m run
  - 50 FR to 400FR on 2 min
  - Set hill or circuit bike TT (virtual or live)
  - 750m swim to T1
  
- C. Established/sanctioned events
  - Criteriums
  - Sanctioned track/road run races
  - Cyclocross race
  - Trail runs
  - Mad motos
  
- D. Testing camps
  - Standardized tests
  
- E. Virtual events
  - Full Gaz
  - Zwift