

2024 TRIATHLON CANADA RATIFIED SWIM AND RUN TIMES POLICY

A. INTRODUCTION

This document establishes the submission protocol and deadlines for Triathlon Canada ratified swim and run times. Only athletes with the intent to be considered for selection for the following events are required to submit ratified times as per this document:

- 2024 Americas Triathlon Continental Championships Miami – Junior
- 2024 World Triathlon Championship Final Malaga – Junior
- 2024 World Triathlon Mixed Relay Series & Championships – Elite & Junior/U23

Submission of ratified times is a determinant of athlete eligibility.

B. SUBMISSION DEADLINES

To be eligible for selection to for the events outlined in Section A, or for any other communicated 2024 Triathlon Canada policies or criteria, athletes must submit the following:

2024 Americas Triathlon Continental Championships Miami – Junior

Before January 22nd 2024

- One (1) 200m swim
- One (1) 1500m run

2024 World Triathlon Championship Final Malaga – Junior

Before September 9th 2024

- One (1) 750m swim
- One (1) 3000m run

2024 World Triathlon Mixed Relay Series & Championships – Elite & Junior/U23

Before February 16th 2024

- One (1) 200m swim
- One (1) 1500m run

And before June 14th 2024

- One (1) 200m swim
- One (1) 1500m run

It is advised that athletes submit multiple times during the above timeframes. Coaches should incorporate the above efforts into their YTP and utilize those distances as critical training interventions.

C. SUBMISSION PROCEDURE

Athletes are required to submit their ratified times via their Smartabase account. Use the Gold Medal Profile (GMP) module.

Triathlon Canada will ONLY accept the following submissions

- Time achieved at a 2024 provincially or nationally sanctioned swim event
- Time achieved at a 2024 provincially or nationally sanctioned athletics event.
- Time achieved as a FIRST split of a longer distance in the above events will be accepted (i.e., 200m split in a 400 m event)
- Time achieved through the Triathlon Canada Ratified Time Format (see below)

D. TRIATHLON CANADA RATIFIED TIME FORMAT

If an athlete does not have a provincially or nationally sanctioned track and field or swim time to submit, they may submit times in the following format.

- Digital video recording
- Video must be stable and established from one vantage point capturing the entire 400m track or 25m/50m pool (length wise) and the start/finish.
- Video must capture >10 seconds prior to start and >10 seconds after finish
- Starter (electronic or verbal) must be audible in video
- Final time must be shown on the video (capture timing board or stopwatch)
- Video must be uploaded to Dropbox, YouTube or linkable shared media format.
- Location (pool or track) must be submitted with video

Section 1: Run Submission Protocol

- 1500/3000 meters
- Achieved on a verified 400m track (3.75 laps) OR a verified indoor track (verified distance must be communicated in the submission).
- Flats or spikes allowed
- Indoor track conversions will be performed by Triathlon Canada using the CIS conversion tool (<https://files.trackie.com/uploads/article-inner/Documents/CIS-Indoor-Track-Conversion-Ratios.pdf>)
- Time must be in MM:SS.00 Section

2: Swim Submission Protocol

- 200/750 meters
- Achieved in a verified 25m or 50 m pool (yards will NOT be accepted)
- Short course to long course conversions will be as follows
 - +3.1% for males
 - +2.1% for females
- Freestyle
- Dive start allowed

- FINA rules apply (i.e., one swimmer per lane, no drafting, etc.)
- No wetsuits or swimming aids allowed (i.e., pull buoys, fins, or paddles)
- Only FINA approved pool race suits or ITU approved trisuits are allowed
- Time must be in MM:SS.00

E. MEDICAL EXEMPTIONS

In the event that an athlete is injured and cannot provide a ratified time by the deadline, Triathlon Canada High Performance Director may, at their sole discretion, allow for a submission at a predetermined date. This is only if an athlete provides the following

- A physician (as recognized by the Royal College of Physicians and Surgeons of Canada) diagnosis or prognosis of the injury
- Written approval of the diagnosis or prognosis from Triathlon Canada's Team Physician
- A date at which the ratified times will be submitted

Note: Medical exemption will only be allowed for one submission deadline. Request for medical exemption beyond one submission deadline can negatively impact an athlete's nomination or selection chances.