



## 2009 CANADA SUMMER GAMES

### TRIATHLON TECHNICAL PACKAGE

Technical Packages are a critical part of the Canada Games. They guide the selection of athletes by prescribing the age and eligibility requirements, assist the organizing committees by detailing tournament formats and scoring procedures, assist Chefs de Mission in verifying eligibility, help with budgeting by describing the number of participants permitted, advance coaching certification by stating minimum requirements and generally contribute to athlete development by identifying each NSO's version of prospective high performance athletes.

Every Games' coach, manager, Sport Chairperson and Mission staff has an obligation to read and understand every aspect of the Technical Package. Failure to do so could cost an athlete his or her eligibility for the Games or could affect final standings or the conduct of the competition. If someone does not understand an aspect of a Technical Package, he or she is to seek clarification from the Sport Committee of the Canada Games Council through his or her Chef de Mission or National Sport Organization.

Technical Packages are developed primarily by National Sport Organizations, following principles, guidelines and requirements of the Canada Games Council. As the overall governing body of the Games, the Council has the ultimate authority for Technical Packages, but this authority is exercised only with the knowledge and understanding of the NSO concerned.

If an individual wishes to initiate a change to a Technical Package leading up to a Games, the desired change should be first directed to the National Sport Organization or the Chef de Mission. The NSO or Chef will evaluate the merits of the change and will, if it has merit, submit the requested change to the Sport Committee of the Canada Games Council. The NSO or Chef will submit the rationale for the change. Changes to age groups, eligibility requirements, team sizes or staff complements will not be considered after three years prior to the Games. Substantive changes to events or competition formats will not be considered after 18 months before the Games. Minor corrections will be considered at almost anytime, but will be increasingly difficult to achieve within six months of the Games. These time frames reinforce the importance of complete understanding of the Technical Package early.



# 2009 PRINCE EDWARD ISLAND CANADA SUMMER GAMES

## TECHNICAL PACKAGE

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### 1. SPORT: TRIATHLON

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### 2. PARTICIPANTS:

- 2.1 Competitors: Male 3 Female 3  
2.2 Staff: 1 Coach & 1 Manager, one of whom must be male and one of whom must be female.
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### 3. CLASSIFICATION:

Triathletes must be at least 16 years of age and no older than 20 years of age as of December 31, 2009. (Born between January 1, 1989 and December 31, 1993 inclusively.)

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### 4. ELIGIBILITY:

#### 4.1 Coaches:

The coach must be “In Training” within the New NCCP Competition Development Triathlon Program and have been recognized as such 90 days prior to the Games (May 17, 2009).

#### 4.2 Competitors:

Excluded from the Canada Games are:

- (a) Athletes that have held an SR1 or SR2 card (as defined by Sport Canada’s Athlete assistance Program) at any time.

No athlete can be rendered ineligible within 90 days of the opening of the Games due to carding status (i.e., no athlete will be excluded if they are granted carding status after May 17, 2009)

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## 5. COMPETITION:

### 5.1 GENERAL PRINCIPLES

All male and female competitors will compete in two separate events:

- (a) Individual Sprint Triathlon (750m Swim, 20km Bike, 5 km Run)
- (b) Team Triathlon (300m Swim, 7km Bike, 2km Run)

### 5.2 SEQUENCE OF EVENTS

**Monday – Course Familiarization / Swim Practice**

**Tuesday – Female Competition – Individual / Male Competition – Individual**

**Wednesday – Swim Practice / Course Familiarization**

**Thursday - Swim Practice / Course Familiarization**

**Friday – Female Competition – Team / Male Competition – Team**

### 5.3 SPECIFIC RULES

While the competitions will be run under Triathlon Canada Competition Rules, some specific rules will apply to the Canada Games event.

### 5.4 DRAFTING

Both the Individual Sprint Triathlon and Team Triathlon will be run in a draft legal format. Participants must have draft legal bicycles as per Triathlon Canada Competition Rules. Participants must also have received training/accreditation through their provincial or territorial triathlon union in order to participate in drafting format events. If a lap course is used lapped athletes will be allowed to finish, but may not draft off competitors who have already lapped them.

### 5.5 START AND TRANSITION POSITION

Start and transition positions will be pre-assigned to each province/territory based on a random draw. For example, if P.E.I. is drawn first, they will receive position 1, 2 & 3 in transition and at the swim start for each of the three competitors on their team. A competitor's number will match their start and transition position number. This random draw will take place 5 days prior to event day. Competitor numbers, start and transition positions will remain the same for both the Individual Sprint Triathlon and Team Triathlon.

