



2018/19 AUSTRALIAN PERFORMANCE CALENDAR

INFORMATION BOOKLET

The following information is for all **TRIATHLETES** aged 13 to Open intending to compete in **2019 Australian Youth, Junior, U23 & Elite Races** in the 2018-2019 Australian Triathlon Season. All races outlined in this booklet are Draft Legal for the cycling leg.

DATES & VENUE OVERVIEW

2019 AUSTRALIAN YOUTH TRIATHLON SERIES

AYTS RACE 1:

13 - 16 DEC 2018, Super Sprint Race Weekend (SSRW)
Runaway Bay, Gold Coast, QUEENSLAND

AYTS RACE 2:

19 & 20 JAN 2019, Incorporating the **2019 Australian YOUTH Relay Championships Capital Trilogy Triathlon**, Canberra, ACT

AYTS RACE 3:

2 & 3 MAR 2019, **2019 Australian YOUTH Triathlon Championships Devonport Triathlon**, Devonport, TASMANIA

2019 AUSTRALIAN JUNIOR TRIATHLON SERIES

AJTS RACE 1:

13 - 16 DEC 2018, Super Sprint Race Weekend (SSRW)
Runaway Bay, Gold Coast, QUEENSLAND

AJTS RACE 2:

19 & 20 JAN 2019, Incorporating the **2019 Australian JUNIOR Relay Championships Capital Trilogy Triathlon**, Canberra, ACT

AJTS RACE 3:

2 & 3 MAR 2019, **2019 Australian JUNIOR Triathlon Championships & 2019 Oceania JUNIOR Triathlon Championships**
Annual Trans-Tasman Challenge (AUS (States) vs NZL Team Point Score – ind. Jnr race)
Devonport Triathlon, Devonport, TASMANIA

2019 AUSTRALIAN U23 TRIATHLON SERIES

AU23TS RACE 1:

2 & 3 MAR 2019, **2019 Oceania U23 Sprint Distance Triathlon Championships, & 2019 Oceania Mixed Relay Championships**
Devonport Triathlon, Devonport, TASMANIA

AU23TS RACE 2:

7 APR 2019, **2019 Australian U23 Sprint Distance Triathlon Championships**
Gold Coast Triathlon, Gold Coast, QUEENSLAND

AU23TS RACE 3:

14 APR 2019, **2019 Oceania U23 Standard Distance Triathlon Championships,**
Moreton Bay Triathlon, Clontarf, QUEENSLAND

2019 AUSTRALIAN ELITE RACES

2 & 3 MAR 2019, **2019 Oceania Sprint Distance Triathlon Championships, & 2019 Oceania Mixed Relay Championships**
Devonport Triathlon, Devonport, TASMANIA

16 MAR 2019, **2019 Mooloolaba World Cup Triathlon,**
Mooloolaba Triathlon, Mooloolaba, QUEENSLAND
(not listed in this booklet)

23 & 24 MAR 2019, Mixed Relay Invitational
Runaway Bay, Gold Coast, QUEENSLAND

7 APR 2019, **2019 Australian Sprint Distance Triathlon Championships,**
Gold Coast Triathlon, Gold Coast, QUEENSLAND

14 APR 2019, **2019 Oceania Standard Distance Triathlon Championships,**
OTU Moreton Bay Triathlon, Clontarf, QUEENSLAND

2019 AUSTRALIAN PARA TRIATHLON RACES

2 MAR 2019, **2019 PARA World Cup Triathlon**
Devonport Paratriathlon World Cup, Devonport, TASMANIA

7 APR 2019, **2019 Australian PARA Triathlon Championships,**
Gold Coast Triathlon, Gold Coast, QUEENSLAND

2019 Oceania PARA Triathlon Championships,
TBC



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ATHLETE ELIGIBILITY CRITERIA

To be eligible to compete in any **2019 Australian Youth, Junior, U23 or Elite Triathlon Races**, athletes must meet the following guidelines:

