



2022 USAT Youth and Junior Program Guide

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2022 Youth and Junior Triathlon Development Race Series

The 2022 Series is comprised of the events listed below. Use the associated website link for each race to access details and registration. National Championship qualification information is located on page 5.

<p>Florida Bradenton Triathlon (Youth) Bradenton, Florida National Championship Qualifier Registration is Open!</p>	<p align="center">http://www.srqtrifest.com/registration.html</p>	<p>Mar 2022</p>
<p>Americas Triathlon North American Championships Sarasota Sarasota, Florida National Championship Qualifier World Triathlon Real Junior World Championship Qualifier usa@usatriathlon.org Nominations. Deadline to submit nomination is January 5, 2022 @ 11:59pm ET</p>	<p align="center">https://triathlon.org/events/event/2022_americas_triathlon_junior_north_americas_championships_sarasota_bradenton</p>	<p>Mar 2022</p>
<p>East Coast Triathlon Festival Pine Bluff, Richmond, Virginia National Championship Qualifier World Triathlon Real Junior World Championship Qualifier Registration Opens: January 5, 2022 @ 12:00pm ET</p>	<p align="center">https://livered.org/east-coast-triathlon-festival/#raceregister</p>	<p>Mar 2022</p>

<p>Pleasant Prairie Cup Pleasant Prairie, Wisconsin <i>National Championship</i> <i>Registration Opens:</i> January 26, 2022 @ 12:00 PM ET</p>	<p>https://www.trisignup.com/Race/WI/PleasantPrairie/PleasantPrairieCupTriathlon</p>	<p>June 2022</p>
<p>Jenny Lee Triathlon Cup Beaver Falls Run Park, Beaver Falls, PA <i>National Championship</i> <i>Registration Opens:</i> January 26, 2022 @ 12:00 PM ET</p>	<p>www.trisignup.com/Race/PA/BeaverFalls/JennyLeeEliteCup</p>	<p>June 19, 2022</p>
<p>Flatland Triathlon Des Moines River Park, Des Moines, Iowa <i>National Championship</i> <i>Registration Opens:</i> January 26, 2022 @ 12:00 PM ET</p>	<p>http://www.flatlandtri.com/</p>	<p>July 2022</p>
<p>Trimonroe Monroe Park, Monroe, Washington <i>National Championship</i> <i>Registration Opens:</i> January 26, 2022 @ 12:00 PM ET</p>	<p>www.trimonroe.com</p>	<p>July 2022</p>
<p>Zone3 Youth and Triathlon Draft-National Championships & Mixed Chester of America Park, Chester, Ohio : 75 Starting Spots under</p>	<p>https://www.teamusa.org/USA-Triathlon/Events/National-Championships</p>	<p>July 2022</p>

<p>(Race Age: 16-17): Starting Spots Per er</p> <p>(Race Age: 18-19): Starting Spots Per er</p> <p>60 4-Person Relay s, Youth and Junior ns Combined</p>		
<p>cas Junior lon Cup St. George orge, Utah</p> <p>s@usatriathlon.org ninate. Deadline to t nomination is t 12, 2022 @ m ET</p>	<p>https://triathlon.org/events/event/2022_americas_junior_triathlon_cup_st_george</p>	<p>Sept 22 2 (E Date</p>

Divisions and Distances

The USAT Development Series consists of two competition divisions: Youth and Junior.

Youth: This division is open to athletes between the ages of 13 and 15 as of December 31, 2022. Athletes complete a super-sprint triathlon consisting of a 375m swim, 10k bike, and 2.5k run.

Junior: This division is open to athletes between the ages of 16 and 19 as of December 31, 2022. Athletes complete a sprint triathlon consisting of a 750m swim, 20k bike, and 5k run, unless otherwise noted.

Division	Birth Years	Distances	Format
Youth	2007, 2008, 2009	375m/10k/2.5k	Multi-lap; Draft-Legal
Junior	2003, 2004, 2005, 2006	750m/20k/5k	Multi-lap; Draft-Legal

Registration, Wait Lists and No Refund Policy

Registration for Series events begins in December, continues through early-April (see section **“2022 Youth and Junior Triathlon Development Race Series”** for registration-opening dates/times). Unless otherwise noted, registration is first-come, first-served and opening times are listed in EST/EDT. Athletes can access event and registration information using the websites listed on page 3 for each event. Registration for the National Championship will follow each qualification event. USAT will email a registration link and passcode to qualifying athletes. **Please note: USAT will email this link/passcode to the email address used when registering for the event. Use an email address that you check regularly. If your link expires, then the spot will roll-down to the next qualifying athlete!** Entry fees are listed on the race websites and may increase closer to the event date at the discretion of the Event Organizers.

Each event will maintain a Wait List of athletes seeking entry after the event is sold-out. Athletes will add their name to the Wait List via a Google Form posted on the event website that provides a time stamp of their request. Names added prior to the date/time of registration opening will be deleted. If and when a spot becomes available, it will be offered to the first athlete on the Wait List based on the time stamp. All deadlines to claim the open spots will be strictly enforced.

