

## 2026 TRIATHLON CANADA TEAM SELECTION POLICY

### CONTINENTAL CHAMPIONSHIP MIXED TEAM RELAY AND JUNIOR&U23 MIXED RELAY WORLD CHAMPIONSHIP

#### A. INTRODUCTION

This document establishes the eligibility and selection process used by Triathlon Canada for entry into the following events.

- 2026 Continental Championships Mixed Relay (Location and Date TBC)
- 2026 Junior and U23 Mixed Relay World Championship – Pontevedra – September 23-27, 2026

Triathlon Canada is committed to selecting the highest performing athletes and teams using clear selection methods, and in accordance with World Triathlon entry criteria. The primary goal is to achieve podium performances at all tiers and levels of competition.

Triathlon Canada will be selecting Mixed Relay teams to compete in the events outlined in this document. A total of six (6) athletes will be named to each Mixed Relay team, three (3) per gender. Four (4) athletes (two per gender) will be selected as Starters, and two (2) athletes (one per gender) will be selected as Alternates.

The teams will be selected by the High Performance Director in consultation with the High Performance Advisory Committee. Selections will be made on the dates listed below for each event.

EVENT & DATE	SELECTION DATE
2026 Continental Championships Mixed Relay (July 4-5, 2026)	May 29, 2026
2026 Junior and U23 Mixed Relay World Championship – Pontevedra, Spain (September 23-27, 2026)	August 2, 2026

The following expectations and considerations apply to selection to the Triathlon Canada Mixed Relay team:

- By accepting selection to the Mixed Relay Team, an athlete is agreeing to prioritize the relay event over the associated individual event if applicable or as requested by the High Performance Director.
- Depending on the event, athletes selected as Alternates may or may not be a travelling alternate and will be notified with appropriate time by the High Performance Director.
- Team rosters (e.g. starters and alternates) will be subject to change based on the process outlined in this document.

Further to the eligibility and selection criteria outlined in this policy, the following conditions apply to the application of this policy:

- Triathlon Canada is not obligated to enter a relay team at any event.
- 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.
- 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.
- Any modification of this policy shall not apply retroactively where a published criteria has already been achieved by an athlete or team unless required by World Triathlon.
- The Schedules and Appendices and any other document referred to in this document form part of this Selection Policy.
- 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. This includes being eligible for the specific category (ex. Junior, U23) of Mixed Relay competition for which an athlete is selected to compete in.
- 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 High-Performance Director or designate of Triathlon Canada for clarification.

### *2. Triathlon Canada Specific Eligibility Criteria*

An athlete must:

- Be a Canadian citizen or have permanent residence status.
- Athlete must be eligible either for the Junior or U23 category at this event.
- Be members in good standing with a Triathlon Provincial Sport Organization and Triathlon Canada

- Have a current Triathlon Canada International Competition Card (ICC);
- Participate fully with Team Canada as per the Triathlon Canada Athlete Agreement
- If eligible, participate in the 2026 Triathlon Canada National Championships unless an exemption is approved by Triathlon Canada’s High Performance Director.
- 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
- **Athletes must submit an expression of interest (EOI) for each relay they hope to be selected for. The deadline for each RELAY EOI is listed below. The EOI is to be in the form of an email to the High Performance Director [Dan.Proulx@triathloncanada.com](mailto:Dan.Proulx@triathloncanada.com) and the High Performance Manager [Ally.Govier@triathloncanada.com](mailto:Ally.Govier@triathloncanada.com)**

EVENT & DATE	EOI DEADLINE
2026 Continental Championships Mixed Relay (July 4-5, 2026)	May 27, 2026
2026 Junior and U23 Mixed Relay World Championship – Pontevedra, Spain (September 23-27, 2026)	July 28, 2026

**C. SELECTION PROCESS**

This section applies to the following World Triathlon Mixed Relay events:

EVENT & DATE	SELECTION DATE
2026 Continental Championships Mixed Relay (July 4-5, 2026)	May 29, 2026
2026 Junior and U23 Mixed Relay World Championship – Pontevedra, Spain (September 23-27, 2026)	August 2, 2026

**2026 Continental Championships Mixed Relay Selection Process:**

Four (4) athletes (two per gender) will be selected as Starters. Athletes will be selected in order of the prioritized criteria written below until all positions on the Mixed Relay team have been filled.

