

AUS TRIATHLON



**2024 PERFORMANCE RACING
CALENDAR INFORMATION**

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PERFORMANCE RACING CALENDAR

2024 EVENTS

Date	Event	Location	Status	Nominations & Links (WT Events)
13 th December (2023)	Super Sprint Youth & Junior Race Weekend	Gold Coast, AUS	Super Sprint National Championships (Youth & Junior)	
4 th February	2024 Oceania Triathlon Para Championships Stockton	Stockton, NSW	Oceania Championships (Para)	NOMINATE HERE
16 th February	Oceania Triathlon Cup Wanaka	Wanaka, NZ	Oceania Sprint Triathlon Cup (Elite)	NOMINATE HERE
24-25 th February	Oceania Junior Championships & Junior Mixed Relay Championships, Napier	Napier, NZ	Oceania Championships (Junior) + MTR	NOMINATE HERE
24 th -25 th February	World Triathlon Mixed Relay Series	Napier, NZ	World Triathlon Mixed Relay Series	Nominations via Elite Event
24 th -25 th February	World Triathlon Cup	Napier, NZ	World Triathlon Cup (Elite)	NOMINATE HERE Nominations open 5 th January 2024
13 th -15 th March	School Sport Australia All Schools Triathlon	Rockingham, WA	National Championships	SSA info link- Triathlon and Aquathlon - School Sport Australia
15 th March	Devonport Tri Fest	Devonport, TAS	World Para Championship Series	NOMINATE HERE Nominations open 26 th January 2024
16 th -17 th March	Oceania Triathlon Cup & Mixed Relay Championships Devonport	Devonport, TAS	Oceania Sprint Championships (Elite) Oceania MR Champs (Elite – with U23& Junior eligible)	NOMINATE HERE

14 th April	Tri Taranaki Festival	Napier, NZ	Oceania Standard Distance Championships	NOMINATE HERE
20 th April	World Triathlon Cup	Wollongong, AUS	World Cup(Elite)	NOMINATE HERE Nominations Open 1 st March 2024
20 th April	Wollongong Triathlon Festival	Wollongong, AUS	Australian Junior Sprint Championships	
20 th April	Para & Intellectual Impairment Australian Championships	Wollongong, AUS	Australian Championships	
15 th -25 th August	World Triathlon Multisport Championships Townsville	Townsville, AUS	World Multisport Championships	Website
30-31 st August	World University Triathlon Championships 2024 -Gdansk FISU	Gdansk, Poland	World University Triathlon Championships	Website
17-20 October	World Triathlon Championships Finals Malaga	Malaga, Spain	World Triathlon Championships Final	Website

ATHLETE ELIGIBILITY CRITERIA

To be eligible to compete across the 2024 Australian and/or Oceania Championship/Cup races, athletes must meet the following guidelines:

1. **MEMBERSHIP** – Be a current (2023/2024) financial member in any of the following memberships categories and be in good standing with AusTri and the respective States.
 - a. Standard Junior: 12-19yrs (as of the 31 December 2022)
 - i. And have a draft legal credential attached to the membership; or
 - b. Professional Development Licence or open professional licence; or
 - c. Professional Membership (for paratriathletes).
2. **RACE CATEGORY AGE – Must be aged as of 31st December 2024**
 - a. Youth: 14 & 15yrs born in the years 2009 or 2010
 - b. Junior: 16 – 19yrs born in the years 2008 – 2005;*

- c. U23: 16 – 23yrs born in the years 2008 – 2001;**
- d. Elite: born in or before 2005**

* Whilst racing together, there will be recognition of both Junior (16-19 yrs) and Junior B (16-17yrs) within this category. Junior B athletes will be eligible for placings in both the Junior B and Junior category.

** The U23 and Elite categories are combined when racing. U23 athletes will be eligible for placings in both the U23 and elite category. Athletes born in 2007 and 2008 are eligible to race in super sprint/sprint races with the appropriate membership.

3. PHYSICAL & SKILL REQUIREMENTS GUIDE – the recommendations for Youth & Junior athletes wishing to compete in Australian and/or Oceania Championship/Cup races are:

- a. **PHYSICAL STANDARDS & FITNESS** - The guideline standards for athletes to compete are set out below. Please note this is a **GUIDE** to ensure athletes are prepared to compete 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 competition please refer to your respective State Pathway Lead.

FEMALES	SWIM DISTANCE/TIME	RUN DISTANCE/TIME
JUNIOR	400m/5:30	1500m/5:45
YOUTH	400m/6:00	1500m/6:00

MALES	SWIM DISTANCE/TIME	RUN DISTANCE/TIME
JUNIOR	400m/5:15	1500m/5:15
YOUTH	400m/5:45	1500m/5:30

- b. **DRAFT LEGAL & CYCLING APTITUDE STANDARDS** - ALL athletes must be Draft Legally Endorsed (DLE). For new athletes (not yet DLE), please refer to the [Cycling Aptitude Standards](#) (athletes should be CAS L1 as a minimum) and follow [DLE Process](#)

4. ATHLETE PROFILING

Athletes competing in the Youth and Junior categories across the Australian/Oceania Championships are requested to submit the following data;

- 400m swim (50m pool – if possible)
- 1500m run (tartan track)

The data being requested will give AusTri a better understanding of what training our development level athletes are doing together with providing more context around athlete performances.