There will be no refunds for scratches within 59 days of an event. All refunds requested prior to 59 days will be capped at 50%. There are no refunds for scratches from the USA Triathlon Zone3 Draft Legal National Championships. Transfers or deferred entries are not available for the National Championship. In the spirit of good sportsmanship and fair play, USAT highly encourages prompt notification of scratches to juniors@usatriathlon.org.

Race Number Assignment and Starting Positions

All race numbers are assigned randomly by the Race Director and reviewed by the Lead Official. Whenever possible, race numbers will be posted on the event website 24 hours ahead of the event. USAT will make best efforts to share the numbered start list with coaches via email. Athletes will be called to the start line by order of assigned race number and immediately select their starting positions.

Once the athlete has chosen his or her starting position, he or she may not move to another starting position. Athletes must move straight forward into the water after hearing the starter's signal.

USAT Zone3 Youth/Junior Draft-Legal National Championships Qualification

The USAT Development Series serves as the pathway to gain the necessary skills and competence for draft-legal racing and to qualify to compete at the USAT Zone3 Youth and Junior Draft-Legal National Championships.

New in 2022: An additional division has been added to increase opportunity for developing Juniors (race ages 16-17) to compete. There will be 75 National Championship qualifying spots, per gender, available to Youth, Juniors 16-17, and Juniors 18-19. While most qualifying races will be raced with the Juniors competing together, National Championship qualification in all qualifying events will apply separately to Juniors 16-17 and Juniors 18-19.

Example: A 17-year-old junior athlete finishes as the 18th overall athlete in a qualifying event (where the Top-14 athletes earn an invitation to the USAT Zone3 Junior Draft-Legal National Championships. That athlete may qualify for a National Championship invitation provided he/she finishes in the top-14 of junior athletes' race aged 16-17.

Youth and Junior athletes qualify to compete at the National Championship by meeting one of the following criteria at one of these events (the "Qualifiers"):

- a) Finish in the Top-5 at the **2022 Americas Triathlon Junior North Americas Championships Sarasota** (*Sarasota-Bradenton Triathlon for Youth*) (only athletes representing the USA are eligible)
- b) Finish in the Top-14 at ANY **2022 Youth/Junior Triathlon Development Series Event***

*Excluding athletes already qualified and/or athletes representing other National Federations (including Dual Citizens).

Spots earned are not held indefinitely. A registration link will be provided via email (sent to the email address provided at the time of registration for the Qualifier). These emails will go out by the **WEDNESDAY** following a Series race, and the link will be valid for 7 days. **After the registration link lapses, any unclaimed spots will be forfeited and roll down to the next athlete.**

Both qualifying spots and roll downs will exclude athletes already qualified and/or athletes representing other National Federations. An athlete receiving a roll down will be provided a registration deadline with his/her notice.

Note: A registration spot will not roll down more than once! If 3 athletes pass on their Nationals registration, then those spots will roll down to the next 3 athletes (again, excluding those already qualified and/or those representing other countries). If any spots from those roll downs go unclaimed, then those spots will become "Wild Cards."

After slots are awarded from the last race, wild card availability will be announced and coaches can nominate for slots by emailing juniors@usatriathlon.org. If the athlete does not have a recent record of

accomplishment in U.S. draft-legal racing, he/she must receive a written nomination attesting to his/her proficiency in the *Draft-Legal Competencies* listed later in this document from a USAT-certified coach or a member of USAT's High Performance staff. Wild Card requests are reviewed by the Development Team (*Development Manager, Development Coordinator, Talent ID Coordinator*) and invitations are distributed at USAT's discretion. An athlete receiving a Wild Card invitation will be provided a registration deadline with the invitation.

Athletes who qualify and claim a spot, but who later decide not to race, are expected to notify the USAT Development Manager via email (juniors@usatriathlon.org). This will allow us to reassign the spot to another deserving athlete.

The results of a Qualifier will count even if the swim is cancelled or the distances reduced. Should a Qualifier be cancelled and not rescheduled to take place at least two weekends prior to Nationals, then the spots may be redistributed to the other Qualifiers or retroactively via roll downs, if necessary.

Note: Athletes who race the Zone3 Youth/Junior Draft-Legal National Championship are discouraged from also racing the 13 to 18 age group races at USAT Toyota Age Group National Championships. We want our youth and junior athletes focused on maximizing opportunities for growth and development in the draft-legal format.

Mixed Relay Registration

There are 60 "team spots" available for the Mixed Relay at **USAT Zone3 Youth and Junior Triathlon Draft-Legal National Championships & Mixed Relay**, accommodating participation by 240 athletes. **Each team must be comprised of two (2) females and two (2) males who raced individually the day before.**

In order to afford race opportunity to as many athletes as possible, there mixed team relay registration will be offered to:

High Performance Teams: All teams with 2 male and 2 female athletes registered for USAT Zone3 Youth and Junior Triathlon Draft-Legal National Championships will be eligible to register one (1) team spot. As teams qualify additional athletes who could comprise a full relay team, they will be eligible for additional spot(s).

Approximately 4 weeks before USAT Zone3 Draft-Legal Nationals (on or about June 30, 2022), a shared google drive spreadsheet will be distributed to coaches to preliminarily express intention to enter a Mixed Relay Team(s).

