



# HIGH SCHOOL TRIATHLON PROGRAM

USA Triathlon has outlined guidelines for interested athletes/parents/administrators to follow to participate in the program and grow high school participation in their communities.

**Goal:** To support the participation of high school age athletes in the multisport community.

**Vision:** USA Triathlon High School Program will give athletes an age-specific community to pursue their passion for the multisport lifestyle. By taking part in the High School Program, current athletes will be encouraged to continue their participation in multisport events specific to the high school age. This program also is a platform for new athletes to experience the multisport experience for the first time.

The High School Program offers the following avenues for continued participation in multisport:

- Age-Group Races
  - More than 4,300 USA Triathlon Sanctioned Events
- [USA Triathlon Junior Elite Program](#)
  - High Performance pipeline for juniors competing in draft-legal triathlon
  - Junior Elite: Ages 16-19
  - Youth Elite: Ages 13-15
  - National Team Selection; High Performance Junior Camps; Teams
- [USA Triathlon Collegiate Club Program](#)
  - Over 130 colleges and universities around the country have active triathlon clubs.
- [NCAA Women's Triathlon](#)
  - Triathlon is an NCAA Emerging Sport for Women.
    - Emerging Sports are recognized by the NCAA and are intended to assist institutions in providing more athletic opportunities for women, more sport sponsorship options for institutions and to help that sport achieve NCAA championship status.
  - As of December 2018, there are 25 institutions have committed to establishing varsity women's triathlon programs over the next 1-3 years.
    - Information can be found at [usatriathlon.org/ncaa](https://usatriathlon.org/ncaa).



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- [USA Triathlon Women's Triathlon Emerging Sport Grant](#)
  - This grant program is a \$3.4 million investment of funds from USA Triathlon, allowing institutions to develop, grow and sustain varsity NCAA women's triathlon programs.

Athletes are encouraged to work with their respective high schools to start a triathlon club to grow the multisport lifestyle at the high school level. Please keep in mind that some high school administrations have a process to start a new club and also require a minimum amount of student interest to formally start a club. The recognized club structures are listed below to offer club options at all stages of growth.

Athletes racing independent of a high school club (i.e.: Independent High School Club or Region-Based Club) are welcome to participate in the program and are encouraged to recruit their fellow high school classmates to get involved in the sport and start a USA Triathlon registered club.

## Club Structures for High School Program

USA Triathlon recognizes the following club structures for the High School Program:

- **Region-Based Clubs:** Comprised of high school age athletes located in the same school district or surrounding region
  - Once a school has reached the minimum designated by their high school to create a club, those students will separate from the region club and act as an independent club.
- OR
- There is no limit on the number of athletes per club, but USAT recommends once there are roughly 8 (eight) student-athletes competing on a part region club, then the student athletes should look to create another club.
  - Unless a school has a required minimum of interested student athletes to form a club, USA Triathlon has set an encouraged minimum to eight (8). Please contact [highschool@usatriathlon.org](mailto:highschool@usatriathlon.org) with any questions.
  - At the beginning of the season, clubs must submit their roster to [highschool@usatriathlon.org](mailto:highschool@usatriathlon.org) to monitor the transition from Region-Based Club to Independent Club.
- It is recommended that the club name includes "region" to designate that this is a Region based club rather than an Independent Club [for example, Southern Colorado Region].



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- Homeschool athletes are allowed to participate in a Region-Based Club.
- This club structure is not intended to be a permanent structure. It serves to allow the athletes to compete on a club within their state, but must also be working to grow the participation numbers to become an Independent High School Club.
- **Independent High School Clubs:** Represented by student-athletes from one single high school.
  - Full-time students from the same school (private or public).
  - May include homeschooled athletes who are zoned to attend the high school.
    - Home schooled athletes cannot represent more than one Independent High School Club within a school year.
  - The encouraged minimum club size is 8, but is not required.
    - For purposes of the High School National Championship, as the program grows, the club scoring will eventually score the top 4 female athletes and top 4 male athletes from each club. Currently, club scores are calculated with the top 2 female athletes and top 2 male athletes from each club.

## **Suggested High School Club Training Environments:**

- USA Triathlon Certified Coach led group workouts
- Train with a USA Triathlon Registered Club (high school aged, local age-group club, or USA Triathlon High Performance Team)
- High school recognized club and interested faculty advisor led
- Independent athlete training, for example: USA Triathlon supported [High Performance Teams](#) or members of club swim teams or high school track teams, who compete as a team at local triathlon races

## **Homeschool Athletes:**

Homeschool athletes can compete for the public or private high school they would attend at the school district level based on their residence. In summary, a homeschool athlete has the following options:

- Race as an independent athlete
- A member of a Region-Based Club
- A member of an Independent Club (determined by their place of residence)



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## Single-gender Schools:

Independent High School Clubs based at a school whose attendance is comprised of a single gender population (“all-girls” or “all-boys”) can petition to be scored with a club based at an opposing single gender school. This petition must be confirmed with USA Triathlon at the beginning of the season and the partnership is for scoring purposes only. If there is an established “sister” and “brother” sport program relationship, these two schools can compete (scored) as one club at designated high school races. Please review this with the respective school administration. Official documentation stating the partnership between schools should be submitted to USA Triathlon

- Contact [highschool@usatriathlon.org](mailto:highschool@usatriathlon.org) for more guidance.

