

2026 TRIATHLON CANADA CONTINENTAL CUP & CONTINENTAL CHAMPIONSHIP SELECTION POLICY

A. INTRODUCTION

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

- All 2026 Continental Cup events including Americas, Oceania, Europe, Africa, and Asia Continental Cup events
- The Continental Championships (Elite and U23 category only)

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.

- 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 World Triathlon's Eligibility Rules.
- World Triathlon determines the maximum number of quota positions and the start list, as per World Triathlon's Qualification Rules, for all the aforementioned events.
- Neither this policy, nor World Triathlon's requires Triathlon Canada to select any or all athletes to the maximum number of allotted quota positions.
- 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.
- 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 (HPD). 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.
- 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;
- 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
- All athletes must submit their EOI via the Triathlon Canada EOI form **45 days before race start**. Each EOI submitted will receive an automatic confirmation receipt. If an athlete does not receive a response, they should contact the Triathlon Canada office directly (hp@triathloncanada.com).
- **Please review the Expression of Interest Policy (section G) of this document for specific details on Triathlon Canada's updated EOI policy.**
- All athletes may begin submitting **Expressions of Interest** (EOI) for World Triathlon events as of **December 15, 2025** and completion of their ICC ;

C. QUOTA AND START LIST

- In accordance with World Triathlon rules all athlete entries into World Triathlon events are managed by Triathlon Canada.
- Triathlon Canada is allocated a maximum number of quota spots for each event by World Triathlon. Subject to available quota spots, Triathlon Canada will use the below nomination process.
- The High-Performance Director reserves the right to substitute an athlete onto the start list as outlined in the substitution policy in section E.

D. NOMINATION PROCESS

U23 and Elite Category Nomination

Subject to available quota spots, U23 and Elite athletes will be nominated for Continental Cup or Continental Championship events in order of World Triathlon Individual World Ranking. Athletes must have satisfied the Triathlon Canada and World Triathlon Eligibility criteria. Nomination to an event by Triathlon Canada does not guarantee a start position at the event.

U23 and Elite athletes who do not have a World Triathlon Individual World Ranking and wish to compete in a Continental Cup event will be nominated in order of their Triathlon Canada National Ranking as of EOI submission deadline. U23 and Elite athletes who do not have a World Triathlon Individual ranking will not be nominated to the Continental Championships.

Junior Category Nomination

Triathlon Canada has implemented special requirements for Juniors who wish to participate at the Continental Cup level. The requirements are in place to ensure that athletes progress appropriately through the development pathway before entering an advanced level of competition.

Junior athletes wishing to compete in a Continental Cup event must have satisfied the Triathlon Canada and World Triathlon Eligibility criteria and met one of the following criteria listed in order of nomination priority:

1. Athlete was selected to the most recent World Triathlon Junior World Championships.
2. Athlete placed amongst the top 5 juniors at the most recent National Championships.
3. Athlete was ranked amongst the top 5 juniors in the most recent National Development Series **Final Ranking**.

For Continental Cup events hosted in Canada, if quota spots remain after the criteria above has been applied, additional athletes may be nominated using the following criteria (written in priority order):

1. Athletes with a World Triathlon Individual World Ranking nominated in order of ranking.
2. If athlete does not have a World Triathlon Individual World Ranking, they will be nominated in order of the most recent published National Rankings regardless of the athlete's competition category (ex. a Junior with a higher National Ranking than a U23 athlete would be nominated ahead of the U23 athlete).

Junior athletes wishing to compete at the **Continental Championships** should refer to the **Continental Championships – Junior Selection Policy** for specific selection criteria and details for that event. Additional requirements are in place for Juniors to ensure the competition is appropriate for the athlete and that they will have appropriate guidance and support at the event.

E. SUBSTITUTIONS

Substitutions may be used at Triathlon Canada's sole discretion in accordance with World Triathlon regulations. Substitutions shall normally be used only for WTCS and World Cup level events and when the substitution benefits Triathlon Canada's Olympic qualification strategy.