Times must be or completed at an officially timed event (i.e. Athletics and swimming meets with electronic timing) or witnessed by an AT Accredited Coach/ State Pathway lead.

If an athlete has NOT previously submitted this as part of their application to a State Team they must submit it [HERE >](#) prior to an athlete's first national championship race for the season. Email National Talent Development Coach aileen.reid@triathlon.org.au on submitting the athlete profiling data.

PLEASE NOTE, THIS DATA IS TO BE COLLECTED BY AT HIGH PERFORMANCE FOR THE PURPOSES OF INTERNAL MONITORING AND ANALYSIS.

AUSTRALIAN CHAMPIONSHIPS (CONTINGENCIES)

The Australian Championship titles have been awarded as outlined in the events in this document (page 3). If the National Championships status is removed due to unforeseen circumstances, an alternative race may be awarded this status if feasible within the calendar.

UNIFORMS AND COMPETITION RULES

All athletes competing across the 2024 Performance Racing season must wear a triathlon race suit that meets the World Triathlon (WT) uniform guidelines, specifications include surname placement, rear zip and logo size(s). The WT Uniform Guidelines can be found on the WT website here: www.triathlon.org/about/downloads/category/uniform_rules

If an athlete does not have a WT compliant race suit, they may compete in a "cleanskin" race suit with no sponsors or markings.

Competition rules shall be as per WT & Triathlon Australia rules for Draft Legal events. This includes: bicycle, wheels (UCI approved), handle bar and wetsuit restrictions.

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

UCI Approved Wheel list: <https://www.uci.org/equipment/bh2JJzw1eB0n876rX2iB1>

It is the athlete and coach's responsibility to know and understand the WT and AusTri Draft Legal rules.

PRE-PARTICIPATION EXAMINATION

All athletes are required to have completed a PPE prior to nominating for events. Please forward PPE certificates to mel.cowan@triathlon.org.au once completed. These will be valid for 12 months and filed for reference.

It can be found here [2024-AusTri-PPE-Medical-Questionnaire.pdf \(triathlon.org.au\)](#)

WORLD TRIATHLON ANTI DOPING REQUIREMENTS

From 1 January 2024 World Triathlon have made it a requirement to confirm athletes are up to date with anti doping education. Athletes who are Junior, U23, Para or Elite will NOT be able to be entered onto a WAITLIST or STARLIST for race entry if they have not completed this requirement. It is recommended Youth Athletes also complete the age appropriate courses.

The 2024 Annual Update is now available at: [Sport Integrity Australia eLearning: Log in to the site](#)

Once you have completed this course you will need to upload your certificate to World Triathlon.

To do this you will need to:

1. Download PDF of your anti doping certificate from SIA e-learning: [Sport Integrity Australia eLearning: Log in to the site](#)
2. Navigate to the WT education portal - <https://education.triathlon.org/course/view.php?id=154> If you don't already have an account with them you will need to create one.
3. Select the Anti Doping section applicable to you and enrol in the course (course list below):

- **International Level Athlete Anti-Doping Education 2022:**

<https://education.triathlon.org/course/view.php?id=154>

Enrollment Key: EliteCleanSport2022

- **Youth Athlete Anti-Doping Education 2022:**

<https://education.triathlon.org/course/view.php?id=155>

Enrollment Key: CleanSport2022Youth

- **High Performance Coach Anti-Doping Education 2022:**

<https://education.triathlon.org/course/view.php?id=156>

Enrollment Key: CoachCleanSport2022

- **Para Athlete Course:**

<https://education.triathlon.org/course/view.php?id=254>

Enrollment Key: Rio2016!

4. Select upload previous certificate – you should be able to drag and drop your PDF certificate.

5. Select SUBMIT

You will receive a confirmation email once completed. Please note the confirmation process by WT can take some time so please do this as early as possible.

If you have any questions about this process, please reach out to Mel Cowan mel.cowan@triathlon.org.au

WORLD CHAMPIONSHIP SELECTION POLICIES

The **2024 WT CHAMPIONSHIP FINALS** (WTCS, U23, Junior, as well as WC, CC and Paralympic) selection policies [Elite Policies – AusTriathlon](#) (added December 23)

All Athletes and coaches should ensure they **read and understand** the full policies, particularly in regard to automatic selection eligibility.

HP UPDATES

If you do not receive the **HP UPDATE** emails from admin.hp@triathlon.org.au please reach out to Mel Cowan to be added to the email list.

AUSTRIATHLON CONTACT

AusTriathlon Contact

Phone: +61 2 8488 6200

Email: admin.hp@triathlon.org.au

Web: www.triathlon.org.au