Composite Teams: After getting preliminary interest from all eligible HPTs, approximately two weeks before Nationals, USAT will re-distribute the google spreadsheet to qualified and registered athletes. Those athletes not included on an HPT relay may nominate themselves for a mixed team relay spot. Coaches/athletes will organize composite teams from this group of self-nominated athletes.

One coach/athlete on each composite team will be responsible for naming and registering the team. This should be coordinated within the team once a composite relay team is assembled.

Refunds: There are no refunds if withdrawing a team.

Deadline for Setting Team Composition: Coaches must complete the registration process by entering the names of relay team athletes in the online registration system – in the exact order of the relay – no later than six (6) days prior to the event weekend or risk forfeiting the team spot.

Relay Order: Male – Female – Male – Female

Injury/Illness Substitutions: Injury or illness substitutions must be delivered to the Event Organizer or his/her designee immediately after the finish of final Youth Development or Junior Development competition of the day to assure that a change can be made in the timing system. Substitutions will be made at the sole discretion of the Event Organizer working with the Timer. Substitutes must have previously demonstrated competence in draft-legal racing (e.g. finished a Youth Development or Junior Development Race) and/or demonstrated proficiency in the *Draft-Legal Competencies* described later in this document. *Coaches are highly discouraged from entering athletes who did not qualify for the individual championships.*

Numbering: Each HPT or Club will be assigned a random number for the purpose of announcing athletes to the start line and assigning racks in transition. HPTs may assign an internal ranking designator to each of its teams at the time of registration (Step 1), such as Team 1, Team 2, and so on. This must be readily apparent in the registration database or USAT will assign a ranking of its choosing. The Event Organizer will assign the first team from each HPT or Club a starting position according to the random order assigned all HPTs and Clubs before repeating the process until all relay teams are given a call-up position.

The order by which each athlete completes the relay will be requested at the time of registration (Step 2) and may be altered only when replacing an injured or ill athlete.

Maximum Number of Teams: This event has a maximum field size of 60 teams. If an HPT can field a relay team, then that HPT's first entry will be prioritized over a second or third relay team from an HPT with multiple relay entries. There is no maximum number of teams that any one team may request.

National Championship Awards

The first three USA-eligible finishers will be recognized with National Championship awards. An athlete must have three consecutive years legal residency in the U.S. to be eligible for National Championship awards. Ineligible athletes may be recognized with a separate podium presentation or announcement.

Development Series Podium Awards

The top three male and female finishers at each Youth Development / Junior Development Race, regardless of nationality, will receive podium medals provided by USA Triathlon. Event organizers may

provide supplemental race awards at their discretion. Additionally, the top three male and female Youth/Junior Development Series Champions will receive special recognition by USA Triathlon at the conclusion of the National Championships. Athletes must finish the National Championship event in order to claim any overall series awards.

Youth/Junior Development Series Individual Championship

USAT Junior Development Series Individual Champions are determined from the results of the five (5) Junior Development events and five (5) Youth Development events, based on the points table shown in Appendix A. An athlete's **two best Series scores + score at USAT Zone3 Youth/Junior Draft Legal Nationals** will count toward their individual total score.

Any ties for the top three positions in the Series overall will be broken by a comparison of head-to-head finishes in series events. If there are no head-to-head finishes to compare, the athlete who raced the final event – the national championship – and has the highest finish place wins. If neither athlete raced Nationals, the athlete with the fastest cumulative time wins. Ties at Series events will be broken by the times provided by the timer in the official results or by photographic evidence, if available.

Only athletes representing the United States will be ranked in the series, however, non-US athletes may score points at series races based on finish place. Points scored in an event are tied to an athlete's overall finish place.

High Performance Team Recognition Program

High Performance Teams (HPTs) are the regional arm of USAT High Performance's youth and junior development. HPTs are distinguished from other clubs and teams by meeting the following criteria annually:

- 1) USAT Certified Club** (<https://www.teamusa.org/usa-triathlon/usat-for-me/clubs>)
- 2) USAT Certified Coach** on staff
- 3) Commitment to developing youth and junior triathletes**
 - a) provides regional multisport training and racing opportunity
- 4) Service to the Sport (meet at least one of the following):**
 - a) Host an International Junior event
 - b) Host a USAT Youth/Junior Development Cup
 - c) Supply five (5) or more volunteer officials to assist with equipment checks during the course of the season at Series events (1 volunteer working 1 event counts as 1)
 - d) Conducting a draft-legal education clinic within your region*
 - e) Host a non-endemic talent recruiting event targeting high performing athletes*
 - f) Organize one (1) regional youth/junior splash-and-dash and/or triathlon*

**All clinics and recruiting events must be documented and reported to USAT via email (juniors@usatriathlon.org). All splash-and-dash and/or regional triathlon races must be sanctioned by USAT for approval.*

High Performance Teams will be recognized on the USAT Website and rewarded for their contributions to USAT's athlete development program with special prizes, use of recognition logos, and HPT grant opportunities. Please email juniors@usatriathlon.org to nominate a team for inclusion in the HPT Program.

Failure to meet any one criterion (1-4) in a calendar year will disqualify a team from the HPT Program, effective the following year.