1. **MEMBERSHIP** – Be a current (2018/2019) financial member of Triathlon Australia and be in good standing with TA and respective STTA. This means the athlete must hold either one of the following Triathlon Australia memberships;
 - a. Youth (13-16yrs) or;
 - b. Junior (17-19yrs) or;
 - c. U23 Development or Open/Elite Pro Licence

2. **SERIES CATEGORIES** – ages as of **31st December 2019**
 - a. Youth B (13 & 14yrs) – Born in the years 2005 or 2006
 - b. Youth A (15 & 16yrs) – Born in the years 2003 or 2004
 - c. Junior (16-19yrs) – Born in the years 2000, 2001, 2002 or 2003
 - d. U23 (18-23yrs) – Born in the years 1996, 1997, 1998 or 1999, 2000 or 2001

CLARIFICATION ON RACE ELIGIBILITY

Junior National Series: Athletes aged 16 are eligible to race in the junior series category by state endorsement.

U23 National Series: Athletes aged 18 or 19 are eligible to race in the U23 series. Athletes must have at a minimum a U23 Pro Development membership to compete in this category ([can be applied for HERE >](#)).

ITU Events: Athletes aged 16 plus are eligible to race Sprint Distance and athletes aged 18 plus are eligible to race standard distance ITU events. Athletes will require a Professional (Open or U23 Development) licence to compete in the Elite category ([can be applied for HERE >](#)).

3. **PHYSICAL & SKILL REQUIREMENTS GUIDE** – the recommendations for athletes wishing to compete in the 2019 AYJU23TS are;

a. **PHYSICAL FITNESS/TIMES** - The guideline standards for Youth, Junior & U23 athletes to compete in the series are set below. Please note this is a **GUIDE** to ensure athletes are prepared to compete in the AYJU23TS and do not have a negative experience by being lapped out and withdrawn from the race. For further information to determine if an athlete is ready for national level of competition please refer to your respective state/territory talent pathway managers.

FEMALES	SWIM DISTANCE/TIME	RUN DISTANCE/TIME
U23	1000m/14:30	5000m/20:00
JUNIOR	1000m/15:00	5000m/20:00
YOUTH A	400m/6:00	1500m/6:00
YOUTH B	200m/3:00	1500m/6:00

MALES	SWIM DISTANCE/TIME	RUN DISTANCE/TIME
U23	1000m/14:00	5000m/18:00
JUNIOR	1000m/14:30	5000m/18:00
YOUTH A	400m/5:45	1500m/5:45
YOUTH B	200m/3:00	1500m/6:00

b. **BIKE SKILL REQUIREMENTS** –

ALL athletes must be Draft Legally Endorsed. For new athletes (those that have not been draft legally endorsed), please refer to the 2019 Bike Skills Endorsement Information/Procedure [HERE >](#)



2019 AUSTRALIAN CHAMPIONSHIP TITLE RACES



MIXED RELAY
AUSTRALIAN
CHAMPIONSHIP

19 & 20 JAN 2019

**2019 Australian YOUTH Triathlon Mixed Relay Championships &
2019 Australian JUNIOR Triathlon Mixed Relay Championships**
Capital Trilogy Triathlon, Canberra, ACT

WEB: [Click HERE >](#)



YOUTH
AUSTRALIAN
CHAMPIONSHIP



JUNIOR
AUSTRALIAN
CHAMPIONSHIP

3 & 4 MAR 2019,

**2019 Australian YOUTH Triathlon Championships, &
2019 Australian JUNIOR Triathlon Championships**
Devonport Triathlon, Devonport, TASMANIA

WEB: [Click HERE >](#)



UNDER 23
AUSTRALIAN
CHAMPIONSHIP



ELITE
AUSTRALIAN
CHAMPIONSHIP

7 APR 2019

**2019 Australian ELITE Sprint Distance Triathlon Championship,
2019 Australian U23 Sprint Distance Triathlon Championships, &
2019 Australian PARA Triathlon Championships**
Gold Coast Triathlon, Gold Coast, QUEENSLAND

WEB: [Click HERE >](#)

RACE INFORMATION



Super Sprint Race Weekend - 13 to 16 December 2018 Runaway Bay, Gold Coast QUEENSLAND

