

2020 Triathlon Canada ITU Triathlon Individual Event Selection Policy

Due to the COVID pandemic, most of the 2020 competition calendar has been postponed or cancelled. To ensure that this policy can be executed objectively and fairly, all performances achieved by athletes will be extended an additional 6 months. If competition continues to be cancelled or postponed in such a manner that performance achievement cannot be attained by athletes, Triathlon Canada may extend performance achievement validity for longer. Triathlon Canada will communicate this in a timely fashion.

A. INTRODUCTION

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

- 2020 ITU Elite Triathlon Individual Events
- 2020 ITU U23 and Junior Triathlon Targeted Events

Utilizing defined priority criteria (Section C), Triathlon Canada has established three tiers of racing.

Tier 1 – World Triathlon Series

Tier 2 – World Cup

Tier 3 – Continental Cup or other ITU Individual Triathlon Events

****NOTE:** Triathlon Canada's **Major Games nomination policies and Mixed Relay selection policies** are independent from this document.

Triathlon Canada (TC) is committed to selecting the highest performing team using clear selection methods, and in accordance with International Triathlon Union (ITU) entry criteria. The primary goal is to achieve podium performances at all tiers and levels of competition.

1. The 2020 World Triathlon Series (WTS), World Cup (WC), and PATCO **events calendar is attached in Schedule 1**
2. Selection according to the terms of this Policy will not qualify an athlete for participation in any ITU event if the athlete is not eligible according to the ITU Eligibility Rules.
3. The ITU determines the maximum number of quota positions, as per the ITU Qualification Rules, for all the aforementioned events.
4. Neither this policy, nor the ITU require Triathlon Canada to select any or all athletes to the maximum number of allotted quota positions.
5. This policy can be amended at any time by TC if TC is of the opinion, that such an amendment is necessary due to any change in ITU 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 TC by TC. TC shall not be responsible or liable in any way to any one as a result of any such amendment.

6. The Schedules and Appendices and any other document referred to in this document form part of this Selection Policy.
7. 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 according terms will be eligible for selection.

1. ITU Eligibility Criteria

An athlete must:

- a. comply with all current ITU Rules regarding citizenship, national representation and eligibility.
- b. be a Canadian Citizen or be eligible to compete for Canada under the ITU Rules;
- c. complete the ITU medical Pre Participation Evaluation (PPE) prior to competing in any ITU event.

If there is any doubt regarding eligibility to compete for Canada, athletes must contact the Chief Executive Officer (CEO) of TC for clarification.

2. TC Specific Eligibility Criteria

An athlete must:

- a. Be a Canadian citizen;
- b. Be members in good standing with a Triathlon Provincial Sport Organization;
- c. Be in good standing with Triathlon Canada;
- d. Have a current Triathlon Canada International Competition Card (ICC);
- e. Have submitted all required ratified run/swim times as communicated by Triathlon Canada;
- f. Have completed 80% of daily metrics in Smartabase/Training Peaks;
- g. Be deemed healthy to race as per Triathlon Canada's Competition Readiness policy (see Appendix A); and
- h. Participate fully with Team Canada as per the Triathlon Canada Athlete Agreement
- i. If eligible, participate in the 2019/2020 Triathlon Canada National Championships

C. SELECTION PRIORITIES CRITERIA

Subject to available quotas, the Triathlon Canada will use the following selection priorities criteria for ITU Elite Individual Events and ITU U23/Junior Targeted Events to select eligible athletes in priority

order. All results must be achieved within 12 months of the intended event’s start date.

PRIORITY	WTS Tier 1	WC Tier 2	All other Tier 3
1. Discretionary Selection *	✓	✓	✓
2. WTS Top 5	✓	✓	✓
3. WTS Top 12	✓	✓	✓
4. WTS Top 20	✓	✓	✓
5. World Cup Top 3	✓	✓	✓
6. World Cup Top 8 **	✓	✓	✓
7. World Cup Top 12		✓	✓
8. World Cup Top 20		✓	✓
9. Elite Continental Cup Top 3***		✓	✓
10. Elite Continental Cup Top 5			✓
11. Elite Continental Cup Top 12			✓
12. Elite Continental Cup Top 20			✓
13. ITU World Ranking ****			✓

*** Discretionary selection will be based on**, but is not limited to, the following objective and subjective criteria (not in priority order).

- Submitted ratified times as per 2020 Triathlon Canada’s Ratified Times Policy
- 2019/2020 ITU draft legal race results in the sprint, super sprint and standard distances
- Additional Gold Medal Profile data
- Athlete potential, trajectory, health status etc.
- Triathlon Canada’s strategic benefit; specifically, the Mixed Relay ranking/Olympic qualification, Individual Olympic Qualification
- ITU Individual Olympic Ranking in relation to the [ITU/IOC Olympic Qualification System](#)

**** World Cup Top 8 priority must be achieved** in an event with a depth of field (DOF) better than (DOF descriptions are in Appendix D),

- **40.00** for Women
- **50.00** for Men

***** Continental Cup Top 3 priority must be achieved** in an event with a DOF better than,

- **170.00** for Women
- **190.00** for Men
- And have 20 or more athletes per gender starting the race.