High Performance Team Rankings

USAT ranks High Performance Teams nationally based on performance at Zone3 Nationals:

Teams are ranked based on their Top-3 scoring athletes in the Youth Male & Female divisions, the Top-2 scoring Junior 16-17 Male & Female divisions, and the Top-2 Junior 18-19 Male & Female divisions for a total of 14 scoring athletes. Points are awarded from 1st to 75th so that each finisher has an opportunity to score for his/her team. (See [Appendix A](#) for the points table).

It is important for athletes to assign his/her team affiliation upon registration to be included in the team standings.

All-American / Honorable Mention / Athlete of the Year

All-American honors are bestowed upon:

- Top 5% of ranked athletes and to the USAT Youth/Junior (both divisions)
- 1st place finishers at USAT Zone3 Youth (13-15)/Junior (16-17)/Junior (18-19) Draft-Legal National Championships

Honorable Mention recognition is awarded to:

- Top 6-12% of ranked athletes
- 2nd and 3rd place finishers at USAT Zone3 Youth (13-15)/Junior (16-17)/Junior (18-19) Draft-Legal National Championships

USAT High Performance staff will nominate athletes for **Junior Athlete of the Year** honors based on the collective achievements of the athletes throughout the year.

Series Participation by Foreign Nationals

USAT welcomes international participation in Development Series races provided space is available. Foreign nationals may earn podium medals and prizes based on their finish position, but they are not scored in the Series Championship or National Rankings. Foreign Nationals must purchase a USAT membership to compete (one-day or annual) in any series race.

USAT may, at its discretion, offer solidarity invitations to non-U.S. athletes who wish to participate in the USAT Zone3 Youth and Junior Draft-Legal National Championships. Foreign athletes will not be

recognized with national champion podium awards, but they may receive general recognition for outstanding performances by the race announcer.

To be eligible for awards at USAT Nationals, an athlete must be either a U.S. citizen or a US national (visa/green card) having resided in the U.S. for at least three (3) consecutive years, and have declared their intent to compete under the U.S. flag in international competition.

Mandatory Pre-Race Briefing and Competition Jury

The COVID Pandemic has changed the way race rules and specific race logistics (course maps, transition flow, etc) are communicated to athletes and coaches. In 2022, USAT Development Series Races will offer all series race briefings online. Links to these videos will be posted on the race's website at least one week prior to each series event. Athletes are responsible for watching these videos and will be held accountable to understanding the information presented.

The Lead Official will provide the names of the Competition Jury and procedures for filing protests in the pre-race briefing video. All race-specific officiating concerns must be brought to the attention of the Lead Official **at the race venue**. All protests must be filed **by the athlete** onsite with the Lead Official. ANY protest filed by a coach or parent will not be considered.

Competition Rules Summary

The USAT Youth/Junior Development Series is officiated by USAT National Technical Officials (NTO). NTO's apply international rules for draft-legal racing, as defined by World Triathlon (WT). The most current version of the rules is posted at <http://www.triathlon.org/about/downloads/>. Athletes, coaches and parents must be familiar with the rules. The Lead Official will post the race briefing and other reminders for each event on the race webpage. Direct your questions about rules enforcement to USAT Technical Officials' Coordinator, Paul Brandt (paul.brandt@usatriathlon.org).

International Event Rules

Athletes planning to race a World Triathlon International Event (eg. World Triathlon Junior Continental Cup; PATCO Pan American Championships, World Championship, Continental Cup) are advised that their wheels **must comply** with World Triathlon Rule 5.2(e)(vi) and be listed on the current **UCI Wheel List**.

Furthermore, athletes must comply with WT Rule 2.4(c) and Appendix Q requiring a pre-participation physical examination (PPE) that includes a 12-lead at rest electrocardiogram test.

See <http://www.triathlon.org/about/downloads/category/medical> and the Junior page of the USAT website for instructions in certifying compliance to USAT. USAT cannot nominate a Junior athlete to participate in World Triathlon International Events without certification that the PPE has been satisfactorily completed.

International Junior Events

USAT will host one (2) international Junior events in 2022: the **Americas Triathlon Junior North American Championships Sarasota** on March 12, 2022 and the **Americas Junior Triathlon Cup St. George** on or about September 23, 2022 (exact date TBC).

Eligibility criteria are posted on the USAT website (<https://www.teamusa.org/USA-Triathlon/Elite/Development/Races>). Start lists for these events are not final until posted by World Triathlon (www.competitions.com) approximately 32 days prior to the event.

Uniform Rules

The USAT Youth/Junior Development Series does not require full compliance with the World Triathlon Junior Uniform Rules. This removes a potential financial barrier to participants new to developmental draft-legal racing. The following elements of the Competition and Uniform Rules do apply:

- At all USAT Youth/Junior Development Series races, the athlete's torso must be covered from the start of the swim until the finish of the run.
- At Youth/Junior Development Cups, athletes are encouraged, but not required to have their last name and country code on their suit.
- At the USAT Zone 3 Youth/Junior Draft-Legal National Championships, athletes are highly encouraged to have their **last name** and **country code** on their suit. If and when applying one's name and country code, athletes must follow the layout and dimensions specified in the Uniforms Rules (see Appendix F of the World Triathlon Competition Rules) http://www.competitions.com/about/downloads/category/competition_rules.
- Rear zippered tri suits are highly recommended for male competitors. Female competitors may wear a one-piece swim suit or a tri suit (with or without rear zipper).
- While logo dimensions and locations are not enforced in the USAT Youth/Junior Development Series as a way to reduce costs incurred when starting the sport, USAT highly recommends that athletes and teams use the World Triathlon Uniform Rules template when designing their suits. This may allow athletes to use the same suit at international events officiated by World Triathlon Technical Officials. Not following these templates will require the purchase of a separate uniform for International events.
- Athlete representing another National Federation must display their country code on their uniform (e.g. CAN, MEX, BER).
- Race number body marking decals may not be covered, except as allowed by WT Competition Rules.
- Sleeved (long or short) race suits are not permitted.