## 6. SPORT SCORING

### Individual Sprint Triathlon

The winner in the competition will be the competitor with the best competition time in the overall competition. The top three competitors, male and female, are recognized and will receive medals.

Men and women will be ranked separately. In the individual events, points will be awarded to the top two competitors representing each province/territory as follows:

Position	Points	Position	Points	Position	Points
1 <sup>st</sup> place	100	14 <sup>th</sup> place	72	27 <sup>th</sup> place	59
2 <sup>nd</sup> place	97	15 <sup>th</sup> place	71	28 <sup>th</sup> place	58
3 <sup>rd</sup> place	94	16 <sup>th</sup> place	70	29 <sup>th</sup> place	57
4 <sup>th</sup> place	91	17 <sup>th</sup> place	69	30 <sup>th</sup> place	56
5 <sup>th</sup> place	88	18 <sup>th</sup> place	68	31 <sup>st</sup> place	55
6 <sup>th</sup> place	85	19 <sup>th</sup> place	67	32 <sup>nd</sup> place	54
7 <sup>th</sup> place	83	20 <sup>th</sup> place	66	33 <sup>rd</sup> place	53
8 <sup>th</sup> place	81	21 <sup>st</sup> place	65	34 <sup>th</sup> place	52
9 <sup>th</sup> place	79	22 <sup>nd</sup> place	64	35 <sup>th</sup> place	51
10 <sup>th</sup> place	77	23 <sup>rd</sup> place	63	36 <sup>th</sup> place	50
11 <sup>th</sup> place	75	24 <sup>th</sup> place	62	37 <sup>th</sup> place	49
12 <sup>th</sup> place	74	25 <sup>th</sup> place	61	38 <sup>th</sup> place	48
13 <sup>th</sup> place	73	26 <sup>th</sup> place	60	39 <sup>th</sup> place	47

\* If an athlete does not finish or is disqualified, the athlete does not receive any points.

\* Only the top two athletes from each province/territory, male and female, are included in sport scoring so teams are not unduly penalized for potential technical problems.

### Team Triathlon

In the Team Triathlon all three team members race in a relay format. Teams must pre-determine an order for their athletes to compete. The first competitor from each provincial/territory team will complete the swim, bike and run course before tagging the second competitor. This continues until all three competitors have completed the course. If one competitor on a team is unable to continue the team is disqualified (no substitutions). Medals will be presented to the top three teams (male and female).

When the ranking of men's and women's teams has been established, team points for the Games flag will be awarded as follows:

Position	Points	Position	Points	Position	Points
1 <sup>st</sup> place	150	6 <sup>th</sup> place	100	11 <sup>th</sup> place	50
2 <sup>nd</sup> place	140	7 <sup>th</sup> place	90	12 <sup>th</sup> place	40
3 <sup>rd</sup> place	130	8 <sup>th</sup> place	80	13 <sup>th</sup> place	30
4 <sup>th</sup> place	120	9 <sup>th</sup> place	70		
5 <sup>th</sup> place	110	10 <sup>th</sup> place	60		

\*\* If a team does not finish or is disqualified, the team does not receive any points.

## 7. PROVINCIAL/TERRITORIAL RANKING (FLAG POINTS):

### Points for the Games Flag

Points for the flag shall be awarded according to the provincial/territorial standings following the Finals. Men and women are ranked separately.

Position	Points	Position	Points	Position	Points
1 <sup>st</sup> place	10	6 <sup>th</sup> place	5	11 <sup>th</sup> place	1.5
2 <sup>nd</sup> place	9	7 <sup>th</sup> place	4	12 <sup>th</sup> place	1
3 <sup>rd</sup> place	8	8 <sup>th</sup> place	3	13 <sup>th</sup> place	0.5
4 <sup>th</sup> place	7	9 <sup>th</sup> place	2.5		
5 <sup>th</sup> place	6	10 <sup>th</sup> place	2		

## 8. TIE-BREAKING RULE – COMPETITION:

Participants are not to purposefully cause a tie. In the event of a close finish, the finish line official will decide which competitor crossed the line first.

## 9. TIE BREAKING RULE - PROVINCIAL/TERRITORIAL RANKING:

If there is a tie on points between two or more provinces, the tie shall be broken in favour of the province with the most first places, if still tied, the most second places, and if still tied, the most third places and so on until the tie is broken.

## 10. MEDALS:

GOLD 8; SILVER 8; BRONZE 8

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## 11. COMPETITIVE UNIFORM:

Please refer to Appendix 2 for specifications.

The Canada Games commercialization policy regarding advertising on uniforms will be in effect.

