

TRIATHLON



AGE GROUP(S)

12 - 15 years of age (Born in 2008 to 2011)
All ages as of December 31, 2023

ZONE TEAM COMPOSITION

The maximum team size shall be:

8 Athletes per Zone	12-13 years of age (2 female & 2 male)
	14-15 years of age (2 female & 2 male)
2 coaches per Zone	(1 male & 1 female)

FILL POLICY

Athletes in Zones with lower participation will be filled with from other Zones by Qualification Standards below:

- If the eight zone spots are not filled after Method 1, the remaining spots will be filled with Method 2. Athletes from the same zone but of the different sex may fill the remaining spot(s) based on the placements of Method 1
- If the zone's eight spots are not filled after this step, athletes from a different zone of the same sex may fill the remaining spot(s) base on the placements of Method 2.
- If the zone's eight spots are not filled after this step, athletes from a different zone of the different sex may fill the remaining spot(s) based on the placements of Method 2.

Fills must be submitted for approval to the Multisport Games Unit by June 20, 2023

Refer to Alberta Games athlete eligibility guidelines for details on Zones and eligibility.

ELIGIBILITY

Athletes

- Triathlon Alberta membership is required on the date of the qualifying event to qualify for the Alberta Summer Games.
- Athletes must participate in one of the following qualification methods below. Athletes with the higher placement in the qualifying method have first right to join their Zone team.
 - ♦ **Method 1:** Placement in Zone-designated race occurring prior to June 14, 2023. *Triathlon Alberta will provide a minimum of qualifying races prior to June 14, 2023 and Zones may elect to designate an out of Zone competition as its designated 2023 event.
 - ♦ **Method 2:** Placement in the 2023 Provincial Kids-of-Steel Championship.

Coaches

- **NCCP Certification** – A minimum of one (1) member per zone of the coaching staff must be trained under NCCP Community Coach in Triathlon.
- All coaches and chaperones must meet minimum coaching standards as identified at triathlonalberta.ca/policies including registration, **Respect in Sport**, and a valid criminal record check.
- All coaches and chaperones must be at least eighteen (18) years old by the start of the Alberta Games

AFFILIATION

Athletes and coaches must be a Triathlon Alberta annual member on the day of qualifier. Registration can be done through our website at www.triathlonalberta.ca

Refer to the Alberta Games Athlete eligibility guidelines for further details on Zones and eligibility

ALBERTA GAMES – ATHLETE REGISTRATION FEE AND DEADLINE

All Zone team athletes who qualify to compete at the 2023 Alberta Summer Games are required to pay an individual registration fee of **\$80.00**. This fee will offset the costs related to transportation, accommodation, meals, Zone identification, medals, athlete entertainment and sport competitions. Triathlon Alberta will be responsible for collecting the registration fee and then providing one payment for all following the completion of the Alberta Games.

Please note that the registration deadline for Triathlon is **June 19, 2023**

EVENT(S)

Note: the distances in this section are recommended distances. The actual event race distance may be shortened with the sanction of the Provincial Sport Coordinator or Triathlon Alberta. The actual events race distance cannot exceed the recommended distances by more than 10%

Friday (pm)

Individual Females/Males Duathlon 12-13 years of age (Run 750m, Bike 5km, Run 750m)

- ♦ in draft legal format (requiring all athletes to be draft certified)

Individual Females/Males Duathlon 14-15 years of age (Run 1km, Bike 5km, Run 1km)

- ♦ in draft legal format (requiring all athletes to be draft certified)

Saturday (am)

Individual Females/Males 14-15 years of age (Swim 500m, Bike 10km, Run 4km)

- ♦ in draft legal format (requiring all athletes to be draft certified)

Individual Females/Males 12-13 years of age (Swim 300m, Bike 10km, Run 3km)

- ♦ in draft legal format

Sunday (am)

4x Co-Ed Zone Team Relay - Super Sprint Triathlon

1 male 14/15yo, 1 female 14/15yo, 1 male 12/13yo, 1 female 12/13yo)

(150m Swim, 5km Bike, 1km Run - in draft-illegal format)

Only the results of official Zone teams will be used to determine the ranks for the triathlon relay medals. Remaining Zone athletes not drawn to the Zone team may be put into a pool to be drawn into relay teams competing under the Triathlon Alberta flag. There is no limit to the number of Triathlon Alberta teams. The official Triathlon Alberta relay team results will be used for future talent identification.

Event is governed by Triathlon Alberta and Triathlon Canada Rules. Contact Triathlon Alberta for race manual guidelines and rules, or check out www.triathloncanada.com for copies of the rules.

PROTEST PROCEDURES

Athlete protest must occur within ten (10) minutes of the results being posted. A jury of three (3) people will be selected before the race start, made up of the Triathlon Alberta Technical Delegate, the Provincial Sport Coordinator and a race volunteer to review the protest.

ENTRY AND ZONE PLAYOFF PROCEDURES

Note: All Zone Playoffs must be completed prior to the Alberta Games Registration deadline of **June 20, 2023**.

Zone Qualifier races will involve participation in Kids of Steel events. Each Zone will have eight (8) qualifying spots, with four (4) qualifying spots per gender. Athletes must participate in their Zone-designated 2023 race and compete in their own age group (may not qualify using results from an event of a different age group).

If a qualifying event for the Zone is not available prior to June 20, 2023 athletes of the Zone must qualify by one of the Methods outlined under “Eligibility”.

EQUIPMENT SPECIFICATIONS

All uniforms and equipment used on the field of play must abide by Triathlon Alberta’s uniform and commercialization policy.

Triathlon Canada equipment standards will be enforced, including but not limited to:

- No tri bars (aero bars) and no race wheels for any athletes.
- Athletes 12-13 years old must adhere to rules for clipless pedals (‘mountain bike style’ or shoes with recessed cleats are permitted; ‘eggbeater’ & ‘lollipop’ styles are illegal for 12-13 year olds.)
- Platform pedals are allowed for all ages

PROVINCIAL SPORT COORDINATOR

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The Provincial Sport Coordinator indicated above is Triathlon Alberta’s primary contact and leader of the sport’s participation in the Alberta Games. For questions about Triathlon in the Alberta Games, contact the Provincial Sport Coordinator, or visit www.triathlonalberta.ca