****** Junior athletes wishing to race in ITU Elite Continental Cup Events must have ratified times (within 2019/2020) as follows,**

- Women 200m FR Swim Time equal to or faster than **2:28.00** (LC or adjusted SC) OR
- Women 1500m Run Time equal to or faster than **5:05.00**,
- Men 200m FR Swim Time equal to or faster than **2:15.00** (LC or adjusted SC) OR
- Men 1500m Run Time equal to or faster than **4:15.00**

*The ratified times requirement for Juniors does not apply to Triathlon Canada's National Championships if it is a PATCO Elite Triathlon.

Specific application of the priority criteria can be found in the following Appendices

- **Schedule 2** – WTS, WC and CC
- **Schedule 3** – U23 and Junior Events

Upon achieving the required criteria, athletes are then permitted to race in a higher tier. However, once an athlete races in a higher tier, **they must continue to demonstrate an ability to race at that level** (as defined in Section D)

D. CONTINUED DEMONSTRATION OF PERFORMANCE

All achievements of priority criteria in Section C are subject to the following requirements at the higher tier of racing. **Within three (3) subsequent higher tier events or 12 months of achieving the achieving the priority criteria, the athlete must**

- 1) Achieve an individual Top 20 performance at the higher tier and;
- 2) Earn ITU World Ranking points

Failure to continually demonstrate performance will require an athlete to race at the lower tier again to achieve criteria (unless Triathlon Canada's HPD exercises Priority 1).

For examples of continued demonstration of performance, refer to Appendix C

E. SUBSTITUTIONS

As per ITU rules, after the provisional start list for an ITU individual event has been created, the following number of athletes per gender may be replaced via the ITU substitution procedure.

- i) WTS – one (1) athlete per gender
- ii) WC – two (2) athletes per gender
- iii) CC – three (3) athletes per gender

Triathlon Canada may use substitutions to align with the priority selections as per the attached schedules.

This substitution process may be used in the following cases but is not limited to:

1. To **prioritize an athlete** with a lower ITU WTS/World Ranking but higher selection priority (as per the attached schedules) on the start list ahead of an athlete with a higher ITU WTS/World Ranking but lower selection priority;
2. To prioritize an athlete that has achieved the same selection priority but has demonstrated a higher level of performance as defined by the DOF and quality of field (QOF) of their performance (QOF description is in Appendix D);
3. To replace a **placeholder athlete** (i.e. an athlete who has not submitted an Expression of Interest via Smartabase 45 days before the start) .
4. To **replace** an athlete that does not meet Triathlon Canada's Competition Readiness Policy (see Appendix A)

For further clarity on the application of substitutions please refer to **Appendix B**

F. TEAM ANNOUNCEMENT (If applicable)

Triathlon Canada will inform athletes after the ITU Start List is officially confirmed.

G. CONDITIONS AND PROCEDURES OF ENTRY

1. In accordance with ITU rules all athlete entries into events are managed by Triathlon Canada;
2. All athletes may submit **Expressions of Interest** (EOI) for WTS and WC events as soon as they submit their proposed race calendar in Smartabase;
3. Triathlon Canada will send out a call for **Expressions of Interest** (EOI) pertaining to a series of upcoming ITU Events. The call for EOIs is emailed to all Triathlon Canada ICC holders as well as each Triathlon Canada Provincial Sport Organization.
4. Any athlete wishing to compete in an ITU WTS and WC event must submit their EOI via Smartabase no later than **45 days before race start**. Each EOI submitted will receive an automatic confirmation receipt. If an athlete does not receive a response, he/she should contact the Triathlon Canada office directly.
5. The ITU publishes the start list for both the men's and women's races on www.triathlon.org 32 days before the event in question. The athletes are put on the start list by the ITU as per 2019 ITU rules.
6. The ITU allows each country to make substitutions following the publication of the start List as per Section E.

H. CONDITIONS AND PROCEDURES OF WITHDRAWALS

An athlete who receives a position on the start list for an ITU WTS or WC event, or has a high probability of doing so, must notify Triathlon Canada **no later than 35 days** before the start of race should they decide to withdraw from the race, unless an injury and/or unforeseen circumstance arises preventing him/her from honoring his/her commitment to race. Any athlete who fails to withdraw from an event within the stated time frame and who cannot provide sufficient justification for doing so will be penalized according to the following criteria:

Note: Late withdrawals now REDUCE Triathlon Canada's quota spots for subsequent WTS or WC events as per ITU rules. The following penalties align with these new implications.

