



# 2020 ITU Mixed Relay Event Selection Criteria

## Introduction

This document explains how USA Triathlon (“**USAT**”) will prioritize USA athletes for selection to compete in ITU Mixed Relay (“**MR**”) events. All USA athletes interested in Mixed Relay nomination are advised to read the ITU Mixed Relay Qualification Criteria posted at [www.triathlon.org](http://www.triathlon.org).

The criteria covers selection to all ITU MR events including but not limited to ITU WTS MR Series, ITU Junior/U23 World Championships, FISU World University Championships, PATCO MR Championship, and other international Invitational MR events. These events are intended for the highest caliber athletes currently competing at the most competitive level of international MR draft-legal triathlon. Additional ITU MR opportunities may be available throughout the course of the year at varying levels of competition.

## Pre Participation Exam (PPE)

Athletes who wish to compete in Junior, U23, Elite and Elite Paratriathlon categories at ITU events are required to undergo a Pre-Participation Exam (PPE) by their personal health care provider. The details of this are outlined in Rule 2.4 and Appendix Q of the ITU Competition Rules. The PPE includes completion an ITU-provided Medical Questionnaire reviewed by the athlete's doctor, an examination, and a 12 lead resting electrocardiogram (ECG) with results reviewed by the athlete's doctor. Upon satisfactory completion of the PPE, the athlete will send the **physician signed** certification form to certify to [ituentries@usatriathlon.org](mailto:ituentries@usatriathlon.org). The athlete **does not** send his/her medical documentation to USAT.

Once athletes have completed the screening and the questionnaire, athletes are instructed to email only the signed completed PPE certification form to [elite@usatriathlon.org](mailto:elite@usatriathlon.org). Athletes should retain their original completed, dated and signed questionnaire and PPE certification for their own records. Click [here](#) for more information on this screening and the PPE documents.

## SafeSport Training

Athletes who wish to compete in Junior, U23, Elite, and Paratriathlon categories at ITU events are required to complete and pass the USAT Safe Sport tutorial. More information about how to access the tutorial can be found at [www.usatriathlon.org](http://www.usatriathlon.org). This tutorial needs to be completed once every two years.

After the tutorial has been completed successfully, athletes are instructed to email the completed .pdf certificate to: [elite@usatriathlon.org](mailto:elite@usatriathlon.org) and retain a copy for their own records.

## Athlete Eligibility

The eligibility requirements for an athlete to be considered for selection into an ITU MR Event are as follows. An athlete must meet these requirements on or before the date of his or her nomination, and remain in compliance throughout the completion of the applicable ITU event:

- Must be a citizen of the United States or be eligible to race for the United States under the applicable ITU rules;
- Must hold a current USA Triathlon Elite License;
- Must abide by all USA Triathlon, United States Olympic & Paralympic Committee, ITU, US Anti-Doping Agency and World Anti-Doping Agency anti-doping policies and procedures and be in good standing with these organizations;
- Must sign the USA Triathlon Nomination Procedure Agreement;
- Must comply with ITU Competition Rule 2.4(c) and have physician signed certification form (PPE) on file with USA Triathlon;
- Must be current with SafeSport Training by completing the SafeSport tutorial and updating the tutorial as required by the U.S. Center for SafeSport.

## Athlete Nomination Process

1. Athletes are encouraged to request nomination to a MR event by written notice to USA Triathlon via [ituentries@usatriathlon.org](mailto:ituentries@usatriathlon.org) by the USA Triathlon nomination date for that event. USAT has the right to select athletes who may not have nominated for a particular MR event.



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2. Nomination Dates: USA Triathlon nomination date is to be 30 days before the MR event unless otherwise identified in the table below.

### Athlete Selection Process

1. **Selection:** Selection of individual athletes for Mixed Relay teams shall be determined by a panel of three USA Triathlon High Performance Staff, who do not serve as a personal coach to any of the athletes being considered. Selection of a MR Team is a highly complex process which involves analysis of objective performance measures and as such is a highly discretionary process. The panel will consider a range of factors that may include, but are not limited to, the following:
  - 1.1. Past performances in MR events;
  - 1.2. Past performances in other ITU events (especially Sprint & Super Sprints) and compared to other USA athletes;
  - 1.3. Course profile and setup (e.g. technical vs. less technical courses);
  - 1.4. Athlete's with a history of successful and unsuccessful performance history on similar courses;
  - 1.5. Athlete's with a history of successful and unsuccessful performance history in similar environmental conditions (i.e. temperature & humidity) to be expected at the event;
  - 1.6. Athletes who have consistently demonstrated ability to successfully manage the performance pressures associated with the highest level of triathlon competitions;
  - 1.7. Athlete health, injury, and return from injury status;
  - 1.8. Strategic considerations towards identifying talent for future MR event success;
  - 1.9. Other information the panel deems relevant to an athlete's ability to contribute in delivering a podium performance at the event for which selection is being made;
  - 1.10. Team strategy as it relates to creating the ideal MR Team. This may include choosing Athletes with specific characteristics/abilities that when combined could result in exceptional Team performance at the event. These abilities may be demonstrated by displaying the following in any evaluation event(s), including, but not limited to:
    - a) A record of consistent front-pack swimming results at the highest-level events (WTS, WC, MR);
    - b) A demonstrated ability to close or establish gaps in the swim, bike, and/or run;
    - c) A record of superior cycling time-trialing ability (especially in Sprint & Super Sprints);
    - d) A demonstrated ability, (through skills, conditioning and tactics) to ride economically in lead and/or chase packs, especially on similar or relevant/comparable courses to those of the event;
    - e) A demonstrated ability to execute transitions at the highest level speeds and effectiveness, especially in MR and Super Sprint events. This includes bike mounting ability and ability to catch or be in relevant pack out of T1;
    - f) A record of superior running performance off the bike that enhances the likelihood of podium performances, especially in the 4<sup>th</sup> leg of Mixed Relay;
    - g) A demonstrated overall consistent ability to contribute to podium performances through reliable execution in highest level Super Sprint and MR events;
    - h) Race result data (swim, bike, run, T1, T2) gathered from previous events;
2. **MR Order:** The panel may also determine the order in which the athletes will race at the event, provided that the panel may change the order of the athletes and composition of the team any time prior to the final roster deadline communicated by the ITU for the event (typically two (2) hours before the event), based on a range of factors that may include, but are not limited to:
  - 2.1. Changes in team composition for any reason;
  - 2.2. Fitness of athletes;
  - 2.3. Expected fatigue and impact of any racing in the previous 48 hours of the MR start;
  - 2.4. Recent results in events preceding the MR event;
  - 2.5. Expected weather at the event;
  - 2.6. Illness or injury of athletes;
  - 2.7. Any other consideration that the panel believes relevant to selecting the order & combination of athletes that is most likely to succeed.



