



2013 SHERBROOKE 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 National Sport Organization's (NSO) version of athletes in the "training to compete" phase of its Long Term Athlete Development Model (LTAD), or other suitable phase of the model as justified by the NSO, discussed with the LTAD expert group, and approved by the Canada Games Council Sport Committee.

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 (CGC) through his or her Chef de Mission or NSO.

Technical Packages are developed primarily by NSOs, following principles outlined in this document, guidelines and requirements of the CGC. As the overall governing body of the Games, the CGC has the ultimate authority over Technical Packages, but this authority is exercised only with the knowledge and understanding of the concerned NSO.

If an individual wishes to seek clarification or initiate a change to a Technical Package leading up to a Games, the request should be first directed to the NSO or the Chef de Mission. The NSO or Chef de Mission will evaluate the merits of the request and will, if it has merit, submit the requested change or clarification to the CGC's Director of Sport for consideration. The NSO or Chef de Mission will submit the rationale for the request. 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, unless under exceptional circumstances or if approved by all participating provincial/territorial associations, the CGC, and the Host Society. 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 by Games' participants early.

— National Partners/ Partenaires nationaux —



**2013 SHERBROOKE CANADA SUMMER GAMES
TECHNICAL PACKAGE**

1. SPORT: TRIATHLON

2. PARTICIPANTS:

2.1	Competitors:	Male 3	Female 3
2.2	Staff:	1 Coach	1 Manager

- If there are female athletes, one of the staff must be female.
 - If there are male athletes, one of the staff must be male.
-

3. CLASSIFICATION:

Triathletes must be at least 16 years of age and no older than 20 years of age as of December 31, 2013. (Born between January 1, 1993 and December 31, 1997 inclusively)

4. ELIGIBILITY:

4.1 Coaches:

Any staff listed as coach on the official registration form must be fully certified under the National Coaching Certification Program (NCCP) to at least NCCP Competition – Development (Certified) status. These coaches must be certified no later than 180 days before the opening of the Games (February 4th, 2013).

The minimum certification requirement to be considered for a coaching exemption in Triathlon for the 2013 Canada Games is as follows: Competition-Introduction Certified, 4 of the 6 Multi-Sport Modules completed and the Making Ethical Decisions Module completed. Coaches must also demonstrate they have experience with coaching junior athletes and the potential to enter the Competition-Development program.

4.2 Competitors:

Competitors are selected through their Provincial Sport Organization (PSO) through standards and qualification criteria set by said PSO. Competitors must

be members in good standing with their PSO and Triathlon Canada.

4.3 Excluded from the Games: None

5. COMPETITION:

5.1 GENERAL PRINCIPLES

Competitors may be selected to compete in all or some of three separate events:

- (a) Individual Sprint Triathlon (750m Swim, 20km Bike, 5 km Run)
- (b) Mixed Team Triathlon (250m Swim, 6.6km Bike, 1.6km Run)
- (c) 3 X Relay (250m Swim, 6.6km Bike, 1.6km Run)

5.2 SEQUENCE OF EVENTS

Day 1 & 2 Course Familiarization

Day 3 Female Competition – Individual Sprint Triathlon
Male Competition – Individual Sprint Triathlon

Day 4 & 5 Course Familiarization

Day 6 **Female 3X Relay Competition**
Male 3X Relay Competition

Day 7 **Mixed Relay**

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

The Individual Sprint Triathlon, 3X Relay and Mixed Team Relay 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

Competitor numbers, transition and start positions will be pre-assigned to each province/territory based on a random draw. For example, if Quebec is drawn first, they will receive numbers 1,2 & 3 for competitor numbers, transition position and swim start position for each of the three competitors in the Individual Sprint. The same team would receive the lowest competitor numbers, transition positions and start position for the 3X Relay and Mixed Relay event. A competitor's number will match their start and transition position number. This random draw will take place 5 days prior to the first event.

5.6 ALTERNATES

There shall be two to four standby athletes named and approved by Triathlon Canada. The standby athletes must be available for the duration of the event and able to be on site in 2 hours or less. Triathlon Canada will be responsible for working with the appropriate Provincial/Territorial Association to identify the next best age-eligible athletes available, in the host Province or Territory.

Triathlon Canada will make the final recommendation to the Canada Games Council. During the competition a replacement may be permitted for an athlete who becomes ill or injured during the competition. No alternate athletes will be activated during a race. The alternates will be made available through an "on-call" process. The procedure for using an alternate shall be as follows:

1. A team requesting to use an alternate must make a written request to the Triathlon Canada representative or designate in charge of the competition.
2. In the case of an ill or injured athlete, a medical certificate must accompany the request.
3. The Host Society will establish any required accreditation procedures.
4. The Triathlon Canada representative shall determine which alternate from the pool is selected for competition.

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

3X Triathlon Relay (same gender)

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 for sport scoring will be awarded as follows:

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

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

Mixed Triathlon Relay

A team is composed of 4 athletes: 2 men and 2 women, who will compete in the order woman, man, woman, man. 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 four 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 overall.

When the ranking has been established, team points for sport scoring will be awarded as follows:

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

The Sport Scoring from each event will be added together* from all events to provide the final provincial/territorial team ranking. Men and women will be ranked together. Points for the Games flag will be allocated as follows:

Position	Points	Position	Points	Position	Points
1 st place	20	6 th place	10	11 th place	3
2 nd place	18	7 th place	8	12 th place	2
3 rd place	16	8 th place	6	13 th place	1
4 th place	14	9 th place	5		
5 th place	12	10 th place	4		

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

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 12; SILVER 12; BRONZE 12

11. COMPETITIVE UNIFORM:

Please refer to Appendix 2 for specifications.

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

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.

13. APPENDICES

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

APPENDIX 1

2013 Sherbrooke 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 permanent residents.
3. The Canada Games are open to athletes who are members in good standing of their sport's NSO and/or Provincial/Territorial 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/territory of permanent residence during the year of the Games shall be permitted to compete for either their province/territory of permanent residence or the province/territory in which the athlete attends school. To be eligible to compete for the province/territory where the athlete attends school, the student must be enrolled on a full-time basis during the current academic year.
6. If a non-student athlete attends a recognized national training centre outside his or her province/territory of permanent residence, the athlete is encouraged to represent his or her province/territory of permanent residence; however, the athlete could represent the province/territory 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/territorial sport organization in that province/territory 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 having been a member of 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 any province or territory of eligibility but can only try out for one province or territory per sport (i.e. an athlete may try out for swimming for one province or territory but cannot try out for swimming in another province or territory. An athlete may try out for one province or territory in swimming, and may try out for another province or territory in diving).

9. Athletes may only compete for one province or territory at a single Canada Games.
10. Athletes may not compete in two sports at one Canada Games if they are scheduled in the same week.
11. 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.
12. Where a team/province/territory/Chef wishes to challenge the eligibility of an athlete on another provincial/territorial team, it is expected that such a challenge will be made 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

13. 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.
14. 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

2013 Sherbrooke 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 15cm².
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 30cm² location on the front, or one 20cm² 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 20cm².
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 80cm² on the front and back.
 - iii. Logos on the side panel must be included within either the combined total of 80cm² for the back or the 80cm² 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), 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