- VENUE: Sports Super Centre (SSC), Runaway Bay, GOLD COAST QLD
- EVENT FORMAT: Various Events over 4 days – Aquathlon, Running, Triathlon & Mixed Team Relay. **Overall Standings** based on points accrual over all races.
- **RACE 1 AYTS: Youth (13-16yrs) as at 31 DEC 2019**
 - DISTANCE – Youth: Various cycling, running, aquathlon & triathlon events
 - NB: Youth A (15 & 16yrs) & Youth B (13 & 14yrs) will be recognised but will race separately
- **RACE 1 AJTS: Junior (16-19yrs) as at 31 DEC 2019**
 - DISTANCE – Junior: Various cycling, running, aquathlon & triathlon events
- EVENT SCHEDULE:
 - Day 1 Thursday – Track Run
 - Day 2 Friday – Aquathlon + Triathlons
 - Day 3 Saturday –Triathlons (inclusive of Youth B Finals and relays)
 - Day 4 Sunday – Triathlon GRAND FINAL (Juniors & Youth A)
- COURSE:
 - SWIM: SSC Swimming Pool
 - BIKE: Flat-Slight Hill/Multi-lap – Luke Harrop Cycling Circuit
 - RUN: Flat/Multi-lap – SSC Athletic Track
- Race Organiser: Triathlon Queensland
- Check Out the 2014 SSRW highlight video: www.youtube.com/watch?v=s-hVg6M4Zd8
- ONLINE ENTRY LINK:
http://www.triathlon.org.au/State_Associations/QLD/qld/Events/Our_Events/Super_Sprint_Race_Weekend.htm

(please note entries to this event are restricted, please view the website for more details)



Capital Trilogy Triathlon
19 & 20 January 2019 | Canberra ACT

- VENUE: Black Mountain Peninsula, CANBERRA, ACT
- EVENT FORMAT: 2 x Super Sprint Triathlon's & Mixed Relay Triathlon. **Overall Standings** based on combined time over the 2 x Super Sprint Races.

TITLE CHAMPIONSHIP RELAY – Australian Youth Triathlon Mixed Relay (MR) Championships (combined Youth A&B)

- DISTANCE – Mixed Relay: 4 x 200m/4km/800m (2 females & 2 males per team)
- ELIGIBLE TEAMS consist of state teams only

TITLE CHAMPIONSHIP RELAY – Australian Junior Triathlon MR Championships

- DISTANCE – Mixed Relay: 4 x 300m/8km/1.6km (2 females & 2 males per team)
- ELIGIBLE TEAMS consist of state teams only.

Teams will be picked by the State Organisations, the process in which will be communicated in due course.

RACE 2 AYTS: Youth (13-16yrs) as at 31 DEC 2019

- DISTANCE – Youth: 2 x 200m Swim/6km Bike/1.2km Run (TBC)
- NB: Youth A (15 & 16yrs) & Youth B (13 & 14yrs) will be in the same race

RACE 2 AJTS: Junior (16-19yrs) as at 31 DEC 2019

- DISTANCE – Junior: 2 x 300m Swim/8km Bike/1.6km Run

- EVENT SCHEDULE: TBC (Distances outlined above are subject to change)
- COURSE: TBC
- RACE ORGANISER: Triathlon ACT
- ONLINE ENTRY LINK: [Click HERE >](#)