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3. **Athlete Pool:** MR event teams are made up of 2 female and 2 male athletes. USAT will select a minimum of three (3) athletes per gender to make up the athlete pool (those who will be considered for final team selection), which includes a minimum of one athlete per gender to serve as alternates should there be any injuries, illnesses, change of Team strategy, or other extenuating circumstances. USAT may utilize varying strategies in how it selects MR teams in advance, including; selecting specific expected starters of 2 female + 2 male athletes with 1 or more alternate per gender; or selecting an athlete pool with a minimum of 3 female + 3 male athletes from which the final starters will be selected within the final submission/change deadline (typically two (2) hours before the event).
4. **Timeline of Notification:** USAT will notify athletes if they are to be included in the athlete pool for a particular MR event. USAT will communicate 14 days in advance, the intent to include particular athletes in the athlete pool, or in the expected starters & alternates pool, but will do so sooner when possible. Additionally, athletes will be notified when they have been officially submitted on the ITU Mixed Relay Declaration Form, which is typically submitted after the MR Briefing, between 72-18 hours before the MR event.
5. **Notification of Availability & Health Status:** Those selected in the athlete pool (including alternates) must notify USA Triathlon as soon as possible if, after selection but before the event, they sustain any injury or illness that could impact their fitness or ability to perform their best at the event. Failure to promptly notify USA Triathlon of such injury or illness may result in a penalty. Upon notification of an illness or injury by an athlete, or for other extenuating circumstances, the panel may substitute a different athlete if it concludes that substitution will improve the potential success of the team.
6. **Changes:** USAT will make selection of the MR athlete pool fourteen (14) days in advance with good intent based on the information it has available at that time, but retains the authority to make changes (additions & subtractions) to the athlete pool for a variety of factors including, availability and health status of those initially selected, and for other reasons listed above in the Selection section 1.1-1.10, and MR Order sections 2.1-2.7 listed above. Changes to the athlete pool are permitted right up until the submission of the MR declaration form (typically 72-18 hours before the MR event).
7. **Confidentiality:** It is the expectation that all USAT athletes (selected or not) will keep the MR selection process confidential, to avoid sharing with other nations potential strategy in advance of the final submission/change deadline (2 hours before the event). Additionally, athletes are asked to avoid any social media posts related to MR composition until 2 hours prior to the event to maintain confidentiality until no changes can be made by any nation.
8. **Appeal:** Athletes who may not have been selected in the MR athlete pool for a particular MR event (14 days in advance) shall have 72 hours from early notification date (provided below) to submit a challenge, in writing, to USA Triathlon via email at [ituentries@usatriathlon.com](mailto:ituentries@usatriathlon.com), with a copy to the High Performance General Manager ([HPGM@usatriathlon.org](mailto:HPGM@usatriathlon.org)). USAT will convene a panel of four individuals, including the USAT Chief Executive Officer, Chief Sport Development Officer, High Performance General Manager, and one athlete representative, who shall issue a written decision within 48 hours. If any of these individuals are not available, replacement panelists will come from individuals of similar qualifications. Such decision shall be final and binding. **There will be no appeal process granted with respect to the final composition of any MR Team, as Start Rights remain at the discretion of the USAT High Performance General Manager in consultation with the USAT High Performance Staff.**

### ITU MR Event and USA Triathlon Notification Dates

The USAT early notification date for MR events will be 14 days prior to the event date (or earlier when possible).

*\* Any date changes will be communicated via the Elite Beat.*

MR Event	Event Date	USAT Nomination Date	USAT MR Pool early Notification date
WTS Abu Dhabi, UAE	March 7	Feb 6	Feb 22
WTS Hamburg, GER *WCH	July 12	June 12	June 28
Other	Event Date	ITU Deadline	USA Triathlon Deadline
Brasilia PATCO	April 5	March 6	March 22
FISU World University Champs	June 28	May 29	June 14
ITU Junior/U23 World	Aug 22	July 23	Aug 8
All other ITU MR events	-	30 days in advance	14 days prior to event