**Only results achieved in the 12 months prior to the selection date will be considered in determining the Priority that each athlete has achieved.**

- Priority 1: Athletes who finished in the top 8 at a WTCS event in the past 12 months.
- Priority 2: Athletes who finished in the top 12 at a WTCS event in the past 12 months.
- Priority 3: Athletes who finished in the top 20 at a WTCS event in the past 12 months.
- Priority 4: Athletes ranked in the top 50 of the World Triathlon Individual World Rankings.
- Priority 5: Athletes who finished in the top 8 of a World Cup event in the past 12 months.
- Priority 6: Athletes who finished top 10 in the most recent U23 World Championships.
- Priority 7: Athletes who finished in the top 12 of a World Cup event in the past 12 months.
- Priority 8: Athletes who finished top 8 in an Americas Continental Cup in the past 12 months.
- Priority 9: If needed to create a Mixed Relay team, other athletes can be nominated through HPD

discretion. The exercise of this discretion may consider but is not limited to, the athlete's recent international performance, relay-specific competencies, demonstrated consistency, current health and readiness, and the strategic requirements of the team for the specific event.

Where an athlete meets more than one Priority, the highest Priority achieved will determine their placement in the selection order.

In the event of a tie between two or more athletes within the same criterion, the athletes shall be selected through High Performance Director discretion considering the athlete's performances in WTCS and World Cup races in the past 12 months. Head to Head race results from Americas Continental Cup races completed in the last 12 months may also be considered if there are an insufficient number of WTCS and World Cup results needed to make an assessment. The High Performance Director shall select the athlete they believe is most likely to improve the Mixed Relay team's result at the selection event. The High Performance Director shall provide a written rationale for their choice to the High Performance Advisory for review.

**If Triathlon Canada is permitted to enter a second Mixed Relay team at this event**, the selection process will repeat as per the selection process listed above to create a second team of four (4) starters considering only athletes who were not already selected to a Mixed Relay team for this event. If Canada receives late notification that a second relay team may be entered in the event when Triathlon Canada is already on location, then only athletes already in attendance at the event shall be considered for selection.

Two (2) athletes (one per gender) will be selected as Alternates and shall be upgraded to a starter position, in the event a starter on a Mixed Relay team at this event is unable to start, utilizing the High Performance Director or designate discretion described in this policy.

In the event that an alternate is needed for either team, the High Performance Director or designate is permitted to reconfigure or reshuffle the Starters selected for either team to ensure that the first team selected includes all of the fastest athletes available on site and the second team includes all of the next best athletes available on site. If needed, additional replacement Alternates may be designated by the High Performance or designate.

The High Performance Director shall document this process and communicate the outcome in writing to the High Performance Advisory on the selection date specified for each event.

Athletes will be notified of selection within 72 hours of the selection date specified for each event. Only athletes who submitted an EOI shall be notified of selection or non-selection to the event.

#### **2026 Junior and U23 Mixed Relay World Championships**

Four (4) athletes (two per gender) will be selected as Starters. Two (2) athletes (one per gender) will be selected as Alternates. Athletes will be selected in order of the prioritized criteria written below until all positions on the Mixed Relay team have been filled. In order to be eligible for selection, athletes must have already been selected to compete at the 2026 World Championships – Pontevedra for the individual race in either the Junior or U23 category unless added to the team through Priority 3 below.

**Only results achieved in the 12 months prior to the selection date will be considered in determining the Priority that each athlete has achieved.**

Priority 1: Athletes selected to the 2026 World Championships in the U23 Category in order of selection priority met for the individual race at the World Championships.

Priority 2: Athletes selected to the 2026 World Championships in the Junior Category in order of selection priority met for the individual race at the World Championships.