- **1st Offence:** Athlete is fined \$250. Once the fine is paid in full, the athlete is not eligible for the next two WTS/WC events AND is not eligible for automatic selection for their next WTS entry.
- **2nd Offence:** Athlete is fined \$500. Once the fine is paid in full, the athlete is not eligible for the next two WTS/WC events AND is not eligible for automatic selection for their next WTS entry.
- **3rd Offence:** Athlete is fined \$750. Once the fine is paid in full, the athlete is not eligible for the next two WTS/WC events AND is not eligible for automatic selection for their next WTS entry.

I. 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, ITU 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.

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 event costs are the responsibility of the athlete unless communicated by Triathlon Canada. If Triathlon Canada, as the National Sport Organization, is managing an event's logistics and costs, all costs that are the responsibility of the athlete will be communicated upon confirmation of available resources and final expenses.

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).

Schedule 1 2020 Competition Calendar

- For other continental cup event dates please refer to the [ITU Website](#)
- If there are any discrepancies the [ITU Events Calendar](#) will take precedence.
- **RED TEXT** – Domestic events

Tier 3 – PATCO (Formerly known as PATCO)

START	END	LEVEL	NAME
Feb 8, 2020	Feb 9, 2020	Continental Cup	2020 Santos PATCO Sprint Triathlon Panamerican Cup
Feb 15, 2020	Feb 16, 2020	Junior Continental Cup	2020 Puerto Cortez PATCO Triathlon Junior Panamerican Cup
Feb 15, 2020	Feb 16, 2020	Continental Cup	2020 Puerto Cortez PATCO Sprint Triathlon Panamerican Cup
Feb 23, 2020		Continental Cup	2020 Habana PATCO Triathlon Panamerican Cup
Feb 29, 2020	Mar 1, 2020	Continental Cup	2020 Playa Hermosa PATCO Sprint Triathlon Panamerican Cup
Mar 6, 2020	Mar 7, 2020	Continental Cup	2020 Clermont PATCO Sprint Triathlon Panamerican Cup
Mar 13, 2020	Mar 15, 2020	Junior Continental Cup	2020 Sarasota PATCO Triathlon Junior North American Championships
Mar 13, 2020	Mar 15, 2020	Continental Cup	2020 Sarasota PATCO Sprint Triathlon Panamerican Cup
Mar 13, 2020	Mar 14, 2020	Continental Cup	2020 La Paz PATCO Triathlon Panamerican Cup
Mar 20, 2020	Mar 22, 2020	Junior Continental Cup	2020 Montevideo PATCO Triathlon Junior Panamerican Cup
Mar 20, 2020	Mar 22, 2020	Continental Cup	2020 Montevideo PATCO Triathlon Panamerican Cup
Mar 28, 2020	Mar 29, 2020	Continental Cup	2020 Aracaju PATCO Sprint Triathlon Panamerican Cup
Apr 4, 2020	Apr 5, 2020	Continental Championship	2020 Brasilia PATCO Triathlon Mixed Relay Panamerican Championships
Apr 25, 2020	Apr 26, 2020	Continental Cup	2020 Bridgetown PATCO Triathlon Panamerican Cup
May 2, 2020	May 3, 2020	Continental Cup	2020 Lima PATCO Sprint Triathlon Panamerican Cup
May 15, 2020	May 16, 2020	Continental Cup	2020 Ixtapa PATCO Sprint Triathlon Panamerican Cup
Jun 20, 2020	Jun 21, 2020	Continental Championship	2020 Santo Domingo PATCO Triathlon Panamerican Championships
Jun 27, 2020	Jun 28, 2020	Continental Cup	2020 Montreal PATCO Sprint Triathlon Panamerican Cup
Jul 18, 2020	Jul 19, 2020	Continental Cup	2020 Long Beach PATCO Sprint Triathlon Panamerican Cup
Sep 19, 2020	Sep 20, 2020	Continental Cup	2020 Formosa PATCO Triathlon Panamerican Cup
Nov 21, 2020	Nov 22, 2020	Junior Continental Cup	2020 Santiago PATCO Triathlon Junior Panamerican Cup
Nov 21, 2020	Nov 22, 2020	Continental Cup	2020 Santiago PATCO Sprint Triathlon Panamerican Cup

Tier 2 – World Cup

START	END	LEVEL	NAME
Feb 15, 2020	Feb 16, 2020	World Cup	2020 Cape Town ITU Triathlon World Cup