Note: During the registration process for each Youth/Junior Development Cup, athletes are asked to identify their team affiliation. Individual and team points are awarded based on the results of each event.

Athletes representing one team should not wear the uniform of another team or personal sponsor (an exception may be made for suit malfunctions that would otherwise prevent the athlete from being able to race (e.g. broken zipper – borrowed another suit)).

SafeSport

USA Triathlon participates in the USOPC's SafeSport program. SafeSport addresses the issues of child sexual abuse, bullying, hazing, harassment, and emotional, physical, and sexual abuse. These issues extend to online (cyber) behavior. All participants in the Series – athletes, coaches, parents, volunteers, and event organizers – are encouraged to take advantage of the free SafeSport training and resources offered by USOPC. This training is required for athletes 18 and older. For athletes

Participants are reminded that USAT's Competition Rules, as well as USAT's Athlete Code of Conduct, address unacceptable conduct toward fellow athletes on and off the field of play (including online). All athletes and coaches should review USAT's SafeSport policies and reporting procedures regularly.

<https://www.teamusa.org/usa-triathlon/usat-for-me/athlete-resources/safesport-and-usat>

US athletes 18 and older competing in international event are required to complete the SafeSport training course and submit their certificate of completion prior to nominating for the event. For information on how to complete SafeSport training please see [Elite Athlete Qualification](#).

USADA

USA Triathlon demands strict adherence to all anti-doping protocols. Participants in the Series may be subject to in-competition drug testing. Drug testing is routine at international junior competitions. Athletes, coaches and parents are encouraged to avail themselves of the resources provided by the U.S. Anti-Doping Agency (<http://www.usada.org/>).

Parents/Athletes are responsible for clearing all medications or supplements in advance of competition.

Camps

USA Triathlon's Youth and Junior Camps educate our nation's top youth and junior triathletes on the skills, habits, and decisions required for progression toward elite performance.

Note: USA Triathlon's expectation is that all Youth athletes have some familiarity with routine bike maintenance, bike build/breakdown. JUNIOR ATHLETES are expected to be self-sufficient when packing/unpacking the bicycle from air travel. If this is a concern, then the athlete should notify juniors@usatriathlon.org prior to camp so we can make individual arrangements/accommodations.

In 2022, USAT is offering one **Domestic Select Camp** and one **International Select Camp**. Camp invitations will be extended to athletes based on their performance(s) in:

- USAT's Youth and Junior Development Series

- USAT Benchmark Testing, which may include USA Swimming, USA Cycling, and/or USA Track and Field results)

Domestic Select Camp: Offered to athletes 15-16 years old and held at the US Olympic and Paralympic Training Center in Colorado Springs, CO. This camp's program educates athletes on the skills and habits they need to build while balancing school, training, and life in their home environments. Camp education develops sport specific skills while addressing topics that include: anti-doping, nutrition, psychology, media training, seasonal planning, team expectations, and competition rules.

International Select Camp: Races are the core of this experience. This camp is offered to our top-performing Junior triathletes and facilitates international race experience. This camp addresses the challenges and opportunities athletes face when racing abroad.

Qualifying for International Championships

U.S. junior triathletes, race ages 16 to 19, have the opportunity to earn starts at a number of international championships each year. These include the World Triathlon Junior World Championship, the PATCO Pan American Junior Championship and, every four years, the Youth Olympic Games. USA Triathlon is responsible for selecting the athletes and naming them to the teams that represent the United States at these events. The official criteria to qualify for these events are posted at <https://www.teamusa.org/USA-Triathlon/Elite/Development/Races>. The following is a summary of the criteria.

Event	No. of Spots	Selection Event(s)
World Triathlon Junior World Championships	Up to 3 per gender	Americas Triathlon Nor Am Championships Sarasota, USAT Richmond Junior Development Cup
PATCO Pan American Junior Championships	Up to 4 per gender	Criteria TBD once event is announced
World Triathlon/PATCO Junior Continental Cups	Varies	Current World Triathlon Rankings, Current Development Series Rankings

Draft-Legal Competencies

Athletes seeking to compete in the Series should possess the following minimum knowledge and skills.

Knowledge Competencies: An athlete must be able to identify or describe –

- the multi-lap, draft-legal format, and race distances;
- the type of swim starts (pontoon/beach run-in) and the start commands;
- the flow-through style transition and proper set-up of transition space;

- the rules applicable to draft-legal racing, including uniform and bicycle set-up;
- mount/dismount line rules in draft-legal racing;
- the requirement to watch all pre-race briefing information
- morning-of athlete and equipment check-in;
- proper application of race number decals;
- age and skill-appropriate racing distances for juniors;
- location of athlete development information on USAT website;
- USAT athlete development pathway from Youth to Elite;
- how to access the USAT Junior Development ranking website;
- USAT Athlete Code of Conduct;
- where to find USOPC SafeSport information; and,
- where to find anti-doping information (USADA).