Devonport Triathlon
2 & 3rd March 2019 | Devonport TASMANIA

- VENUE: Mersey Bluff Beach/Devonport SLSC, DEVONPORT TAS
- EVENT FORMAT: SPRINT TRIATHLON
- **RACE 3 AYTS: Youth (13-16yrs) as at 31 DEC 2019**
 - DISTANCE – Youth: 400m Swim/12km Bike/3km Run
 - Including Youth A (15 & 16yrs) and Youth B (13 & 14yrs) in same race
 - **TITLE CHAMPIONSHIP – Australian Youth Championships**
- **RACE 3 AJTS: Junior (16-19yrs) as at 31 DEC 2019**
 - DISTANCE – Junior: 750m Swim/20km Bike/5km Run
 - **TITLE CHAMPIONSHIP – Australian & OTU Junior Triathlon Championships**
 - Annual Trans-Tasman Challenge (AUS (States) vs NZL Team Point Score – ind. Jnr race)
- **RACE 1 AU23TS: U23 (18-23yrs) as at 31 DEC 2019**
- **ELITE CATEGORY**
 - DISTANCE – BOTH/Together: 750m Swim/20km Bike/5km Run
 - NB: Elite and U23 athletes will race together in the OTU Sprint Triathlon Cup Race
 - **TITLE CHAMPIONSHIP – Australian/OTU U23 Triathlon Championships**
 - **TITLE CHAMPIONSHIP – Australian/OTU Elite Triathlon Championships**
 - **TITLE CHAMPIONSHIP RELAY – OTU Elite Mixed Relay Championships**
 - DISTANCE – Mixed Relay: 300m/8km/1.6km (2 females & 2 males per team)
- **PARA Triathlon**
 - **TITLE CHAMPIONSHIP RACE – PARA Triathlon WORLD CUP**
 - DISTANCE – Para: 750m Swim/20km Bike/5km Run
- RELAYS: There will be 2 x relays, 1 will be the Elite/U23 and select Juniors in the OTU Championships. The 2nd relay will have a combination of youth's and juniors. TA will be responsible for selection of the OTU race and States will be responsible for the Youth/Junior Relay. The process will be communicated in due course.
- COURSE:
 - SWIM: Ocean Swim/Beach Start
 - BIKE: Flat some technical Multi-lap w. 1 steep hill (North St) per lap
 - RUN: Flat Multi-lap
- Race Organiser – Cradle Coast Sports and Events
- ONLINE ENTRY LINK – [Click HERE >](#)



[2019 OTU U23 SPRINT Triathlon Championships](#)
[2019 OTU ELITE SPRINT Triathlon Championships](#)
[2019 OTU MIXED RELAY Championships](#)
[2019 PARA Triathlon World Cup](#)
[2019 OTU JUNIOR Championships](#)
[2019 JUNIOR National Championships](#)
[2019 YOUTH National Championships](#)



YOUTH
**AUSTRALIAN
CHAMPIONSHIP**



JUNIOR
**AUSTRALIAN
CHAMPIONSHIP**



**MIXED
RELAY**
INVITATIONAL

Mixed Relay Invitational
23 & 24th March 2019 | Runaway Bay QUEENSLAND

- VENU: Sports Super Centre (SSC), Runaway Bay, GOLD COAST QLD
- EVENT FORMAT: Mixed Relays – Heats, Repechage, B Final, A Final
- DISTANCE – 300m Swim/8km Bike/1.6km Run

Elites, U23's and Juniors will be invited to nominate for this race in due course.



Gold Coast Triathlon
7th April 2019 | Gold Coast QUEENSLAND

- VENUE: Mitchell Park, Broadway Parklands, Gold Coast, QUEENSLAND
- FORMAT: SPRINT TRIATHLON

- **RACE 2 AU23TS: U23 (18-23yrs) as at 31 DEC 2019**

- **TITLE CHAMPIONSHIP RACE – Australian U23 SPRINT Triathlon Championships**
- DISTANCE – ITU U23: 750m Swim/20km Bike/5km Run
- NB: Juniors aged 16 – 19 (as of 31 Dec 2019) are eligible to compete in this race however does NOT form part of the AJTS but does count towards the AU23TS.