Substitutions at the Continental Cup level may be used in the following cases but are not limited to:

- When the substitution advances Triathlon Canada's Olympic qualification strategy.
- To prioritize an athlete with a better World Triathlon Individual Olympic Ranking (for Olympic qualifying events only) over athletes with lower World Triathlon Individual Olympic Ranking
- To prioritize an athlete with a lower World Triathlon World Ranking but higher Position Score (see Appendix A) on the start list ahead of an athlete with a higher World Triathlon World Ranking but lower Position Score

Substitutions shall not be used for athletes ranked beyond 200th on the World Triathlon Individual Rankings or for athletes requesting a substitution simply to participate at a higher-level event for the purpose of gaining experience.

F. TEAM ANNOUNCEMENT (If applicable)

Triathlon Canada will inform athletes of their selection after the EOI deadline and prior to the creation of the World Triathlon Start List.

G. EXPRESSION OF INTEREST POLICY (EOI POLICY)

All athletes must submit an Expression of Interest (EOI) via the Triathlon Canada EOI Form 45 days prior to race start (first event of the race weekend) for all events they wish to compete in – even if the athlete has earned an Automatic Nomination for the event.

If an EOI is late - received after the 45 day deadline - Triathlon Canada reserves the right to determine how best to process the EOI based on consideration of any of the following factors (not listed in priority order):

- Triathlon Canada’s Olympic and Paralympic qualification strategy.
- The athlete’s Olympic Ranking.
- The athlete’s World Triathlon Individual Ranking.
- Selection to a National Team project.
- The date on which the EOI was received.
- An athlete’s history of on-time or late EOI submissions in the last 12 months.
- Whether or not the race is full.
- Whether or not the start list for the event has already been generated.
- Whether or not the National Federation quota has already been reached for the event.
- Triathlon Canada’s right to not process a late EOI.

Any late EOI that is submitted after the 45 day deadline must be accompanied by a written explanation of why the EOI is late. This must be sent to the High Performance Director and the High Performance Manager.

In the event that a start list for the race has already been generated and Canada’s National Federation quota has already been filled, no further EOI’s will be accepted for that event.

Each EOI submitted will receive an automatic confirmation receipt. If an athlete does not receive a response, they should contact the Triathlon Canada office directly (hp@triathloncanada.com).

H. CONDITIONS AND PROCEDURES OF WITHDRAWALS

An athlete who receives a position on the start list for a World Triathlon Event, or has a high probability of doing so, must notify Triathlon Canada **no later than 14 days** before the race start should they decide to withdraw from the race, unless an injury and/or unforeseen circumstance arises preventing them from honoring their commitment to race. In the event an athlete withdraws due to injury or illness, a medical certificate must be provided with the withdrawal request. In the event an athlete withdraws due to an unforeseen circumstance, communication of the justification must be sent directly to the High-Performance Director for consideration. As per World Triathlon rules, **late withdrawals may remove an athlete from all start and waitlists for 30 days following the withdrawal and may also reduce Triathlon Canada’s quota spots for future events. Furthermore, late withdrawals block over-quota athletes from the opportunity to race.** The following penalties will be applied to all late withdrawals within the stated time frame when sufficient justification cannot be provided:

- **1st Offence:** Athlete will receive a formal warning from the High-Performance Director.
- **2nd Offence:** Athlete is fined \$150 and will receive another warning from the High-Performance Director.
- **3rd Offence:** Athlete is fined \$300 and will be required to attend a zoom meeting with the High-Performance Director.

I. MODIFICATION OF POLICY

Triathlon Canada reserves the right, in extenuating circumstances, to modify this policy as it deems necessary in its sole discretion. Any such exercise of discretion shall be subject to the Canadian administrative law principles of fairness.

In the event that this policy is modified, Triathlon Canada will promptly communicate to its affected athletes and publish the revised document on its web page.

J. LANGUAGE

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

K. EVENT COSTS

All managing of event logistics and event costs are the responsibility of the athlete unless communicated by Triathlon Canada.

L. APPEALS

Triathlon Canada is responsible for all Team 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).

