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2009 ITU Junior Endorsement & Time Trial Information

Time Trials Information

Over the last four-five years, TA have recommended that states adopt standard swim bike and run time trial tests for junior and U23 athletes. NSW initiated this move in 1999/2000, using time trials as **one of** the means by which State Junior squad and NSW Institute of Sport (NSWIS) squad were selected. In the last two years all states, State Institutes and the AIS have used these time trails to assess, and gain information on, Junior and U23 level Triathletes.

The standard time trials for young Australian Triathletes are:

- **Swim:** 1000m, swum in a 50m pool (with lane ropes). The time trial is 20 laps, timed from a feet to the wall push start, to a hand to the wall finish. No drafting off other swimmers is allowed. (Maximum 3 swimmers per lane, spaced 15 seconds apart at the start).
- **Bike:** 20km circuit course. It is impossible to standardise a bike time trial as there are so many course and environmental variations, however most states use the same course for all their Triathlete time trials. Courses cannot be point to point. They must start and finish at the same point. A multi lap criterium style course is acceptable (and indeed the most commonly used). Bike time trials must be individual – NO DRAFTING allowed.
- **Run:** 5000m (12 ½ laps) on a 400m running track (preferably synthetic). Mass start “race” situation is allowed.
- These time trials are commonly run over a two day camp with swim on the first morning, bike the first afternoon and run the following day.
- However, it is possible to conduct the time trials over the course of one day providing the athletes are given reasonable time for recovery between each time trial or alternatively over 2-3 weeks.
- Care should be taken to ensure athletes adequately recover between time trials especially in hot conditions where rehydration is a priority.

The purpose of the time trials is not as a definitive measure of Triathlon ability.

Rather they are used as a quantifiable measure of potential and improvement in each of the three legs of triathlon.

BACKGROUND AND PHILOSOPHY

Triathlon, by its nature is a sport with many variables. It is almost impossible to compare times between one Triathlon course and another or even compare times on the same course on different days! Variables include, positioning of swim buoys, weather, wind, topography, accuracy of the course, size of transition and distance to run in transitioning.

It is however, desirable to encourage young Triathletes to **improve** in each leg of the Triathlon and it is important for them to be able to quantify their improvement. It is also great for Triathlon Australia to be able to track the development of its athletes from a young age. It is certainly not always the best juniors who go on to be the champion seniors, nor is it necessarily the fastest in each of the three disciplines who puts them together the best in a Triathlon race.

NATIONAL TIME TRIAL DATABASE

Over the past 3-4 years TA has been developing a database of TT results for our ITU Junior and U23 athletes. The database gives us a unique tracking tool to observe the development and progression of our developing athletes. TA strongly encourages all STTA junior development programs to complete at least 2-3 TT per year to gauge athlete performance and help give athletes and home coaches some basic information on athlete standards around Australia. While TT can be completed by STTA's throughout the year TA wishes to have ALL U23 & ITU Junior 1km swim & 5km run TT results completed between 1 December 2008 – 8 February 2009 submitted on correct TT template by 11 February 2009. All TT results will be distributed to junior development stakeholders.

COMPULSORY TIME TRIAL REQUIRMENTS

TA has set the following **compulsory TT requirements** for all ITU Junior athletes.

1. All ITU Junior athletes that wish to compete in the 2009 ITU Junior Australian Championships (Hobart) must complete and submit a 1km swim & 5km run TT results.
2. All ITU Junior athletes that wish to compete in the 2009 ITU Junior Oceania Championships (Gold Coast) must complete and submit a 1km swim & 5km run TT results.
3. All ITU Junior athletes that wish to be considered for selection for 2009 ITU World Triathlon Championships must complete and meet the min. 1km swim & 5km run TT standards.

The TT must be completed between **1 December 2008 & 8 February 2009** and results ratified and submitted by STTA's to TA by COB 11 February 2009.