Skill Competencies: An athlete must be able to –

- take his/her starting position on a World Triathlon-style start line without hesitation;
- perform a dive start from a pontoon on starter's command;
- perform running beach entry/exit;
- set up his/her transition area and demonstrate correct use of rack and basket;
- use elastic bands to secure cycling shoes;
- locate the mount/dismount lines/zones;
- handle bike while running at speed;
- perform flying mount and dismount (i.e. without stopping);
- ride in single-file paceline and two and three-abreast;
- rotate positions within a paceline;
- use hand/signals/voice to communicate within a paceline;
- use proper hand positions on the handlebars;
- apply proper cornering techniques;
- apply seated and standing climbing techniques;
- remove, drink, and replace water bottle while riding in a paceline;
- place bike on transition rack during T2;
- monitor the penalty board and serve penalties in the penalty box or transition; and,
- demonstrate competency in draft-legal rules while performing these skills.

High Performance Teams

USAT-designated High Performance Teams are the backbone of our development program. In addition to providing in-person and remote coaching, HPTs are a conduit for information and advice.

Current Roster: <https://www.teamusa.org/USA-Triathlon/Elite/Development/Teams>

Time Standards Guide

The information below is presented as a resource for coaches and athletes to better understand the demands of competition at the National and International levels. Athletes are encouraged to reach towards these standards to motivate their training.

Terms Defined:

World Leading swim and run times are an average of what the top athletes at the Junior World Championship level are capable of doing in those individual events.

Internationally Ranked swim and run times are an average of what the top athletes at the European Cup-level are capable of doing in those individual events.

Nationally Competitive swim and run times are an average of what the top athletes at the USAT Development Series are capable of doing in those individual events.

Olympic Development Potential times are used in conjunction with the World Leading standards to identify talent-transfer athletes (a swimmer, runner, or cyclist who may decide to become a triathlete). If an athlete has a World Leading time in an event in one discipline, and an ODP time in an event in a different discipline, they would be considered for recruitment.

While the swim and run data in the charts below represents times achieved in single sport competition, the bike data reflects what can be expected IN an actual draft legal Junior triathlon race at the World, International and National levels.

Junior Girls	TIMES	World Leading	Internationally Ranked	Nationally Competitive	Olympic Development Potential (ODP)
EVENTS					
<u>Swim</u>		LCM/YDS	LCM/YDS	LCM/YDS	LCM/YDS
200 Free		2:15 / 1:59	2:25 / 2:09	2:25 / 2:19	2:40 / 2:34
400/500 Free		4:40 / 5:08	5:00 / 5:28	5:20 / 5:48	5:50 / 6:18
800/1000 Free		9:40 / 10:46	10:20 / 11:16	11:00 / 11:36	11:40 / 12:16
1500/1650 Free		18:15 / 17:35	19:30 / 18:50	20:45 / 20:05	22:00 / 21:20
<u>Run</u>					
800		2:15	2:20	2:25	2:30
Mile		4:49	5:00	5:10	5:25
3000		9:20	9:40	10:00	10:30
5k		16:15	16:55	17:35	18:45
10k		33:30:00	34:50:00	36:10:00	38:30:00
<u>Bike</u>					

5min		5.2W/KG	4.9W/KG	4.6W/KG	4.2W/KG
20min		4.7W/KG	4.4W/KG	4.1W/KG	3.7W/KG
60min		4.4W/KG	4.1W/KG	3.8W/KG	3.5W/KG

Junior Boys	TIMES	World Leading	International y Ranked	Nationally Competitive	Olympic Development Potential (ODP)
EVENTS					
<u>Swim</u>		LCM/YDS	LCM/YDS	LCM/YDS	LCM/YDS
200 Free		1:58 / 1:42	2:08 / 1:52	2:16 / 2:00	2:30 / 2:14
400/500 Free		4:12 / 4:39	4:32 / 4:59	4:52 / 5:19	5:20 / 5:50
800/1000 Free		8:44 / 9:38	9:24 / 10:18	10:04 / 11:00	11:00 / 12:00
1500/1650 Free		16:30 / 15:50	17:45 / 17:05	18:45 / 18:05	20:00 / 19:20
<u>Run</u>					
800		1:57	2:02	2:07	2:16
Mile		4:08	4:18	4:28	4:46
3000		8:12	8:32	8:52	9:28
5k		14:25	15:00	15:50	16:55
10k		29:40:00	31:15:00	32:20:00	34:30:00
<u>Bike</u>					
5min		5.5W/KG	5.2W/KG	5.0W/KG	4.6W/KG
20min		5.0W/KG	4.7W/KG	4.5W/KG	4.2W/KG
60min		4.8W/KG	4.5W/KG	4.2W/KG	3.8W/KG

Frequently Asked Questions

What is a Youth Development / Junior Development Cup? Youth Development / Junior Development Cups are USAT-designated, draft-legal triathlons organized exclusively for athletes between 13 and 19 years of age. Each year, USAT designates a small number of these events to provide draft-legal, national-level racing opportunities for athletes to progress in the draft-legal format. These events further prepare athletes for international competition.

