

# Triathlon Team Selection Criteria

## 2021 Canada Summer Games

### Introduction

The Canada Summer Games is a quadrennial event that brings together over 3000 of the nation's top young athletes to compete in 20 different sports. All provinces and territories participate in what is the largest regular multi-sport event in Canada. The event takes place August 6 – 21, 2021 in Niagara, Ontario.

### Philosophy

The Canada Summer Games serves as the focus of Triathlon NL's High Performance program which is aimed at developing Youth, Junior, and U23 aged athletes for national and international competition.

### Mission

- To improve team ranking from 2017, specifically to move from 9<sup>th</sup>.
- To grow the quantity and quality of junior NL triathletes competitive at the inter-provincial level.
- To contribute to the long-term development of the sport of triathlon in NL.

### Values

- To identify athletes with potential to be successful in triathlon using race performance as a primary measuring tool, but also based on swim and run standards.
- To support identified athletes to develop to their full potential within the sport of triathlon.
- To create a social network amongst junior athletes within the province.

### Team Structure

Team Newfoundland & Labrador will consist of up to three male and three female athletes with a first and second alternate named per gender. Alternates will not travel with the team to the Games unless the alternate is replacing a team athlete who has been deemed unable to race.

### Final Team Size

Team size will consist of up to three male athletes and three female athletes.

### Selection Committee

The selection committee consists of three members: two Canada Games Triathlon Team Coaches and a representative of the Triathlon NL Board of Directors.

### Eligibility

- Athletes must be members in good standing with Triathlon NL at the time of qualification and must remain in good standing until completion of the Games.
- Athletes must meet Newfoundland & Labrador residency and eligibility requirements as described in the Canada Summer Games Package.
- Athletes must complete and submit an Athlete's Information Form to Triathlon NL no later than January 31, 2020.
- Athletes must complete and submit a Triathlon NL Team Member Code of Conduct agreement no later than February 16, 2020.
- Parents/Guardians of athletes must complete and submit a Triathlon NL Team Member Parent/Guardian Code of Conduct agreement no later than February 16, 2020.
- Athletes must participate fully in a minimum of 75% per year of the Triathlon NL-sanctioned clinics, training camps, or competitions as selected by the Team coaches offered from January 31, 2020 to the team

selection date, and all events post selection. Out of province sanctioned clinics and training camps can be substituted for in province ones if approved by the Selection Committee prior to the event. Attendance at clinics and competitions will be tracked and if an athlete does not meet the 75% per year participation rate and compete in the required number of races per year, unless there is an exceptional circumstance, then the athlete will not be considered for Canada Games selection.

- Athletes must meet selection criteria as outlined below.
  - Athletes must be at least 16 years of age and no older than 20 years of age as of December 31, 2019. (Born between January 1, 2001 and December 31, 2005 inclusively).
  - Swim and Run time standards must be achieved between January 31, 2020 and June 30, 2021. These times need to be set at Triathlon NL-sanctioned events, or at Swim NL, or NLAA sanctioned events, or equivalent, with prior approval from the team coaches.
  - Complete drafting training and demonstrate competence in a drafting environment test. Drafting training will be included in the Triathlon NL camps and should be supplemented with drafting practice. Attendance at the draft clinic is mandatory. Each athlete considered for the Canada Games Team must be draft certified.
- Athletes who express an interest in the Canada Games team after the January 31, 2020 deadline and prior to October 31, 2020 must provide a detailed history of their triathlon training and competitions with focus on sprint distance, including name and date of each race, age group standings, overall standings, and times. The Selection Committee will review the training and performance information provided and assess the eligibility of the athletes in relation to the volume and quality of training to date related to the selection criteria, as well as the performance of the athlete relative to the established triathlon minimum standards and those of the training group. If, in the opinion of the Committee, the athlete is sufficiently prepared (knowledge and training) and of a similar performance standard to other committed and eligible athletes, and is a member in good standing, the Committee may deem the athlete to be eligible and will join the short-list.
- At the discretion of the Board of Triathlon NL, an athlete may be allowed to join the short-list after October 31, 2020 based on a detailed history of their triathlon training and competitions.

### **Selection Criteria**

- The objective of this selection process is to select a Team that shows the best potential for performance success at the Canada Summer Games in 2021. Triathlon NL views the Canada Summer Games as a catalyst for elite junior development for triathlon. Team selection will support this philosophy.
- Athletes participating in the Canada Summer Games development program must open a (free) Training Peaks account, and maintain a log of all training activities. The account will be shared with, and viewed by, the Canada Games coaching staff. At the discretion of Triathlon NL, short listed athletes may be upgraded to premium Training Peaks accounts.
- Team selection will proceed in two stages. The first stage will be the determination of the short-list on October 21, 2020. The final stage will be the naming of the team and alternates in early July 2021 after the final selection competition and/or training camp.
- The Selection Committee will weigh several factors in its selection decisions:
  - Race performance
  - Race potential – swim & run standards
  - Compliance with the training process
  - Best discipline – choosing the fastest swim, bike, or run to complement the team
- All athletes meeting the minimum time standards at a triathlon race in 2020, or in an approved performance measurement, will be included in the short list of triathletes for the final Canada Summer Games team.
- Athletes who have not met the time standards may be selected for the short list of triathletes for the Canada Summer Games team at the discretion of the Selection Committee.
- The minimum time standards are set for the 2020 training season. Triathlon NL reserves the right to modify these standards after the short-list process has completed.