NO TIME TRIAL RESULTS = NO START @ Hobart & Gold Coast ITU Junior Races

TA NATIONAL TIME TRIAL STANDARDS

	Male 1000m swim	Female 1000m swim	Male 20km cycle	Female 20km cycle	Male 5000m run	Female 5000m run
Min times for Aust ITU JNR Series Events	13.45	14.45	30.00	33.30	18.00	20.00
Min time for eligibility for selection Aust ITU JNR Team	13:15	14:15	N/A	N/A	16:30	18:50
Minimum times for making Aust ITU JNR Team	13.00	13.45	29.00	32.00	16.00	18:00
Minimum times for medalling at ITU JNR Worlds	12.30	13.15	28.00	31.00	15.45	17.45
Min time for eligibility for selection Aust U23 Team	12.45	13.30	N/A	N/A	15:45	17.45
Minimum times for medalling at U23 Worlds	12.20	13.00	27.30	30.00	15.15	17.15

RECOMMENDATIONS FOR BEST USE OF TIME TRIALS:

- Outline to athletes that it is all about them doing the very best that they can do in each time trial. It is not about comparing with others, because effort is the most important thing. And it is not necessarily the fastest single discipline time trialist who becomes the best triathlete.
- Triathletes should repeat time trial tests at least once or twice per year and aim for their own personal improvement.
- If an athlete is not improving, a coach should sit down with the athlete and discuss why. It is imperative that these time trials are a POSITIVE stimulus for improvement, enjoyment and self-esteem. Reasons for non-improvement could include: weather conditions, illness, growth spurt, fatigue, social stress, deficiencies in training...
- Use time trial standards (below) as goals to aim for in the longer term.
- National Standards are not there to intimidate. It is possible to achieve goals of National representation etc even if an athlete doesn't quite achieve the standards set; however, these standards are a good guide of what to aim for if an athlete is serious about progressing through an elite development pathway in the sport.
- These standards are especially useful benchmarks for athletes who do not have the opportunity to train and/or race with other athletes of a National Junior / U23 / Elite standard, giving them a realistic comparative target.
- The standards should be used in conjunction with good coaching principles for steady progressive development of skill, speed and endurance in each discipline and Triathlon as a whole sport. Achieving time trial standards should never be at the expense of sound basis of technique and gradual progression linked to physical, physiological and training age, specific to the needs of each individual young triathlete.
- Time trials and development of subsequent training plans should be conducted by a qualified Triathlon Australia accredited coach (or equivalent in any of the three single sport disciplines).
- *The bottom line is that participation in the sport of Triathlon should be about improvement and enjoyment (at any age, but particularly for young athletes). Time trials should be an exciting and interesting tool by which triathletes can assess where they are at in each of the disciplines, and then use the results as stimulus to search for ways to improve. The emphasis should be on finding ways for individual improvement first. Using them as a comparative tool should be done with great discretion and supervision and should be done with the context of the time trials as a guide of the standard required IF the athlete is aiming to progress within the TA elite development pathway.*



ITU JUNIOR ENDORSEMENT INFORMATION

ALL intending ITU Junior athletes **MUST** complete an endorsement application to be eligible to compete in the AJTS.

- The endorsement procedure has two criteria: **Automatic** or **Demonstrated**.
 - **Automatic Endorsement:** any athlete that has previously competed in the Australian ITU Junior series will be automatically endorsed. **NOTE:** The application form still needs to be completed by the athlete and then forwarded to the State Junior Development Program Coordinator for final approval.
 - **Demonstrated Endorsement:** any athlete that has **NOT** previously raced in a Australian ITU Junior Series is required to complete the application form and have their bike handling skills/knowledge approved **by NCAS Level 2 Triathlon Coach or NCAS Level 1 Cycling Coach** before submission to State Junior Development Program Coordinator for final approval.
- State Junior Development Program Coordinators will be required to submit their list of endorsed ITU Juniors, to the TA National Development Coach (Craig Redman) by close of business, on **Friday 5 December 2008**. Any additions to the list by no later than the Friday, **one week before** each AJTS event.
- For those athletes in states **without** a State Junior Development Program, you must be endorsed as competent by either a level 2 triathlon coach or a level one (or above) cycling coach, on the official TA ITU Junior Endorsement application form. This must be sent or faxed, to your State Association office.
- ITU Junior Athletes who qualify for a TA Professional License will be considered to be automatically endorsed, but must still complete an endorsement application if they wish to compete in the ITU Junior races.
- **Only endorsed athlete will be allowed to race and all endorsements must be received by the TA National Development Coach by the Friday one week before each AJTS event.**