Priority 3: If needed to create a Mixed Relay team, other athletes can be nominated through HPD discretion. The exercise of this discretion may consider but is not limited to, the athlete's recent international performance, relay-specific competencies, demonstrated consistency, current health and readiness, and the strategic requirements of the team for the specific event.

Where an athlete meets more than one Priority, the highest Priority achieved will determine their placement in the selection order.

In the event of a tie between two or more athletes within the same criterion, the athletes shall be selected through High Performance Director discretion **considering the athlete's performances in head to head race results from Americas Continental Cup races completed in the last 12 months prior to the selection date.** The High Performance Director shall select the athlete they believe is most likely to improve the Mixed Relay team's result at the selection event. The High Performance Director shall provide a written rationale for their choice to the High Performance Advisory for review.

The High Performance Director shall document this process and communicate the outcome in writing to the High Performance Advisory on the selection date specified for each event.

Athletes will be notified of selection within 72 hours of the selection date specified for each event. Only athletes who submitted an EOI shall be notified of selection or non-selection to the event.

#### **Determination of starting order:**

The order of starters in the relay shall be determined by the sole discretion of the Triathlon Canada High Performance Director or designate. The intended start order will be discussed with the athletes selected as starters to ensure clarity on team strategy and individual roles; however, final decision making authority rests entirely with the High Performance Director or designate. The High Performance Director or designate shall provide written notice of the intended starting order, along with a rationale, to the High Performance Advisory by email at least eight (8) hours prior to the relay event.

#### **Changes to starters, alternates or starting order:**

Starter and Alternate positions may be adjusted based on an athlete's performance or readiness during the race weekend. The High Performance Director or designate has discretion to make these decisions, considering performance, health, injury, heat tolerance, or any other factor affecting competitive readiness.

The High Performance Director or designate shall communicate any revised starting order, along with a rationale for the change, to the High Performance Advisory as soon as possible and prior to the deadline for team changes stipulated by the World Triathlon Technical Delegate or World Triathlon Regulations.

**Athletes selected to a Mixed Relay team as either a Starter or Alternate are obligated to inform the High Performance Director of any injury, illness or other potential hinderance to performance immediately.** Failure to do so may result in the athlete being removed from consideration to future relay events. This

requirement is to ensure the health and safety of the athlete. The requirement also helps to ensure that Triathlon Canada always enters the fastest team possible.

#### **Role of Alternates:**

The alternate position is critical to the success of the Mixed Team Relay. Alternates have been used frequently in the past and play an essential role in supporting the team in the training, racing, and performance environment at each event. Athletes selected as alternates are considered full members of the team and are expected to maintain competition ready preparation throughout the event. Alternates must be prepared to compete with as little as two (2) hours' notice.

Unless otherwise specified, alternates for the events listed in this policy are considered travelling alternates and will attend the full competition. When possible, alternates will also compete in the individual race scheduled before the relay.

### **D. FUNDING AND SUPPORT**

All athletes selected to a Mixed Relay team for the events specified in this policy shall be self-funded unless otherwise stated in the invitation for this event.

### **E. PRIZE MONEY**

In the event that a mixed team relay earns prize money at an event. The prize money shall be distributed in the following manner:

- The (4) starters shall each receive 20% of the total amount of prize money earned.
- The (2) alternates shall each receive 10% of the total amount of prize money earned.

### **F. FINAL TEAM ROSTERS**

- Final team rosters will be determined by Triathlon Canada as per World Triathlon/Organizing Committee rules.

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

- In accordance with World Triathlon rules all athlete entries into events are managed by Triathlon Canada;
- All athletes must submit an **Expressions of Interest (EOI)** for all Mixed Relay events by emailing the High Performance Director to express their interest in competing as part of the Mixed Relay for any event outlined in this policy.

### **H. 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 or Olympic qualification strategy.

**I. LANGUAGE**

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

**J. APPEALS**

Triathlon Canada is responsible for all Team and final roster 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).