



# Paratriathlon

**UPDATE OCTOBER 2013**

This update is not intended as a regular communication tool. The latest information regarding triathlon for people with disabilities will be included in the monthly Triathlon Australia (TA) Member's Newsletter.

## **1. Triathlon Australia All of Sport Paratriathlon Framework**

This Framework has recently been completed and will be implemented from this summer. The Framework guides and informs participation in triathlon for people with disabilities across all levels, from Enticers to Iron Man to the ITU World Championships and Paralympic Games.

The Framework has three distinct pillars:

- a) *Participation* – participation by any person with disabilities in any event from entry level to Iron Man
- b) *Paratriathlon* - Triathlon Australia sanctioned National Paratriathlon Races and ITU sanctioned International Paratriathlon Races
- c) *Paralympic* – Paratriathlon events at the Paralympic Games

Each pillar requires the application of different principles.

### *a) Participation*

- Triathlon is inclusive of all individuals and all levels of participation, from entry level to Iron Man.
- The safety of all participants and officials is paramount.
- Acknowledges the complexity and difficulty of achieving inclusion for everyone – it will not be possible for every individual in all events.
- Supports cooperation to identify alternative ways of achieving inclusion and/or alternative opportunities if inclusion is not initially achievable.
- The participant and the race organiser share responsibility to communicate with each other to find individual solutions if needed and where possible.

- b) *Paratriathlon* - Triathlon Australia sanctioned National Paratriathlon Races and ITU sanctioned International Paratriathlon Races
- Full implementation of ITU Rules and Regulations, including for classification and equipment – this will exclude some individuals.
  - Pinnacle competition is the ITU World Paratriathlon Championships
  - Forms a significant component of the Paralympic pathway.
  - Has many similarities to ITU Age Group competition.
- c) *Paralympic/High Performance*
- Only for the events/classes identified for Paralympic Games competition.
  - Medal winning and potential medal winning (within 2 cycles) athletes only.
  - May include the ITU Elite Paratriathlon World Championships.

Resources to support each pillar are being developed and will be available to race directors, clubs, coaches, people with disabilities, officials etc. Support can be provided by TA and State and Territory Association staff. To those athletes who are experienced participants in triathlon, YOU are the best resource the sport has. The sport also needs your contribution to grow participation by people with disabilities and paratriathlon. This can range from working with your club and local race directors to show them how to make their events and training sessions more accessible to promoting events that are suitable (let your State/Territory know so they can flag them on the calendar), to being role models through your participation at National Paratriathlon Races and even World Championships.

## **2. Classification in Paratriathlon**

The ITU is currently developing a new classification system for introduction in 2014. It is required by the International Paralympic Committee to do this as a condition of the inclusion of paratriathlon in the 2016 Paralympic Games. The intention was to classify Australian athletes under the new system from January 2014, however the new system is unlikely to be finalised in time for this to occur. So until the new system is available athletes who have not been classified will be required to complete the ITU paperwork, but will not have to present for a physical assessment.

The new classification system will be used at the 2014 World Championships, and we are currently working with the ITU to explore classification opportunities for Australian athletes before this event. No decisions have yet been made on how, where or when this may occur.



### 3. National Paratriathlon Races

There are four races sanctioned as National Paratriathlon Races for summer 2013/14, and each is a qualifying event for the 2014 World Championships Open Paratriathlon event. As per the Framework these races provide an opportunity for eligible athletes to compete under ITU Paratriathlon rules, including classification, equipment, event management etc. These races are an essential experience for anyone who is thinking of aiming for international competition, and also provide an opportunity for athletes to compete against other athletes in the same class.

Athletes with equipment or a disability that is not eligible under ITU rules will be able to participate, but their result will be recognised separately to the paratriathlon event result.

Some of these events will also have ITU sanction as international events, allowing participating athletes to accrue Elite ranking points. It is hoped to increase the number of events, the spread of locations across Australia and the level and numbers of competing athletes within a few years. If you want to be considered for selection for the ITU World Championships you must participate in at least one of these four events. Athletes with aspirations to be part of the TA High Performance Program should compete in the National Championships and in at least one other event as well.

The more viable and successful we can make these National Paratriathlon Races the better quality of race experience we will be able to provide in the future. Please compete in as many events as you can, and encourage other athletes who want to compete in paratriathlon events to also enter. Please also let TA know of any event you have competed in which you think would be a suitable race for a National Paratriathlon Race in the future, and encourage the race organiser to apply for such sanction next season.

Entry forms and information on the National Paratriathlon Races are available via the TA website. The information and entry forms for the Oceania and Australian Paratriathlon Championships (Penrith 12<sup>th</sup> January) will be available from November 4<sup>th</sup>.

#### 2013

15 December \*City of Joondalup Triathlon WA State Sprint Championships  
Whitfords Nodes Beach Park, Hillarys, WA  
<http://www.triserieswa.com.au/enter.html>

#### 2014

12 January	^Oceania and Australian Paratriathlon Championships	Penrith, NSW
16 February	Gatorade Triathlon Series, Australian Sprint Championships <a href="http://supersprint.com.au/events.aspx">http://supersprint.com.au/events.aspx</a>	Elwood, VIC
6 April	QLD Championships	Redcliffe, QLD

\*Not suitable for wheelchair users

^ Will also include Enticer races, including a team race.