Appendix A Triathlon Canada Performance Analysis Model

INTRODUCTION

Triathlon Canada has developed an analytical model to compare athletes' results by considering both their capability levels and the uncertainty in their performance. This novel approach offers a dynamic and precise method of evaluating competitors, surpassing the limitations of traditional ranking systems. The calculation involves two key metrics for each athlete: a performance score and a variance measure (uncertainty). The performance score estimates the athlete's capability level based on their historical race results, while the variance measure reflects the reliability of this rating, varying based on the number and type of races competed in.

The algorithm updates an athlete's capability ratings after each race. It calculates changes based on the outcome of the race relative to the expected outcomes. If the result is surprising (e.g., a lower-rated athlete wins against a higher-rated one), the changes in the ratings will be more substantial. Conversely, expected outcomes (such as a higher-rated athlete winning against a lower-rated one) result in smaller adjustments. The system is designed to be dynamic, adjusting both the capability level and the confidence in that level as more data is accumulated.

In this model, each athlete starts with an initial default rating and a significant level of uncertainty due to the limited information available about their capabilities. As athletes compete in more races, the accumulation of performance data enables the model to refine their ratings with greater accuracy and reduce the uncertainty associated with their performance. This nuanced approach not only adds context and depth to the analysis but also ensures an objective comparison of results across competitors. The benefit of this system is that it allows Triathlon Canada leadership to make well-informed decisions based not just on past finishes but through a comprehensive, data-informed comparison of potential future performances. This framework turns athlete selection for races into a strategic decision-making process, enhancing fairness and precision in choosing competitors.

DEFINITIONS

Performance Score

Represents the perceived **overall capability level of an athlete**. In triathlon, a performance score would be an aggregate indicator of a competitor's performance relative to the field across their entire racing history. After each event, the performance score would be updated to reflect the triathlete's performance: it would increase following better-than-expected results and decrease following poorer-than-expected results. This parameter adjusts as the athlete shows improvements or declines in their performance relative to the field.

Variance

Indicates the **uncertainty or variability in the triathlete's capability estimation**, or performance score. In triathlon, a higher variance would suggest that the athlete's results are inconsistent across different events, leading to greater uncertainty about their capability level.

Position Score

This score is used to **objectively compare the results of athletes in an individual event** by mapping each athlete's placing in a race to their capability level based on the distribution of scores in the start list. It enables a direct comparison of race performance by accounting for the quality of the competition and the athlete's relative position in the event.

Predicted Position

The predicted position is calculated based on the distribution of performance scores within a specific race. This metric **anticipates where an athlete is expected to finish given their current performance score relative to the other competitors.** The prediction is derived from the model’s assessment of an athlete’s adjusted capability level and the variance associated with their past performances.

Confidence Interval

The confidence interval provides **a range within which the predicted position is likely to fall**, expressing the uncertainty associated with the prediction. This interval is influenced by the athlete’s variance, which reflects the consistency of their performances. A wider confidence interval indicates greater variability in the athlete’s results, suggesting less certainty in the predicted outcome. This statistical measure helps in assessing the reliability of the predictions made by the model, allowing for more informed strategic decisions.

PRACTICAL APPLICATIONS

Within-Race & Athlete Analysis

Outlined in the table below is a series of performances by Athlete A, highlighting the impact of race result (position score) on overall rating (performance score). In this example, results at different levels of racing are objectively compared through the position score, whilst the performance score is dynamically changing as an outcome of these results. Athlete A’s 37th placing at the 2023 World Triathlon Sprint Championships Hamburg is scored higher than the 9th placing at the 2023 World Triathlon Cup Tangier, which is higher than the 9th placing at the 2021 Americas Triathlon Cup La Paz.

Event	Performance Score	Variance	Upset Score	Position	Position Score
2023 World Triathlon Sprint Championships Hamburg	3.2816	0.2845	-0.0313	37	3.8477
2023 World Triathlon Olympic Games Test Event Paris	3.2485	0.2817	-0.0157	48	3.8383
2023 World Triathlon Championship Finals Pontevedra	3.1903	0.2885	-0.0450	44	3.6463
2023 World Triathlon Cup Tangier	3.1734	0.2921	-0.0169	9	3.5812
2023 World Triathlon Cup New Plymouth	3.3880	0.3022	-0.0051	34	3.5381
2021 Americas Triathlon Cup La Paz	3.0391	0.4192	0.0796	9	2.7801