Mar 14, 2020	Mar 15, 2020	World Cup	2020 Mooloolaba ITU Triathlon World Cup
Mar 21, 2020	Mar 22, 2020	World Cup	2020 Sarasota ITU Triathlon World Cup
Mar 28, 2020	Mar 29, 2020	World Cup	2020 New Plymouth ITU Triathlon World Cup
Apr 4, 2020	Apr 5, 2020	World Cup	2020 Brasilia ITU Triathlon World Cup
Apr 25, 2020	Apr 26, 2020	World Cup	2020 Huatulco ITU Triathlon World Cup
May 10, 2020		World Cup	2020 Chengdu ITU Triathlon World Cup
May 23, 2020	May 24, 2020	World Cup	2020 Osaka ITU Triathlon World Cup
May 30, 2020	May 31, 2020	World Cup	2020 Arzachena ITU Triathlon World Cup
Jun 20, 2020	Jun 21, 2020	World Cup	2020 Antwerp ITU Triathlon World Cup
Jul 17, 2020	Jul 18, 2020	World Cup	2020 Tiszaujvaros ITU Triathlon World Cup
Aug 29, 2020	Aug 30, 2020	World Cup	2020 Karlovy Vary ITU Triathlon World Cup
Sep 12, 2020	Sep 13, 2020	World Cup	2020 Weihai ITU Triathlon World Cup
Oct 17, 2020	Oct 18, 2020	World Cup	2020 Tongyeong ITU Triathlon World Cup
Oct 24, 2020	Oct 25, 2020	World Cup	2020 Miyazaki ITU Triathlon World Cup

Tier 1 – WTS and Mixed Relay Series

START	END	LEVEL	NAME
Mar 6, 2020		World Triathlon Series	2020 ITU World Triathlon Abu Dhabi
Mar 7, 2020		World Triathlon Series	2020 Abu Dhabi ITU World Triathlon Mixed Relay Series
Apr 18, 2020	Apr 19, 2020	World Triathlon Series	2020 ITU World Triathlon Bermuda
May 16, 2020		World Triathlon Series	2020 ITU World Triathlon Yokohama
Jun 6, 2020	Jun 7, 2020	World Triathlon Series	2020 ITU World Triathlon Leeds
Jun 27, 2020	Jun 28, 2020	World Triathlon Series	2020 ITU World Triathlon Montreal
Jul 11, 2020		World Triathlon Series	2020 ITU World Triathlon Hamburg
Jul 12, 2020		World Championships	2020 Hamburg ITU Triathlon Mixed Relay World Championships
Aug 20, 2020	Aug 23, 2020	World Championships	2020 ITU World Triathlon Grand Final Edmonton

Other Important Events

START	END	LEVEL	NAME
May 9, 2020		Recognized Event	2020 Chengdu ITU Mixed Relay Olympic Qualification Event
Jun 27, 2020	Jun 28, 2020	Recognized Event	2020 Kecskemet FISU World University Triathlon Championship
Jul 27, 2020	Aug 1, 2020	Major Games	2020 Tokyo Olympic Games
Sep 4, 2020	Sep 13, 2020	World Championship	2020 Almere-Amsterdam ITU Multisport World Championships

Schedule 2

Application of Criteria for WTS, World Cup and Continental Cup Elite Events

A. APPLICATION OF CRITERIA

****Triathlon Canada is not obligated to fill all available quota spots.**

Subject to quota spots, eligible athletes are selected in priority order as per the following criteria:

- **Note:** All athletes selected for quota spots will be placed on the ITU wait list by Triathlon Canada. Final start list is governed by ITU rules (including substitutions, see Section E of the main document)
- **Note:** Triathlon Canada will not place over quota athletes onto the waitlist till AFTER the start list has been generated by ITU (*pending confirmation with ITU)
- **Note:** In the event that there are more athletes than available quota spots, the athlete (s) with the better ITU World Ranking will be placed on the ITU waitlist
- **Note:** Criteria are based on 2019/2020 INDIVIDUAL performances and must be achieved within **12 months of an event's start date.**
- **Note:** For the following priorities, ranking of athletes will be as follows for placement onto the ITU Waitlist (not including the possible use of substitutions)
 - i) Priority criteria (as per Section C of the main document)
 - ii) ITU World Ranking
 - iii) If two or more athletes achieve the same criteria, athletes will be prioritized using the following factors;
 - a) Head to head racing results within the past 12 months
 - b) % of winner in the most recent ITU event of the same Tier
 - c) DOF and QOF review of athlete performances

2020 WTS Events and World Triathlon Grand Final – Tier 1

Subject to quota spots, eligible athletes are selected in priority order having met one of **Priority Criteria 1-6** in Section C of the main document.

2020 World Cup Events – Tier 2

Subject to quota spots, eligible athletes are selected in priority order having met one of **Priority Criteria 1-9** in Section C of the main document.

2020 Continental Cup Events – Tier 3

Subject to quota spots, eligible athletes are placed on the wait list as per their **ITU World Ranking** at the time of their EOI.

NOTE: Junior athletes expressing interest to race in ITU Elite Continental Cup Events must have achieved the following ratified times in 2019/2020 in order to be considered for entry,

- Women 200m FR Swim Time equal to or faster than **2:28.00** (LC or adjusted SC) OR
- Women 1500m Run Time equal to or faster than **5:05.00**,
- Men 200m FR Swim Time equal to or faster than **2:15.00** (LC or adjusted SC) OR
- Men 1500m Run Time equal to or faster than **4:15.00**

*The ratified times requirement for Juniors does not apply to Triathlon Canada's National Championships if it is a PATCO Elite Triathlon.