## Eligibility

- **College Class Enrollment:** If a student is completing college level classes, the student must be registered as a high school student to be eligible to participate in the High School Triathlon Program.
- **Age Eligibility:** USAT defines eligibility for high school students as June 1st after 8th grade graduation until September after Senior year graduation.
- **High School National Championships Maximum Attendance:** All high school athletes can compete at the High School National Championships no more than four times.
- **To participate in the event please provide Proof of Attendance (submit one):**
  - School ID, report card, other form of identification verified by high school administration. Submit to [highschool@usatriathlon.org](mailto:highschool@usatriathlon.org).

## USA Triathlon Foundation High School Program Grant:

- Information will be provided at a later date.

## Growth of the High School Triathlon Program:

The High School Triathlon Program is being designed similarly to the USA Triathlon Collegiate Club Program, whereby there is much focus on growth, development and support of new programming without an overabundance of legislation and rules which can stifle key elements of development. It took a few years to get the Collegiate Club Program at the level it is today. The collegiate system currently supports over 150 triathlon clubs across the country that compete within 10 Collegiate Conferences. Each Collegiate Conference has a designated race schedule for the clubs to attend and race against other clubs. The season culminates in the spring with the Collegiate Club National Championships. However, competing at the National Championships is not the only focus and racing



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## High School State Championships:

USAT views these events as a way for high school athletes to compete and increase race opportunities in individual states. In 2018, there were 36 events. In 2019, the high school state championships will be included in the age group state championships. We are excited about this component developing.

## 2019 USA Triathlon High School National Championships

- April 5<sup>th</sup> 2019 in Tempe, AZ
- Review the event [page](#) for additional details

## USA Triathlon High School National Championships

### Scoring:

- Region-Based High School Club: will be scored according to the weighted point values in the chart below. The top four (4) female and top four (4) male finishers from each club will earn their club points depending on their official place.
- Independent High School Club: will be scored according to the weighted point values in the chart below. The top four (4) female and top four (4) male finishers from each club will earn their club points depending on their official place.
- Female & Male Club: Region-Based Clubs and Independent High School Clubs will also score their male athletes and female athletes separately for a female club score and a male club score.

Place	Points
1 <sup>st</sup>	100
2 <sup>nd</sup>	90
3 <sup>rd</sup>	85
4 <sup>th</sup>	80
5 <sup>th</sup>	75
6 <sup>th</sup>	70
7 <sup>th</sup>	65
8 <sup>th</sup>	60
9 <sup>th</sup>	55
10 <sup>th</sup>	50
11 <sup>th</sup>	48
12 <sup>th</sup>	46
20 <sup>th</sup>	30
21 <sup>st</sup>	29
22 <sup>nd</sup>	28
40 <sup>th</sup>	10
41 <sup>st</sup>	1
42 <sup>nd</sup>	1



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- Finishers at the High School National Championship will earn points based on the weighted point system above. Finishers at the 41<sup>st</sup> place and below receive 1 point. Racers who do not finish will not earn points.

## Awards:

- Club Awards
  - Top-three Region-Based Clubs
  - Top-three Independent High School Clubs
  - Top-three female clubs: Top four (4) female athletes from club will contribute
  - Top-three male clubs: Top four (4) males athletes from club will contribute score.
- Individual Awards (All athletes, independent or club-based athletes, are scored in this category):
  - Top-three female overall
  - Top-three male overall
  - Top-three PC Open female
  - Top-three PC Open male

## FAQs:

### 1) *Why participate in the High School Triathlon Program?*

The High School Triathlon Program is meant to encourage continued participation in multisport at all ages, as well as increase interest from new members. This is a great opportunity for those who have never participated in the sport to have a community to learn about the sport and providing a supportive training and racing environment. For the high school athletes who already participate in multisport events, this is an opportunity to share their passion with their classmates.

### 2) *How do I register a club on the USA Triathlon website?*

The club administrator must hold a USA Triathlon annual membership in order to create a club. The individual who will be overseeing the club is recommended to be an adult who can oversee the ongoing club operations.