Between Race Analysis

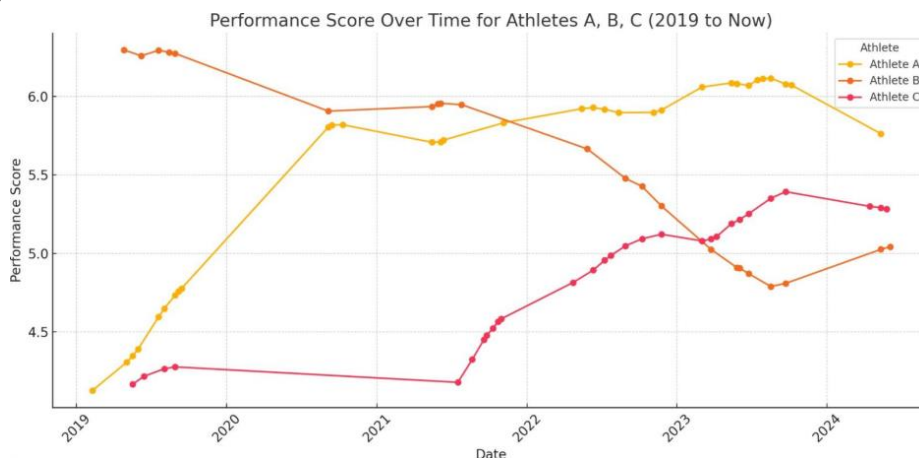
The table below outlines the position score for the same 10th placing at a range of World Triathlon Cups. Although all placings are the same (10th), the position score varies significantly between races. This difference is due to the quality of the field in each race; a higher position score in a race with more competitive participants reflects a higher level of competition. For example, in the 2023 World Triathlon Cup in Tiszaujvaros, Athlete A achieved a position score of 3.691765, while in the 2023 World Triathlon Cup in Yeongdo, Athlete B scored 2.948648 for the same 10th placing. This indicates that the competition in Tiszaujvaros was tougher, resulting in a higher position score for the same rank. Thus, even within the same race category, the score for a given placing can vary depending on the performance of other competitors.

Race Name	Position Score	Position	Performance Score	Athlete
2023 World Triathlon Cup Tiszaujvaros	3.691765	10	3.789154	A
2023 World Triathlon Cup Yeongdo	2.948648	10	2.878972	B
2023 World Triathlon Cup Tongyeong	3.462770	10	4.123066	C
2023 World Triathlon Cup Tanger	4.107320	10	4.175800	D
2024 World Triathlon Cup Hong Kong	4.073045	10	4.007698	E
2024 World Triathlon Cup Wollongong	3.498246	10	3.772439	F
2024 World Triathlon Cup Huatulco	3.311146	10	3.310101	G
2023 World Triathlon Cup Weihai	2.843895	10	2.964460	H
2024 World Triathlon Cup Chengdu	3.620499	10	3.999556	I

Analysis Over Time

The chart below tracks the performance score over time for Athlete A, B and C from the 2019 season to 2024.

- Athlete A shows a significant improvement in performance score from around 4.5 in early 2019 to over 6.0 by mid-2020, followed by fluctuations and a slight decline towards the end of 2024.
- Athlete B exhibits a high and consistent performance score around 6.0 initially, with a gradual decline starting from mid-2020, reaching below 5.5 by 2024.
- Athlete C starts with a performance score below 5.0 in early 2019, shows a brief improvement, and then declines until early 2021. From mid-2021 onwards, Athlete C demonstrates a steady increase in performance, peaking at over 5.5 by late 2023.



This visualization highlights the different performance trajectories of each athlete, with Athlete A showing strong initial improvement, Athlete B experiencing a gradual decline, and Athlete C demonstrating a significant recovery and improvement over the observed period.

CONCLUSION

This statistical model provides a robust framework for estimating and updating the capability levels of athletes in competitive sports like triathlon. Its probabilistic nature allows for a more nuanced understanding of performance differences and offers predictive capabilities for future races, ensuring a fair and objective comparison of athletes.