- **ELITE CATEGORY**

- **TITLE CHAMPIONSHIP RACE – Australian ELITE SPRINT Triathlon Championships**
- DISTANCE – Elite: 750m Swim/20km Bike/5km Run
- NB: Elite & U23 athletes will race together in the OTU Sprint Triathlon Cup Race

- **PARA Triathlon**

- **TITLE CHAMPIONSHIP RACE – Australian PARA Triathlon Championships**
- DISTANCE – Para: 750m Swim/20km Bike/5km Run

- COURSE:

- SWIM: Ocean Swim/Broadwater
- BIKE: Flat some technical Multi-lap
- RUN: Flat Multi-lap

- Race Organiser – The Event Crew
- ONLINE ENTRY LINK – [Click HERE >](#)



[2019 Oceania Sprint Triathlon Cup](#)
[2019 Australian U23 SPRINT DISTANCE Triathlon Championships](#)
[2019 Australian ELITE SPRINT DISTANCE Triathlon Championships](#)
[2019 Australian PARA Triathlon Championships](#)



Moreton Bay Triathlon
14th April 2019 | Clontarf QUEENSLAND

- VENUE: Bells Beach, Clontarf QUEENSLAND
- EVENT FORMAT: STANDARD TRIATHLON
- **RACE 3 AU23TS: U23 (18-23yrs) as at 31 DEC 2019**
 - **TITLE CHAMPIONSHIP RACE – Oceania U23 STANDARD Triathlon Championships**
 - DISTANCE – ITU U23: 1500m Swim/40km Bike/10km Run
 - NB: Juniors aged 18 & 19 (as of 31 Dec 2019) are eligible to compete in this race however does NOT form part of the AJTS but does count towards the AU23TS.
- **ELITE CATEGORY**
 - **TITLE CHAMPIONSHIP RACE - Oceania ELITE STANDARD Triathlon Championships**
 - DISTANCE – Elite: 1500m Swim/40km Bike/10km Run
 - NB: Elites & U23's will race together in the OTU Standard Distance Championships
- COURSE:
 - SWIM: Bay Swim/Beach Start
 - BIKE: Flat some technical Multi-lap course (undulating in parts)
 - RUN: Flat Multi-lap
- Race Organiser – The Event Crew
- ONLINE ENTRY LINK – [Click HERE >](#)



[2018 OTU Oceania U23 STANDARD Triathlon Championships](#)
[2018 OTU Oceania ELITE STANDARD Triathlon Championships](#)



SERIES POINT SCORE

As in previous years, a series point score will determine the **2019 Australian Youth I Junior I U23 Triathlon Series Point Score Champions**. There are 4 categories in 2019 series; Youth B (13&14yrs), Youth A (15&16yrs), Junior (16-19yrs) and U23 (20-23yrs).

ITU Youth A (15&16) and ITU Youth B (13&14): Athletes best **two results/scores from three races** will count towards the overall point score final total. In the event of a tie the highest placed athlete at the Australian Youth Triathlon Championships (Devonport TAS) will be determine the overall AYTS (A & B) winners. ITU Youth A (15&16yrs) and ITU Youth B (13&14yrs) may race in combined ITU Youth (13-16yrs) events through the series but their placing and points will be determined by their finish position in their respective category.

NB – Race 3: Australian Youth Triathlon Championships (Devonport TAS) is worth double points.

The following points will be awarded to the top ten finishers in each AYTS race.

Place	Points (1x) Value Race 1 Runaway Bay QLD Race 2 Canberra SA	Points (2x) Value Race 3 Devonport TAS
1st	11	22
2nd	9	18
3rd	8	16
4th	7	14
5th	6	12
6th	5	10
7th	4	8
8th	3	6
9th	2	4
10th	1	2

ITU Junior (16-19): Athletes best three results/scores from three races will count towards the overall point score final total. In the event of a tie the highest placed athlete at the National/Oceania Junior Triathlon Championships (Devonport TAS) will be determine the overall AJTS winners.

NB – Race 3: Australian/Oceania Junior Triathlon Championships (Devonport TAS) is worth double points.

The following points will be awarded to the top ten finishers in each AJTS races.

Place	Points (1x) Value Race 1 Runaway Bay QLD Race 2 Canberra SA	Points (2x) Value Race 3 Devonport TAS
1st	11	22
2nd	9	18
3rd	8	16
4th	7	14
5th	6	12
6th	5	10
7th	4	8
8th	3	6
9th	2	4
10th	1	2

ITU U23 (18-23): Athletes best three results/scores from three races will count towards the overall point score final total. In the event of a tie the highest placed athlete at the Oceania Standard Distance Triathlon Championships (Moreton Bay QLD) will be determine the overall AU23TS winners.