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## 12. EQUIPMENT:

1. Swim caps are mandatory and will be provided by the Organizing Committee.
2. Wetsuits will be allowed for the swim if the water temperature is below 20°C.
3. Approved bicycle helmets must be worn during the bike portion of the event.
4. A bike safety and regulation check will be performed prior to the practice session.
5. Bikes must meet the regulations as outlined in the Triathlon Canada Competition Rules for draft legal competition.

A safe and secure storage area will be provided by the Host Society. Transportation of bicycle equipment to and from the event venue will be provided by the Host Society, if required.

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## 13. APPENDICES

The attached appendices form an integral part of this technical package.

## APPENDIX 1

### 2009 Prince Edward Island Canada Summer Games

#### Competitor Eligibility

1. Competitors must meet all eligibility requirements outlined in the Technical Package.
2. The Canada Games are open to Canadian citizens and landed immigrants.
3. The Games are open to amateur athletes **who are members** in good standing of their provincial and/or national sport organization.
4. An athlete's permanent domicile or actual residence must be located, for at least the 180 days prior to the opening of the Games, within the recognized boundaries of the province or territory they are representing. An athlete can have only one domicile.
5. Students attending school on a full-time basis outside their province of permanent residence during the year of the Games shall be permitted to compete for either their province of permanent residence or the province in which the athlete attends school. To be eligible to compete for the province where the athlete attends school, the student must be enrolled on a full-time basis during the 2008-2009 academic year.
6. If a non-student athlete attends a recognized national training centre outside his or her province of permanent residence, the athlete is encouraged to represent his or her province of permanent residence; however, the athlete could represent the province where the centre is located under the terms of paragraph (7), below.
7. Exceptions to the domicile requirement will be possible if the athlete can demonstrate a commitment to the province or territory she or he wishes to represent by such means as having been a member of a club or provincial sport organization in that province for the entire previous competitive season, having represented that province or territory at a previous national or regional championship or having attended school full-time the previous academic year or a recognized national training centre full-time during the previous 12 months. Other similar circumstances may be considered.
8. An athlete is permitted to try out for only one province or territory per Games.
9. The eligibility of any athlete that is not clearly established by these rules and by the Technical Package shall be determined by the Sport Committee of the Council.  
**Coaches or PSOs must bring forward any unclear cases to their Chef de Mission and to their NSO as early as possible before the competition for forwarding to the Sport Committee.**
10. Where a team/province/Chef wishes to challenge the eligibility of an athlete on another provincial/ territorial team, it is expected that such a challenge will be made

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as soon as the protesting team knows that an athlete may be ineligible. Every effort must be made to ensure that protests on eligibility are lodged before an athlete competes.

## OTHER

1. All teams are reminded of the Canada Games Council's regulations concerning advertising on uniforms: only the uniform manufacturer's name or trade mark logo may be worn on team competition uniforms to *a maximum size of 60 square centimeters*.
2. The only coaching permitted is by those accredited coaches identified in the Technical Package. Personal coaches of athletes or additional coaches of any type will not receive accreditation and will not have access to competition or training areas.
3. Canada Games rules do not allow team staff to practice as therapists, physicians or other medical or paramedical practitioners. The Host Society (organizing committee) is responsible for providing high quality medical care at a central clinic at the Athletes' Village and at competition and training venues. The Sport Medicine Council of Canada assists the Host Society by providing additional medical practitioners to ensure that French and English speaking and male and female persons are available, to ensure that sport specific medical expertise is available and to ensure that all regions of Canada are represented. Team staff will not be permitted to administer medical care to athletes.

## APPENDIX 2

### 2009 Prince Edward Island Canada Summer Games

#### Competitive Uniform

##### 1. Purpose:

- a. Provide a clean and professional image of our sport to local and national spectators and media.

##### 2. General Requirements:

- a. Athlete uniforms must be completely clean of any logos other than the manufacturer's logo.
- b. These rules apply to uniforms worn during competition, including any outer wear for cold weather.
- c. Logos will be measured on a flat surface when the uniform is off the athlete.
- d. One piece uniforms are preferred. If a two-piece uniform is used, the space between the top and the bottom may not be visible, so the two pieces overlap. The athlete must have their torso covered for all aspects of the race.
- e. Zippers must be kept done up throughout the entire race, unless they are placed on the back to a maximum of 30cm long.
- f. The uniform must be attached at both shoulders for the duration of competition.
- g. There must be a minimum clearance space of 1.5cm above and below the family name and Provincial/Territorial code.