1. Log into [usatriathlon.org](http://usatriathlon.org) with your USA Triathlon member ID and password
2. Select "My Account"
3. On the "Club" drop down list select "Register New Club"
4. Follow the steps to create your club profile and process the payment
  - a. Be sure to select only "High School" for your club type
5. Create club roster



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6. Notify [highschool@usatriathlon.org](mailto:highschool@usatriathlon.org) once you have completed your registration

3) *What is the recommended strategy for approaching school administration to support a new club?*

Many schools like to see interest in a club before they consider starting a new program. Share your idea to start a triathlon club with your classmates to gain support, and then share your request with your school administration. It is also helpful to have an identified adult in support of the triathlon club who can provide oversight as needed. This could be a teacher, school administrator, coach or volunteer parent. It is encouraged to have this identified individual to be part of the meeting with the school administration to show the effort that has gone into developing the club.

4) *Can I still participate in the High School Program if my school does not support creating a new club?*

It is important to ask your school if you are able to race at a high school level event while acknowledging what high school you attend. You can participate in the High School Program as an individual athlete or as part of a club (Region-Based or Independent Club). For example, during the High School National Championship registration you will be prompted to list what high school you attend. If you are part of an Independent High School club, but are not officially recognized by your high school administration, be sure to inform the school that you will be sharing the high school name with USA Triathlon for database purposes. The Independent High School club will need to create a club name that does not violate the high school's wishes but is still distinguished as a high school club in the USA Triathlon Club database. During club registration, be sure to only select "high school" as the club type and include the high school name in the club profile.

5) *Can I participate in the High School Program if I am not part of a high school triathlon club?*

Yes, you can participate as an Individual athlete. You will be able to score in the individual award category. While we encourage participation in a club program to benefit from the numerous advantages of the club environment, we recognize this is not always an option due to your geographic location or a lack of an interest in community participation.

6) *What if I am a current Youth Elite or Junior Elite athlete?*

You are welcome to race at the USA Triathlon High School National Championships. However, please contact your High Performance Team or [Steve Kelley](#) for further guidance on selecting your races for the competitive season that best fit your goals.



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7) *Can I still participate in the High School Program if I am on a varsity sports team?*

If you are a varsity athlete at your school, be sure to abide by the regulations on participating in a non-varsity sport during the school year. This is highly important if the event falls during your varsity sport season. Be educated on your state's specific rules on this so that you do not jeopardize your varsity sport eligibility. It is highly recommended to receive written confirmation from your Athletic Director about your agreement to participate in a non-varsity sport.

8) *How do I find out what clubs exist in my area?*

All registered USA Triathlon Clubs are listed online in the "Find a Club" section of the [USA Triathlon Clubs page](#). This list is updated as new clubs register and current clubs renew their USA Triathlon Club Membership. Feel free to contact [highschool@usatriathlon.org](mailto:highschool@usatriathlon.org) for assistance.

9) *What is the structure of the High School season?*

Your geographic location will impact the length of your season. Fortunately for some of the warmer locations, those clubs will be able to race longer into the winter months. There is no strict timeframe that high school races can take place. The idea is to grow the programs and give the flexibility to identify races throughout the multisport season. However, the USA Triathlon High School National Championships will be the culminating event for the high school season.

It's important to identify the difference between the high school, collegiate club, and collegiate varsity seasons and competitions. The High School and Collegiate Club National Championships take place in the spring timeframe, while the varsity women's triathlon season occurs from September through November and is governed by NCAA Legislation.

10) *Why is the High School Program structured with multiple club options?*

We realize that at the start, you might not have enough athletes to represent one high school. This club structure is a fluid one that gives room for growth. The Region-Based Club option is available to give athletes a way to participate in the program while working to increase participation from their school. This club option is not intended to be a permanent solution.





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The Independent High School club model is the end goal for the high school athlete during the club growth stage. The athletes will graduate from the Region-Based Club to become an Independent High School Club that consists of athletes from one high school.

At the beginning of each season, the clubs must communicate with USA Triathlon how they will function for that season and provide a starting roster. At this time, you will indicate if you will be operating as an Independent Club or a Region-Based Club. If applicable, please indicate if you will be aligning with a “brother” or “sister” school. This should be shared with USA Triathlon by June 1 of each year.

This model is similar to the [National Interscholastic Cycling Association](#) (NICA) league model for mountain biking. NICA has seen great growth in high school athlete participation in mountain biking since being founded in 2009.

## *11) How will the USA Triathlon High School National Championship be officiated?*

The event will be officiated according to USA Triathlon Competitive Rules by USA Triathlon Certified Officials. This is a non-drafting event, so USA Triathlon age-group equipment rules apply.

## *12) What are the race distances of high school competitions?*

The USA Triathlon High School National Championships will include a 750-meter open water swim, a 20-kilometer bike, and a 5-kilometer run. State and Regional competitions will be recognized at this distance, known as sprint, or shorter. Standard (or Olympic-distance) races or longer may not be included in the high school program. Race age is determined by an athlete’s age on 12/31 of the competition year. Race directors have discretion to set a minimum age for their events.

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