NB – Race 3: Oceania U23 Standard Triathlon Championships (Moreton Bay QLD) is worth double points.

The following points will be awarded to the top ten finishers in each AU23TS races.

Place	Points (1x) Value Race 1 Devonport TAS Race 2 Gold Coast QLD	Points (2x) Value Race 3 Moreton Bay QLD
1st	11	22
2nd	9	18
3rd	8	16
4th	7	14
5th	6	12
6th	5	10
7th	4	8
8th	3	6
9th	2	4
10th	1	2

AWARDS*

The winner in the **categories previously mentioned** will receive some form of recognition courtesy of Triathlon Australia and be acknowledged in publications/social media and at the annual TA Celebration of Champions Awards Dinner (TBC).

Junior Series Athlete Bursary

Athletes (male and female) that place 1st/2nd/3rd in the JNR series will be recognised under the Junior Series Athlete Bursary as follows;

- 1st: \$1500
- 2nd: \$750
- 3rd: \$500

The bursary was created to recognise the achievements of athletes across the AJTS and to offer further competitions opportunities overseas. The above funds will directly contribute to such opportunities.



To be eligible for Awards (Series and Bursary) from the AYJTS & National Championship Medals, the Athlete must be an **AUS Permanent Resident. I.e. Australia must be the athlete's primary residence.*

ATHLETE PROFILING – RACING REQUIREMENTS

CATEGORY	NPS SWIM DISTANCE	NPS RUN DISTANCE
U23	400m	1500m
JUNIOR	400m	1500m
YOUTH A	400m	1500m
YOUTH B	200m	1500m

Athletes competing in the National Series Races will be required to submit times over the above distances to their relevant State Development Pathway Co-ordinator/Manager.

This will need to be done by **February 21, 2019**.

NB - All venues, dates & Performance Standards Supervisor must be approved by the State Development Pathway Co-ordinator/Manager.

Please note, TA has no intention to publish times or rank athletes based on times. The data is to be collected for the purposes of internal monitoring and analysis.

UNIFORMS AND COMPETITION RULES

All Athletes competing in **2019 Australian Youth | Junior | U23 | Elite Triathlon Races** must wear a race suit that meets the ITU uniform guidelines in regards to Surname, Country Code, rear zip and logo size(s). The ITU Uniform Guidelines can be found on the ITU website here:

www.triathlon.org/about/downloads/category/uniform_rules

If an athlete does not have an ITU compliant race suit (name country & code etc), they may compete in a “cleanskin” race suit with no sponsors or markings at all. All other rules shall be as per TA (ITU) rules for Draft Legal events. **This includes: bicycle, wheels (UCI approved), handle bar and wetsuit restrictions.**

ITU rules can be found here: www.triathlon.org/about/downloads/category/competition_rules

UCI Approved Wheel list: <http://www.uci.org/inside-uci/constitutions-regulations/equipment>

It is the athlete and coach's responsibility to know and understand the TA (ITU) Draft Legal rules.

2019 ITU LAUSANNE WORLD TRIATHLON CHAMPIONSHIPS

The **2019 ITU LAUSANNE World Triathlon Championships** Selection Policies for the Elite, Paratriathlon, U23 and Junior Teams are still to be finalised.

Once finalised, they will be distributed to all Athletes and coaches who should ensure they **read and understand** the full Selection Policies, particularly in regard to the automatic nomination eligibility. Please see below links to where the policies will be located once published;

[Triathlon Australia – Selection Policies](#)

2019 SCHOOL SPORT AUSTRALIA CHAMPIONSHIPS

The **School Sport Australia Triathlon (SSA)** is the national championships for High School students through the Education Sport system. The annual SSA is scheduled for 4-6 May 2019 at Lake Kawana QLD. The SSA is an outstanding opportunity for secondary school students from all over Australia to be part of this national sport festival aimed specially at students.

For more information about selections for your state teams, please contact School Sport Australia -
<http://www.schoolsportaustralia.edu.au/triathlon/>

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