##### 3. Family Name and Province/Territory Code

- a. Importance of Family Name and Province/Territory Code: Athletes and Provincial/Territorial Sport Organizations (PSOs) must understand the importance of athlete identification for television, media and spectators. The family name and province/territory code need to be on the upper front and the family name on the buttock. Both must meet the following criteria:
- b. Font Type:
  - i. The font type must be "Arial" and a minimum of 5cm in height.
  - ii. Letters for family names should be in upper case unless it is more than 9 letters when lower case letters should be used for spacing purposes.
- c. Color:
  - i. If the uniform is a dark colour the letters must be in white. If the uniform is a light colour the letters must be black.
  - ii. Coloured letters do not have the same impact as black on a light color and white on a dark colour – avoid coloured letters.
- d. Position
  - i. Front: The athlete's family name is above the province code on upper to mid torso area.

- ii. **Back:** the family name appears on the buttock so that it is clearly visible when the athlete is on the bike.
- iii. **Height:** The family name and the province code must be a minimum of 5cm in height regardless of the number of letters in the name.
- iv. **Width:** The width for the family name is a minimum of 12cm and a maximum of 15cm. A family name with few letters must still be a minimum of 12cm wide (see diagram 2)



#### 4. PSO Logo

- a. The PSO logo may appear on the upper right shoulder (when wearing uniform), but is not a requirement.
- b. The vertical height will be 5 cm.
- c. The horizontal width will be 4 cm.

#### 5. Manufacturer's Logo Space – Upper Left Front

- a. The space on the opposite shoulder from the PSO logo is for the manufacturer of the uniform. This must be the left hand side (when wearing uniform)
- b. The maximum height is 3cm.
- c. The maximum total area is 15cm<sup>2</sup>.

#### 6. Headwear:

- a. **Swim:**
  - i. All athletes must wear the official swim cap during the swim section.
  - ii. Swim caps are provided by Canada Games.
  - iii. If an athletes chooses to wear two caps (perhaps for latex allergy reasons), the official cap must be worn on the outside.
  - iv. Athletes may not alter the swim caps in any manner.
  - v. Failure to wear the official swim cap or altering the official swim cap may result in a penalty up to and including disqualification.

- b. **Cycle:**
    - i. Athletes must wear helmets on the bicycle section as described by the Triathlon Canada Competition Rules.
    - ii. Helmet race number stickers, provided by Canada Games, must be in place on the front and both sides of the helmet without any alteration.
    - iii. The helmet manufacturer's logo may appear on the helmet, either by one 30cm<sup>2</sup> location on the front, or one 20cm<sup>2</sup> location on each side. No other sponsor logo may appear on the helmet.
    - iv. The helmet can be of any colour.
  - c. **Run:**
    - i. Athletes may wear hats or visors on the run section.
    - ii. Only one manufacturer's logo can be on the hat or visor.
    - iii. The maximum height is 4cm.
    - iv. The maximum total area is 20cm<sup>2</sup>.
- 7. Wetsuits:**
- a. **Model:** All wetsuit models must be legal as described in the Triathlon Canada Competition Rules.
  - b. **Logos:**
    - i. Only the manufacturer's logo may appear on the wetsuits.
    - ii. The maximum size is 80cm<sup>2</sup> on the front and back.
    - iii. Logos on the side panel must be included within either the combined total of 80cm<sup>2</sup> for the back or the 80cm<sup>2</sup> for the front.
  - c. **Family Name:** The athlete's family name can appear on the upper front and the buttock of the wetsuits as in 3. above, but is not required.
- 8. Bicycles:**
- a. **Logos:** Only the manufacturer's logo will appear on the athlete's bicycle. No other logos will appear.
  - b. **Bike Numbers:** The bike numbers provided by Canada Games must be put on as instructed without alteration.
- 9. Temporary Tattoos:**
- a. Athletes are not allowed to wear any temporary tattoo other than the race numbers provided by the Canada Games on their body during the competition.
- 10. Uniform Colours and Province/Territory Codes**
- a. Uniform colours are predetermined by the Canada Games Council. This information is available on the Canada Games Council's website ([www.canadagames.ca](http://www.canadagames.ca)), under "Sport", "Technical Manual" Section 11. If you cannot find a uniform in the exact colours listed on the website, please select the closest match.
  - b. All team members must wear the same colour of uniform.

- c. **The Provincial/Territorial code must be the most dominant feature on the front of the uniform.**
- d. **The following Provincial/Territorial codes will be used:**

**BC - British Columbia**  
**AB – Alberta**  
**SK – Saskatchewan**  
**MB – Manitoba**  
**ON – Ontario**  
**QC – Quebec**  
**NB – New Brunswick**  
**NS – Nova Scotia**  
**NL – Newfoundland and Labrador**  
**PE – Prince Edward Island**  
**YT – Yukon Territory**  
**NU – Nunavut**  
**NT – Northwest Territories**