Schedule 3

Application of Criteria for U23 and Junior Targeted Events

A. APPLICATION CRITERIA

****Triathlon Canada is not obligated to fill all available quota spots.**

Subject to quota spots, eligible athletes are selected in priority order as per the following criteria:

- **Note:** All athletes selected for quota spots will be placed on the ITU wait list by Triathlon Canada. Final start list is governed by ITU rules (including substitutions, see Section E of the main document)
- **Note:** Triathlon Canada will not place over quota athletes onto the waitlist till AFTER the start list has been generated by ITU (*pending confirmation with ITU)
- **Note:** In the event that there are more athletes than available quota spots, the athlete (s) with the better ITU World Ranking will be placed on the ITU waitlist
- **Note:** Criteria are based on 2019/2020 INDIVIDUAL performances and must be achieved within **12 months of an event's start date.**
- **Note:** For the following priorities, ranking of athletes will be as follows for placement onto the ITU Waitlist (not including the possible use of substitutions)
 - iv) Priority criteria (as per Section C of the main document)
 - v) ITU World Ranking
 - vi) If two or more athletes achieve the same criteria, athletes will be prioritized using the following factors;
 - a) Head to head racing results within the past 12 months
 - b) % of winner in the most recent ITU event of the same Tier
 - c) DOF and QOF review of athlete performances

2020 ITU World Triathlon Grand Final Edmonton U23

Subject to quota spots, eligible athletes are selected in priority order having met one of **Priority Criteria 1-9** in Section C of the main document.

2020 ITU World Triathlon Grand Final Edmonton Junior

Subject to quota spots, eligible athletes are selected in priority order as per the following criteria;

1. Up to three (3) athletes per gender that place in the top five (5) at the 2020 Santo Domingo PATCO Triathlon Pan American Championships
2. Up to three (3) athletes per gender that place in the top twelve (12) at the 2020 Montreal PATCO Triathlon Pan American Cup or 2020 Long Beach PATCO Triathlon Pan American Cup.
3. Discretionary selection at the sole responsibility of the High Performance Director

* **Discretionary selection will be based on**, but is not limited to, the following objective and subjective criteria (not in priority order).

- Submitted ratified times as per 2020 Triathlon Canada's Ratified Times Policy
- 2019/2020 ITU draft legal race results in the sprint, super sprint and standard distances
- Additional Gold Medal Profile data
- Athlete potential, trajectory, health status etc.
Triathlon Canada's strategic benefit; specifically, the Mixed Relay ranking/Olympic qualification, Individual Olympic Qualification

2020 Santo Domingo PATCO Triathlon Pan American Championships Junior

Subject to quota spots, eligible athletes are selected in priority order as per the following criteria;

1. Up to three (3) athlete per gender that placed in the top eight (8) at the 2020 ITU World Triathlon Grand Final Edmonton Junior
2. Up to three (3) athletes per gender that placed in the top five (5) at the 2019 PATCO Monterrey Pan American Championship Junior
3. Up to three (3) athletes having met one of **Priority Criteria 1-12** in Section C of the main document.
4. ITU World Ranking

2020 Santo Domingo PATCO Triathlon Pan American Championships Elite/U23

Subject to quota spots, eligible athletes are selected in priority order as per the following criteria;

1. Up to three (3) athletes having met one of **Priority Criteria 1-12** in Section C of the main document.
2. ITU World Ranking

2020 Other ITU Junior Events

Subject to quota spots, eligible athletes are selected in priority order as per the following criteria;

1. ITU World Ranking
2. Date of EOI (ie First come first served policy)

APPENDIX A

COMPETITION READINESS POLICY

INTRODUCTION

The purpose of this document is to outline the eligibility procedures (the “competition readiness” determinant) that will be used by Triathlon Canada to select athletes who wish to be entered in any international competition.

The objective of the Triathlon Canada Competition Readiness Policy (TCCRP) is to identify and support Canadian athletes who have demonstrated the ability to consistently manage and monitor their health status, adopt a safe and effective training program, communicate clearly and honestly their current health status to Triathlon Canada, and target the appropriate levels of competition; all with the intent of continued progression towards achieving a podium result at the Olympic/Paralympic Games and World Championships. Triathlon Canada will evaluate each athlete’s entry request on a case by case basis.

POLICY DETAILS

As per International Triathlon Union (ITU) rules and regulations, Triathlon Canada is solely responsible for validating and submitting entry of Canadian athletes into international competition.