- **Minimum Time Standards**

Discipline	Male Standard	Female Standard
400m Swim	5:20	5:35
1500m Run	5:00	5:50
or		
5km Run	20:00	21:30

- Based on superior performance in races and dedication to the training program, the Selection Committee may award a position on the final team, by-passing the short-list process, to at most one male and one female athlete at the end of the 2020 season on October 31, 2020. The named athlete(s) must maintain the standards of performance and training dedication displayed in 2020 or the award may be withdrawn and the athlete will become part of the normal short-list training team.

### Swim Performances

- Swim performances can be achieved in a 25m Short Course (SCM) pool, or a 50m Long Course (LCM) pool only.
- Performances from sanctioned Triathlon NL, SwimNL, Swim Canada or other provincial triathlon/swim association events will be accepted.
- Out-of-competition swim results will be accepted provided the following criteria are met:
  - The performance cannot be achieved with the use of additional training equipment (i.e.: wetsuit, paddles, pull buoy, fins, etc) which would not be permitted in a sanctioned swim meet.
  - The performance must be achieved by the athlete in the absence of drafting (i.e.: the athlete must be the only swimmer in the lane for the duration of the swim).
  - The performance must be hand-timed (stop watch) by a Triathlon NL NCCP trained or certified Triathlon Coach or a NCCP trained or certified Swim Coach approved by the Triathlon NL Selection Committee.

### Bike Performances

- Bike performance will be monitored and evaluated at competitions and training camps, and measured at training camps. Bike performance will be used in short-list and final team selection, but will not be measured against a time standard.

### Run Performances

- Run performances can be achieved in an indoor (200m) or outdoor (400m) track at a certified track meet (Triathlon NL, NLAA or other provincial triathlon/athletic association) or on a certified running course.
- Out-of-competition run results will be accepted provided the following criteria are met:
  - The performance must be achieved on a 200m or 400m track.
  - The performance cannot be achieved using equipment which would not be acceptable in a sanctioned road or track event.
  - The performance must be hand-timed (stop watch) by a Triathlon NL NCCP trained or certified Triathlon Coach or a NCCP trained or certified Run coach approved by the Triathlon NL Selection Committee.

### Alternates

- Alternates will be selected using the same team selection criteria and process as described above.
- Alternates will compete as members of the Team Newfoundland & Labrador if one of the following situations occurs:
  - A selected Team member is deemed to be “unfit to race”
  - A selected Team member fails to meet Triathlon NL’s Team Member Code of Conduct
  - A selected Team member fails to meet Triathlon Canada’s Code of Conduct for the Canada Summer Games
  - Performance results used to qualify a selected Team member under the Eligibility Criteria become invalidated.
- Being deemed “unfit to race” will be determined by, but is not limited to, any of the following factors:
  - Illness
  - Physical fitness
  - Unrecovered injury
  - Competitive readiness (e.g. failure to achieve drafting standards)

## Appeals Committee

- Athletes may appeal the selection-related decisions of the Selection Committee by filing an appeal, in writing only, with the Triathlon NL Appeals Committee.
- Selection-related decisions of the Selection Committee that may be appealed are:
  - Naming of the short-list or additions to the short-list
  - Naming of the final competition team and alternates
  - Replacement on the competition team by an alternate
- Appeals must be submitted through email, registered mail, in person, or by courier.
- The fee for an appeal will be \$50 (via e-transfer, cheque, or cash) and will be returned only if the appeal is upheld.
- The Triathlon NL Canada Summer Games Appeals committee will consist of the Triathlon NL Board of Directors (excepting any member of the Board who is on the Selection Committee).
- Grounds for appeals will be limited strictly to:
  - whether or not the Selection Committee has completed the selection process in accordance with the published selection criteria and related procedures;
  - Whether or not the selection criteria developed and applied by Triathlon NL was fair, objective, transparent and free from discrimination or conflict of interest.
- After hearing an appeal, the Appeals Committee will have the authority to:
  - Direct the Selection Committee to redo the selection process using the correct criteria/process and submit a new list of nominated athletes; or
  - Deny the appeal
- ***The deadline for athletes to submit appeals to the Appeals Committee is 2 days after short-list or final selection, or one day after an alternate appointment has been announced.***
- Appeals via email should be sent to [admin@trinl.com](mailto:admin@trinl.com), or via registered mail, courier, or in-person to:

Triathlon Newfoundland and Labrador  
Canada Games Selection Appeal Committee  
c/o Stephen Delaney, Executive Director  
126 Topsail Road  
St. John's, NL  
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