

## 2025 TRIATHLON CANADA RATIFIED SWIM AND RUN TIMES POLICY

### A. INTRODUCTION

The ratified swim and run time policy has been simplified for the 2025 season. The intent is to make the process easier to navigate for athletes and coaches in our community. Please read the document carefully. If you have any questions, please email [Dan.Proulx@TriathlonCanada.com](mailto:Dan.Proulx@TriathlonCanada.com)

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:

2025 Continental Championships (Junior Category)  
2025 Junior Pan American Games  
2025 Junior World Championships  
Juniors wishing to compete in World Triathlon Elite Continental Cup Events

Submission of ratified times is a determinant of athlete eligibility for these events.

For all other events, Triathlon Canada reserves the right to request ratified times prior to selecting an athlete for a competition in any category.

### B. SUBMISSION DEADLINES

To be eligible for selection for the events outlined in Section A, athletes must submit the following:

#### 2025 Continental Championships (Junior Category)

Ratified times must be submitted on or before the EOI deadline specified for the event.

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

#### 2025 Junior Pan American Games

Ratified times must be submitted on or before the EOI deadline specified for the event.

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

#### 2025 Junior World Championships

Ratified times must be submitted on or before the EOI deadline specified for the event.

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

#### Juniors wishing to compete in 2025 World Triathlon Elite Continental Cup Events

Ratified times must be submitted on or before the EOI deadline specified for the event.

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

Athletes may submit multiple times prior to the deadline indicated for each event. Coaches should incorporate the above efforts into their YTP and utilize those distances as critical training interventions.

Distances for 2025 ratified times have been chosen to ensure the least amount of disruption to an athlete's regular training.

Ratified times may be used to help indicate that an athlete is at a minimum performance level that will allow them to compete successfully at the target event. Times may be used for selection purposes as indicated in the relevant selection document for each event. Times may also be used for long term talent development and tracking of progression.

### **C. SUBMISSION PROCEDURE**

Athletes are required to submit their ratified times by sending an email to the High Performance Director, Dan.Proulx@triathloncanada.com The email must include the information described below:

Triathlon Canada will ONLY accept the following submissions

- Time achieved at a 2025 provincially or nationally sanctioned swim event
- Time achieved at a 2025 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

- 1500m
- 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-](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

- 200m
- 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.