Demonstrated competition readiness is only one of many eligibility requirements outlined in Triathlon Canada’s individual event selection criteria documents. Valid and up to date athlete/coaching training logs, Triathlon Canada athlete monitoring programs, validated medical diagnosis/prognosis (through Triathlon Canada’s team physician), and athlete performance analysis will be used to evaluate and determine the competition readiness of an athlete. Triathlon Canada High Performance Director will have sole discretion to allow or deny entry into an event.

TRIATHLON CANADA’S AUTHORITY FOR DECISIONS

All matters relating to the nomination of athletes for international competition are the sole authority of Triathlon Canada. Competition readiness will be determined based on an athlete meeting all of the following criteria

Criteria 1: Current Athlete Health Status

To be considered competition ready by Triathlon Canada, an athlete must provide or demonstrate the following to Triathlon Canada:

- 1.1 A medical report clearing the athlete for competition from Triathlon Canada’s team physician or from a sport science and sport medicine (SSSM) practitioner as approved by Triathlon Canada’s team physician;
- 1.2 Access to or an up-to-date Triathlon Canada approved training/monitoring log;

Criteria 2: Athlete Daily Monitoring and History

To be considered competition ready, an athlete must provide or demonstrate the following:

- 2.1 80% completion of Triathlon Canada approved daily monitoring tools;
- 2.2 Not miss three (3) consecutive days of daily monitoring;
- 2.3 Full compliance with Triathlon Canada's Competition Readiness Policy in previous event entry requests;
- 2.4 Adoption and adjustment of training/competition principles in line with best practices for reducing injury as advised by the Triathlon Canada approved SSSM practitioners;
- 2.5 Adherence to return to play protocols during previous injuries as defined and outlined by Triathlon Canada approved SSSM practitioners and as directed by Team Canada's team physician; and
- 2.6 Consistent, clear, and timely communication of athlete training logs and health status as requested by Triathlon Canada.

Criteria 3: Competition Level

To be considered competition ready, an athlete must provide or demonstrate the following:

- 3.1 A commitment to compete at Triathlon Canada National Championships;
- 3.2 Progression of results at each successive level of competition as defined by Triathlon Canada's Podium Pathway;
- 3.3 A potential to achieve a top ten (10) result in the requested event based on performance metrics (previous performances, GMP run and swim times, quality of field); and
- 3.4 A commitment to compete at events in which Triathlon Canada selected an athlete to compete.

Appendix B

Use of Substitutions Clarification

Triathlon Canada is constantly monitoring and evaluating ITU event entry scenarios, taking into consideration Triathlon Canada HP strategy, athlete goals, athlete rankings and overall qualification success. Currently, the data is showing an unusually large number of World Cup and European Continental Cup entries. This is presenting significant race planning challenges as entries are very limited due to quotas, as well as quality and depth of field.

One of the major logistical challenges we, along with all Triathlon National Federations, are facing is the use of substitutions. Triathlon Canada is committed to ensuring that substitutions are used in the most strategic manner possible. Triathlon Canada is also actively balancing the need to support athletes' decisions as they relate to two critical goals:

1. Qualifying quota spots
2. Maximizing ITU World Ranking Points to get on start lists

Both are required to open doors to get our athletes into races offering critical ITU Olympic Ranking Points and ITU World Ranking Points

The realities we are facing.

- In the Olympic Qualifying period, waitlists for World Triathlon, World Cup and Continental Cup events are very competitive and many athletes will not get on the start list. A high ITU World Ranking is essential to get on start lists
 - (i.e. recent World Cup minimum start list rankings: approximately 150 for men and 200 for women).
- As a National Federation, we have limited substitutions: 3 for Continental Cups, 2 for World Cups and 1 for World Triathlon Series;
- Some Canadian athletes are ranked too low to make World Cup and World Triathlon Series start lists;
- Ensuring starts for athletes that have met Triathlon Canada priority selections may conflict with the ITU start list generation (ITU World Ranking based);
- Athletes that are strategically targeting podium finishes at the appropriate levels of racing will increase their ITU World Ranking more effectively

To clarify Triathlon Canada's use of substitutions, please be fully aware of the following;

- Substitution is subject to ITU rules and the availability of substitutable athletes (place holders)
- Triathlon Canada will utilize substitutions in the best interest of the national federation's strategic priority - to maximize Olympic qualification.
- The use of substitutions is event specific
- Triathlon Canada is not obligated to utilize substitutions
- Meeting priority selections, as published by Triathlon Canada, will increase the chance of an athlete being substituted but is NOT a guarantee

- Performance is the number one reason for utilizing substitution for an athlete. Demonstration of performance is necessary.
- If an athlete has met priority but does not continue to improve, they may be overlooked for substitution
- Demonstration of performance will be determined by, but not exclusive to, an athlete's most current ITU results, consistency of performances and additional subjective criteria.
- Priority 1 (discretion) is the highest priority and can be utilized for any event at the discretion of the High Performance Director
- The use of substitution for athletes that have met the SAME priority criteria will be at the full discretion of Triathlon Canada's High Performance Director.
- Priority criteria in conjunction with Triathlon Canada's QOF and DOF evaluations will be used to validate an athlete's performance and overall ranking to be prioritized for event selection.

