Introduction
This document explains how USA Triathlon (USAT) will prioritize USA athletes for nomination to the International Triathlon Union (ITU) to compete in ITU Continental Cup (CC) events. It is derived from the current ITU CC Elite Qualification Criteria and shall be revised by USAT within seven (7) business days to comply with any material changes made by the ITU. Changes made to USA Triathlon international event selection criteria require approval from the USAST Board of Directors. While USA Triathlon will make changes within seven days, the approval process may take longer.

The ITU determines the qualification criteria for ITU CC events. Selections to these events are made by the ITU from entries submitted by USA Triathlon. All USA athletes interested in CC entry are advised to read the ITU CC Qualification Criteria posted at www.triathlon.org.

ITU CC events are the first tier of international standard distance (Sprint and Olympic) draft-legal triathlon where ITU ranking points are awarded. They are an important stepping stone for developing athletes to gain race experience and ranking points in order to progress to World Cup and World Triathlon Series events.

Athlete Eligibility
The eligibility requirements for an athlete to be considered for entry into an ITU CC Event are as follows:

- Athletes must be a citizen of the United States or be eligible to race for the United States;
- Must hold a current USAT Elite License;
- Must abide by all USAT, USOC, ITU, USADA and WADA anti-doping policies and procedures and be in good standing with these organizations.
- Must sign the USAT Nomination Procedure Agreement.

Athlete Nomination Process
All athletes must follow the nomination process set forth by USAT. No exceptions will be made.

1. Athletes must request entry to a CC event by written notice to USAT via ituentries@usatriathlon.org by the USAT entry deadline for that event. No other form of request will be accepted (including email with staff and in person communication).
2. Deadlines: USAT deadlines are midnight ET the Sunday before the ITU deadline. USAT will continue to enter athletes into the ITU system after the deadline has passed. All nomination requests submitted after the deadline will be handled in the order of which they were received. Please note that after the ITU deadline, the wait list is ordered by date/time of entry to the ITU online system.  
   Note: In the event that the ITU does not post a start list by the posted ITU deadline, USAT will continue to enter athletes into the ITU system with no penalty to the athlete.
3. Selection to the CC event will be made by the ITU in accordance with the ITU CC Qualification Criteria and start lists are expected to be posted 32 days prior to the event.
4. Substitutions: Per ITU policy, after the start list for a CC event has been created, three athletes per gender may be replaced per the ITU substitution procedure. The purpose of this protocol is to ensure athletes returning from injury, quickly rising up the pipeline, or capable of contributing to a medal performance can be placed on the team to enhance medal opportunities. This substitution process will only be used in the following cases:
   - To replace an athlete included on the start list as a place holder (a placeholder is defined as an athlete who has not requested a start to an event by the published USA Triathlon deadline and is not racing another ITU event the same weekend);
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- An athlete on the start list who is unable to compete due to injury or illness.
  a. Substitutions will be exercised in the following priority order:
     1. Discretionary nomination identified by the High Performance Department;
     2. Remaining USA athletes based on wait list priority order

Fines and Penalties
USAT will enforce the nomination and withdrawal policies outlined in this document. If an athlete fails to adhere to these rules they may be penalized according to the fine schedule below. To avoid penalties, athletes must communicate via email (ituentries@usatriathlon.org) their wishes to be removed from the Continental Cup Event consideration list by the USAT deadline dates listed below. Additional penalties may be incurred from the ITU for late withdrawal. Athletes should familiarize themselves with the criteria outlined at [www.triathlon.org](http://www.triathlon.org). Offenses expire two years after the scheduled event date at which point they no longer factor into penalty aggregation. Note: If the race is not fully subscribed (thus not blocking another athlete from gaining a start), and USA Triathlon does not incur a penalty from the ITU, a fine will not be imposed.

<table>
<thead>
<tr>
<th>Offense</th>
<th>Fine</th>
</tr>
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<tbody>
<tr>
<td>1st offense</td>
<td>$250 fine</td>
</tr>
<tr>
<td>2nd offense</td>
<td>$500 fine</td>
</tr>
<tr>
<td>3rd offense</td>
<td>Ineligible for any ITU event starts for 3 months from race date</td>
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</tbody>
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ITU and USAT Entry Deadlines
The ITU is expected to post start lists 32 days prior to the event. The USAT deadline for all events will be midnight ET the Sunday prior to the ITU deadline as noted in the second point of the Athlete Nomination Process above. All event dates can be found under the “events” section on the ITU website ([www.triathlon.org](http://www.triathlon.org)).