What does “draft-legal” mean? The term “draft-legal” refers to the competition rules that are followed in the World Triathlon/Olympic short-course triathlon format. During a draft-legal triathlon, athletes may ride directly behind other athletes to save energy or join in team tactics. This is often referred to as riding in a “pack” or “peloton.” Under USAT Age Group Competition Rules, drafting behind another athlete would result in a penalty. Under international draft-legal competition rules, there is no penalty for drafting...in fact, it is encouraged. Drafting in this format of triathlon adds another dimension to race tactics and skill.

Where do I learn about international competition rules? The WT Competition Rules are available at <http://www.competitions.com/about/documents>. Because these rules are written more specifically for major international events, there are some rules or interpretations that may not be applicable or enforceable in developmental junior races. If you have a question about the rules, be sure to raise it with the Lead Official prior to your event.

What is the purpose of these types of events? Since the Junior, Collegiate (FISU/NCAA), Under-23, and Armed Forces championships all are draft-legal triathlons, Youth Development / Junior Development Cups provide America’s young athletes an opportunity to develop the skills and experience necessary for international-caliber racing as they progress through the development pipeline. They also serve as a stepping-stone toward becoming an elite/professional triathlete competing in the World Triathlon Series and/or the Olympic Games.

What are the race distances and format? A Youth Development Cup is comprised of a 375-meter swim, a 10-kilometer bike, and a 2.5-kilometer run. Junior Development Cups (unless otherwise noted) are comprised of a 750-meter swim, 20-kilometer bike, and a 5-kilometer run. The swim starts from either a platform (dive from a floating pontoon, pier, or riverwalk) or a beach start. An in-water start may be used where no other suitable option is available. The bike course is multi-lap (e.g. 4 x 5k). The run is multi-lap (e.g. 2 x 2.5k) as well. As with any triathlon, distances may vary slightly from venue to venue.

Why are these races so short? I thought triathlon was an endurance event? The distances for Junior Development Cups mirror that of the World Triathlon Junior World Championship and Youth Olympic Games. Since Junior Development Cups combine the usual elements of a sprint triathlon with the dynamics and required skill level of draft-legal racing, reasonably short distances are most advisable. At age 13 or 14, an athlete is transitioning from the very short Youth distance races to the variability/tactics of draft-legal racing. Physiologically, these athletes are in a dynamic stage of development where coordination, balance and an athlete’s center of gravity are changing rapidly. Youth Development events

provide a safe, age-appropriate distance upon which to build a foundation for success in the junior ranks and beyond.

How old must I be to compete? For Youth triathletes, eligible racing ages are 13, 14, or 15 years old as of December 31st of the competition year. For Junior triathletes, eligible racing ages are 16, 17, 18, or 19 years old as of December 31st of the competition year.

May I “race up” a division? No. Athletes must compete according to their age as of December 31st of the competition year. For example, a 12-year-old who does not turn 13 by December 31st may not compete in a Youth Development Cup. Likewise, a 15-year-old who does not turn 16 by December 31st may not compete in a Junior Development Cup. In the same spirit, an older athlete may not “race down” a division.

What is a High Performance Team? USAT has recognized a number of developmentally-focused teams around the country as USAT High Performance Teams. These teams are led by experienced junior development coaches and share a common mission with USAT’s High Performance Department: *identify, recruit, develop and support rising talent*. HPTs focus their seasons around the USAT Junior Development Series and on preparing athletes for increasingly competitive race fields. If you are interested in learning more about USAT High Performance Teams, visit <https://www.teamusa.org/USA-Triathlon/Elite/Development>.

Do I need to be on a High Performance Team to compete? No. While there are many development teams that focus on preparing Youth Development / Junior Development athletes, being a member of such a team is not expected nor required to compete at a Youth / Junior Development Cup.

How do I register for these events? Registration is handled separately by each race director. Because many Youth / Junior Development Cups are held in conjunction with age group races, be certain you are registering for the Youth Development Cup (13-15) or Junior Development Cup (16-19) event. Use the website links on Page 3 of this document to locate registration instructions for each event.

Do I need to be a USAT member to compete? Yes. Since the Junior Development Series is a pathway to selection for international championship teams, USAT’s High Performance Department expects all participants in the series to be annual members. Junior athletes may hold a USAT Elite License and still compete in the Series.

What type of bike do I need in order to participate? For Youth / Junior Development Cups, you must ride a “traditional road bike,” as opposed to a “tri bike,” “time trial bike,” or “mountain bike.” For exact specifications, please consult sections 5.2 of the World Triathlon Competition Rules (referenced above). Any exceptions to these rules will be briefed by the Lead Official prior to each race.

Does that mean I need to own two bikes? Certainly not. A few minor modifications to your “traditional road bike” will make it race-ready for any non-drafting triathlon. A road bike will provide the versatility to do both styles of triathlon at the lowest cost.