If substitutions are available, Triathlon Canada will prioritize the use of the substitution(s) as follows;

- 1) Evidence, as determined by the High Performance Director, of an improving performance trajectory and indication of achieving significant ITU World Ranking/Olympic Ranking points in the event (Priority 1, discretionary selection may be used if the race is over quota) through the use of Triathlon Canada's DOF and QOF evaluation.
- 2) Meeting a priority selection AND continuing to demonstrate a performance trajectory
- 3) ITU World Ranking

What does this mean?

- 1) An athlete with a high ITU World Ranking that has not met an event priority selection may be substituted OUT for a higher prioritized athlete
- 2) An athlete meeting priority selection but NOT having a high enough ITU World Ranking may NOT get on the start list
- 3) An athlete meeting priority selection but NOT having a high enough ITU World Ranking may be substituted into a race OVER another athlete with the same priority but higher ITU World Ranking (based on evidence of continued improvement)
- 4) Increasing your chances of getting on a start list is dependent on the following.
 - Increase your ITU World Ranking (ITU start list based approach), then
 - Increase your ITU Olympic Ranking (proof of eligibility approach), then
 - Meet the highest selection priorities (proof of performance approach)
 - Perform in events with the highest QOF and DOF

To ensure that Triathlon Canada can effectively manage AND utilize substitutions for prioritized athletes. **All athletes must submit their Expressions of Interest (EOI's) for intended events BEFORE THE 45 DAY DEADLINE.** Additionally, athletes must withdraw their intent to race in a timely fashion. By doing so Triathlon Canada can strategically implement "*substitution placeholders*". Triathlon Canada CANNOT manage substitutions effectively if the community of athletes and coaches do not work together.

If an athlete does not submit an EOI by the 45 day deadline for events on the same day, Triathlon Canada will deem them available to be used as a "placeholder". Triathlon Canada will utilize an athlete as a 'placeholder' immediately, if need be.

NOTE: As per the previous email, athletes should begin to submit EOI's for multiple events. In the event that an athlete does not make a start list Triathlon Canada will respect that the athlete may submit an EOI for another event after the 45 day deadline. This will be considered case-by-case

As a community, we must work together to ensure that we can assist each other to qualify the most Olympic spots.

Appendix C

Examples of Continued Demonstration of Performance

Example 1:

- 1) Athlete achieves one (1) Continental Cup podium (Priority 9) earning ability to race in Tier 2 (World Cups)
- 2) Athlete makes start list in World Cup Cape Town Feb 3
- 3) Athlete places 18th at World Cup Cape Town
- 4) Athlete is secured to continually race in Tier 2 for 2020

Example 2:

- 1) Athlete achieves one (1) Continental Cup podium (Priority 9) earning ability to race in Tier 2 (World Cups)
- 2) Athlete makes start list in World Cup Cape Town
- 3) Athlete places 26th at World Cup Cape Town
- 4) Athlete must place in top 20 and earn ITU World Ranking points within the next two Tier 2 events
- 5) Athlete makes start list in World Cup Antwerp March 21
- 6) Athlete places 17th at World Cup Antwerp
- 7) Athlete is secured to continually race in Tier 2 for 2020

Example 3:

- 1) Athlete achieves one (1) Continental Cup podium (Priority 9) earning ability to race in Tier 2 (World Cups)
- 2) Athlete makes start list in World Cup Cape Town Feb 3
- 3) Athlete places 26th at World Cup Cape Town
- 4) Athlete must place in top 20 and earn ITU World Ranking points in next Tier 2
- 5) Athlete makes start list in World Cup Antwerp March 21
- 6) Athlete places 29th at World Cup Antwerp
- 7) Athlete places 31 at next World Cup.
- 8) Athlete must return to racing Continental Cups.

Appendix D

Triathlon Canada Depth of Field and Quality of Field Evaluation Process

The purpose of this document is to outline the process that Triathlon Canada will use to determine the Depth of Field (DOF) and Quality of Field (QOF) of an event, as well as how both will be used to evaluate athlete performance. DOF will be used to evaluate an event as a whole, and an athlete's performance will be evaluated relative to the QOF.

Triathlon Canada is aware that events (especially at the Continental Cup and World Cups) vary greatly in terms of competitiveness. The objective of using DOF and QOF is to ensure that athletes, and their coaches, can objectively assess their performances and progression through Triathlon Canada's Podium Pathway. In doing so, they can provide the necessary feedback and make the appropriate shifts to their planning to maximize performance.

Additionally, utilizing DOF and QOF, Triathlon Canada can continue to ensure the top performing athletes are prioritized for selection/nomination through objective comparison of performances. This is in alignment with Triathlon Canada's High Performance mission.