## **Equipment Adaptation, Knee Brace and Classification forms**

To compete in a National Paratriathlon race you must meet the ITU Rules and Regulations. These are available on the ITU website and you should read them. The link for all ITU Paratriathlon documents, and the 2013 ITU Rules is:

[http://www.triathlon.org/about/downloads\\_category/paratriathlon](http://www.triathlon.org/about/downloads_category/paratriathlon). If you require approval for an equipment adaptation on your bike, or to swim with a knee brace (Tri 1), or if you have not been classified for triathlon competition you need to complete the relevant form/s below and return them to Kathryn Periac by email ([Kathryn.periac@triathlon.org.au](mailto:Kathryn.periac@triathlon.org.au)) or by mail to Triathlon Australia, PO Box 13, ALEXANDRIA NSW 1435

### **Equipment Forms**

- Request for Adaptation on bicycle

[http://www.triathlon.org/uploads/docs/Impairment\\_Adaptation\\_on\\_bicycles\\_-\\_Request\\_form\\_v4.docx](http://www.triathlon.org/uploads/docs/Impairment_Adaptation_on_bicycles_-_Request_form_v4.docx)

- Knee Brace Approval Request

[http://www.triathlon.org/uploads/docs/Knee\\_Brace\\_Approval\\_Request\\_Form\\_v1.pdf](http://www.triathlon.org/uploads/docs/Knee_Brace_Approval_Request_Form_v1.pdf)

### **Classification**

For athletes who have not been classified under the (former) Triathlon Classification system (Tri 1 to Tri 6a and Tri 6b), the following forms should be completed and returned prior to competition.

All athletes:

[http://www.triathlon.org/uploads/docs/itusport\\_paratriathlon\\_TEMPORARY\\_CLASSIFICATION\\_FOR\\_M\\_2012.pdf](http://www.triathlon.org/uploads/docs/itusport_paratriathlon_TEMPORARY_CLASSIFICATION_FOR_M_2012.pdf)

PLUS

Visual impairment

[http://www.triathlon.org/uploads/docs/itusport\\_paratriathlon\\_MEDICAL\\_DIAGNOSTICS\\_VISUAL\\_IMPAIRMENT\\_2012.pdf](http://www.triathlon.org/uploads/docs/itusport_paratriathlon_MEDICAL_DIAGNOSTICS_VISUAL_IMPAIRMENT_2012.pdf)

OR Physical Disability

[http://www.triathlon.org/uploads/docs/itusport\\_paratriathlon\\_CERTIFICATE-OF-DIAGNOSIS\\_2012.pdf](http://www.triathlon.org/uploads/docs/itusport_paratriathlon_CERTIFICATE-OF-DIAGNOSIS_2012.pdf)



#### 4. 2014 ITU World Triathlon Championships

The 2014 ITU World Championships will be held in Edmonton, Canada from 26<sup>th</sup> August to 2<sup>nd</sup> September. For the first time there will be two separate divisions for paratriathletes. There will be an Open Paratriathlon event and an Elite Paratriathlon event. Very limited detail has been received, but we do know these events will be conducted with the new classification system.

TA will select athletes for the Open Paratriathlon event, and the Selection Criteria will be available from November 4<sup>th</sup>. Results from the Australian Paratriathlon Championships and other National Paratriathlon Races will be used to select athletes. The Team is fully self-funded. Costs to be met by each team member include but are not limited to:

- a) athlete services contribution which includes:
  - i. the race entry fee
  - ii. the team management fee
  - iii. travel insurance (including personal accident insurance while training and racing overseas). Please note that this does not include bike insurance.
- b) the team uniform (race suit and casual)
- c) travel and accommodation, preferably in the nominated Australia team hotel(s).

Athletes must notify Triathlon Australia of their Expression of Interest for selection by applying on-line on the Triathlon Australia website, [www.triathlon.org.au](http://www.triathlon.org.au). The closing date for Expressions of Interest is 7th of April by 5pm AEDST.

There will also be an Elite Paratriathlon event and limited information on this event is available. There will be a maximum total number of athletes, which is currently 100, and these athletes will principally be selected according to their international ranking. Changes are proposed to the existing ITU international ranking system, but we believe Australian athletes can accrue points towards the 2014 Elite event at the Oceania & Australian Championships, and at up to two more events in Australia or New Zealand. Which events will qualify as ITU international sanctioned events should be notified by 15 November, and Australia is certainly going to submit a bid for at least one such race.







## **5. TA High Performance Program and the Paralympic Games**

TA has secured funding through Australia's Winning Edge (AWE) for a Paratriathlon Program preparing athletes for the 2016 Rio Paralympic Games and 2020 Tokyo Paralympic Games. This funding is provided by the Australian Institute of Sport (AIS) and the Australian Paralympic Committee (APC). AWE funded programs are focussed on delivering medal outcomes at benchmark events. As the classification system and events for Rio are yet to be confirmed it is difficult to currently identify those athletes who may be capable of medal performances in 2016 or 2020.

The IPC have confirmed there will be 3 medal events for men and 3 medal events for women in Rio, with a maximum participation of 30 men and 30 women. The ITU have also indicated that the qualifying period for athletes to get to the Paralympics in 2016 will be approximately April/May 2015 to approximately June 2016.

It is intended to begin to identify paratriathletes for support as part of the High Performance Program from January 2014. Athletes with Paralympic aspirations should keep in touch with Kathryn Periac, National Manager Paratriathlon, and be aware that the standard of your international competitors is rising exponentially towards 2016. Therefore your daily training environment, your equipment and the quality of your training should similarly be progressing rapidly. Successful competition in the National Championships and World Championships is also a priority.

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