Can I use aerobars on my bike? Aerobars are highly discouraged in the 2022 Youth/Junior Development Series events. World Triathlon and the USAT Development Series will be banning aerobars in 2023. If you choose to race with aerobars in 2022, they may not extend beyond the brake hoods/shifter levers. A simple way to check this is to take a piece of cardboard and hold it against both brake hoods/levers. If your aerobars are touching the cardboard or prevent it from touching both hood/levers, your bars are extended too far and will need to be adjusted or removed before you can place your bike in transition. Bars also must have a factory-produced bridge or be touching at the tips.

What is the “no bare torso” rule? An athlete must have his/her torso (upper body) covered for the full duration of the race...from swim start to run finish. Most athletes choose to compete in a form-fitting tri-suit that does not inhibit their swim stroke and is hydrodynamic. This rule is strictly enforced.

Should I put my name on my race suit? The Junior Development Series is a talent identification program for USAT. The best way for our talent scouts to learn who you are while you are racing is to put your name on the front and back of your suit. *It also looks cool!* Please review the competition rules section for specific guidance on race uniforms.

Why is there a mandatory pre-race briefing/video? Mandatory pre-race meetings inform athletes of the competition rules and course specifics. Given the developmental nature of these events, these videos are a critical part of the educational process.

Are wetsuits allowed? Yes, provided the water temperature is 20C (approximately 68F) or below. Variations in this limit may be enforced by the Lead Official depending ratio of water-to-air temperature. Wetsuits may or may not be worn provided the water temperature is 20° C (approximately 68° F) or below. If the water temperature is lower than 20° C and the air temperature is lower than 15° C (approximately 59° F) an adjusted value will be used to decrease the measured water temperature according to World Triathlon Competition Rules.

Are three-person relay teams allowed to compete? No. All participants must do the swim, bike and run.

Why are race numbers assigned randomly and not according to national ranking? The purpose of the Junior Development Series is to provide developing athletes with as much relevant race experience as possible. This will better prepare them for the realities of international competition – both as juniors and as elites. At international championships, U.S. athletes most likely will be assigned race numbers randomly unless they have a World Triathlon Ranking. Sometimes an athlete will be called to the line early, sometimes last. As junior triathletes transition into elite racing, they most likely will be the lowest ranked and will be called to the start line last. U.S. athletes need to be mentally and skillfully prepared for any circumstance and be confident and capable of making tactical adjustments in the moment.

May parents assist their children in the transition area? No. Parents and coaches are never allowed inside the transition area before, during, or after the event.

Where can I watch video of this style of racing? WT offers a collection of recent event videos on its Multimedia page <https://www.triathlonlive.tv/>

Where can I get coaching for this type of racing? One of the best places to learn the art of draft-legal triathlon is by joining a High Performance Team or working with a skilled USAT Certified Coach.

Will competing as an “elite” affect my NCAA eligibility? USAT always cautions athletes to consult their school’s compliance officer or the NCAA By-Laws with specific questions on this topic. This advice applies to state high school athletic associations as well, which sometimes have rules about participating in multiple sports in the same season.

Is there financial assistance available from USA Triathlon? USAT supports juniors who are competitive at the international level. Additional support for race expenses, equipment, and coaching may be available for certain athletes through the USA Triathlon Foundation (<http://usatriathlonfoundation.org/>)

THIS DOCUMENT IS SUBJECT TO CHANGE

Links

World Triathlon www.triathlon.org

USA Triathlon www.usatriathlon.org

USA Triathlon Youth/Juniors Webpage <https://www.teamusa.org/USA-Triathlon/Elite/Development>

USA Triathlon High School <https://www.teamusa.org/USA-Triathlon/About/Multisport/High-School-Program>

USA Triathlon Collegiate <https://www.teamusa.org/USA-Triathlon/USAT-for-Me/Clubs/Collegiate-Clubs>

USA Triathlon NCAA <https://www.teamusa.org/usa-triathlon/about/multisport/ncaa-triathlon>

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

Appendix A

**Junior Development Series Points Table for Calculating
Individual and Team Series Standings**

Place	USAT Zone3 Draft-Legal Nationals	Development Series Cup
1	1250	1000
2	1188	950
3	1128	903
4	1072	857
5	1018	815
6	967	774
7	919	735
8	873	698
9	829	663
10	788	630
11	748	599
12	711	569
13	675	540
14	642	513
15	610	488
16	579	463
17	550	440
18	523	418
19	497	397
20	472	377
21	448	358
22	426	341
23	404	324
24	384	307
25	365	292
26	347	277
27	329	264
28	313	250
29	297	238
30	282	226
31	268	215
32	255	204
33	242	194
34	230	184
35	219	175
36	208	166

Place	USAT Zone3 Draft- Legal Nationals	Development Series Cup
38	187	150
39	178	142
40	169	135
41	161	129
42	153	122
43	145	116
44	138	110
45	131	105
46	124	99
47	118	94
48	112	90
49	107	85
50	101	81
51	96	77
52	91	73
53	87	69
54	82	66
55	78	63
56	74	60
57	71	57
58	67	54
59	64	51
60	61	48
61	58	46
62	55	44
63	52	42
64	49	39
65	47	38
66	45	36
67	42	34
68	40	32
69	38	31
70	36	29
71	34	28
72	33	26
73	31	25

37	197	158

74	30	24
75	28	22

5% drop off