TRIATHLON CANADA'S AUTHORITY FOR DECISIONS

All matters relating to the selection of athletes for ITU competition are the sole authority of Triathlon Canada.

DEPTH OF FIELD

Depth of field is defined as the overall competitiveness of an event. Triathlon Canada will determine and publish the DOF within the week prior to the event start date. The process is as follows.

- Average ITU World Ranking of the Top 8 Women and Top 10 men on the start list of the event

Note: The ITU World Ranking points range between women is significantly larger than men. Additionally, the total number of women in ITU races is smaller than men. Therefore, Top 10 will be used for men and Top 8 for women.

Example 1.

Event	Program	DOF (Rank AVG)	Points (AVG)	Rank (Count)	Rank (Range)	Top-3 (Rank Avg)
2019 AJ Bell World Triathlon Leeds	Elite Men	5.5	5171.026	10	9	2
2019 AJ Bell World Triathlon Leeds	Elite Women	5.875	4980.40125	8	11	2
2019 Huatulco ITU Triathlon World Cup	Elite Men	38.9	2344.74	10	42	20.3333333

2019 Huatulco ITU Triathlon World Cup	Elite Women	33	2755.477 5	8	45	11.6666 667
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QUALITY OF FIELD

Quality of field is defined as the relative competitiveness of the participants in an event. Whereas DOF uses the absolute ITU World Ranking, QOF takes into consideration the actual ITU World Ranking Points and the difference between the absolute rankings.

Example 2

Event	Program	DOF (Rank AVG)	QOF (Points AVG)	Rank (Count)	Rank (Range)	Top-3 (Rank Avg)
2019 AJ Bell World Triathlon Leeds	Elite Men	5.5	5171.026	10	9	2
2019 AJ Bell World Triathlon Leeds	Elite Women	5.875	4980.401 25	8	11	2
2019 Huatulco ITU Triathlon World Cup	Elite Men	38.9	2344.74	10	42	20.3333 333
2019 Huatulco ITU Triathlon World Cup	Elite Women	33	2755.477 5	8	45	11.6666 667

For an event such as the Olympic Games or WTS Grand Final, the DOF and QOF are reflective of the most competitive event. This is due to the understanding that the Top 8/10 athletes will be in attendance. Finish position at those events are an accurate representation of the highest level of competition. However, the competition level of events below the WTS Grand Final and Olympic games is less consistent.

For example, two events can have the same DOF but not necessarily the same QOF. This is where QOF will be one tool to evaluate athlete performance relative to the athlete pool in the event.

EVALUATION OF ATHLETE PERFORMANCE

To further improve the accuracy of assessing athlete performance, DOF and QOF will be utilized in conjunction with Triathlon Canada's Gold Medal Profile and race analysis.

DOF will be used to determine the competitive level of an event and if an athlete achieving selection criteria meets the performance standards. It can also be used to compare two performances with the same result but in different events.

Example 3: Use of DOF

4th at Huatulco WC vs 4th at Banyoles WC

Event	Program	DOF (Rank AVG)	QOF (Points AVG)	Rank (Count)	Rank (Range)	Top-3 (Rank Avg)
2019 Huatulco ITU Triathlon World Cup	Elite Men	38.9	2344.74	10	42	20.3333333

2019 Banyoles ITU Triathlon World Cup	Elite Men	15.3	3917.7	10	28	3.333333
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Banyoles WC would be considered the higher level event and thus the result in Banyoles is prioritized.

QOF will be used in comparing differing athlete results between two or more races.

Example 4: Use of QOF

8th at Banyoles WC vs 6th at Huatulco WC

Event	Program	DOF (Rank AVG)	QOF (Points AVG)	Rank (Count)	Rank (Range)	Top-3 (Rank Avg)
2019 Huatulco ITU Triathlon World Cup	Elite Men	38.9	2344.74	10	42	20.3333333
2019 Banyoles ITU Triathlon World Cup	Elite Men	15.3	3917.7	10	28	3.333333

QOF is the average of the Top 10 athletes starting in the event (the final results of the athlete is highlighted)

Rank	Banyoles Top 10 ITU World Ranking Points	Huatulco Top 10 ITU World Ranking Points
1	6333.16	3513.06
2	6231.99	2765.62
3	4584.55	2663.22
4	4134.84	2431.39
5	3790.55	2181.9
6	3099.76	2160.73
7	2878.81	2093.05
8	2886.09	1966.62
9	2557.97	1842.62
10	2494.64	1829.19

Though the athlete achieved a higher placing in Huatulco (4th), using the ITU World Ranking points as an indicator of athlete performance level, an athlete achieving 8th in Banyoles is in fact performing at a higher level by comparing the relative ITU World Ranking points of the athlete ranked in that position prior to the race. This evaluation can be done for any result.

Triathlon Canada’s event selection policy outlines the priority criteria and achieving a higher priority criteria is still the primary measure of performance.