



2017 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 (CGC) 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 CGC Sport Committee through his or her Chef de Mission or NSO.

Technical Packages are developed 36 to 24 months prior to Games 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. Technical Packages are developed by sport, not disciplines.

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 Sport Division 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 36 months prior to the Games. Additions or changes to events/competition formats that result in a significant cost increase to the Host Society will not be considered after 24 months before the Games, unless approved by the CGC and the Host Society. Substantive changes to events or competition formats will not be considered after 18 months before the Games, unless approved by all participating provincial/territorial associations and the CGC. Minor corrections will be considered at almost any time, 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

Table of Contents

1. SPORT: TRIATHLON	3
2. PARTICIPANTS:	3
2.1. Competitors.....	3
2.2. Staff	3
2.3. Additional Team Staff.....	3
3. CLASSIFICATION:	4
4. ELIGIBILITY:.....	4
4.1. Competitors: General Eligibility.....	5
4.2. Competitors: Triathlon Eligibility.....	5
4.3. Coaches	5
5. COMPETITION:	5
5.1. General Principles.....	5
5.2. Sequence of Events	6
5.3. Specific Rules.....	6
5.4. Drafting.....	6
5.5. Start and Transition Position	6
5.6. Alternates	7
6. SPORT SCORING:	7
6.1. Individual Sprint Triathlon.....	8
6.2. Team Relay	9
6.3. Mixed Team Relay	9
7. PROVINCIAL/TERRITORIAL RANKING:	10
8. TIE BREAKING RULE – COMPETITION:.....	11
9. TIE BREAKING RULE – PROVINCIAL/TERRITORIAL RANKING:.....	11
10. MEDALS:	11
11. COMPETITIVE UNIFORM:	11
12. EQUIPMENT:	11
13. APPENDICES:	11
APPENDIX 1 – COMPETITOR ELIGIBILITY.....	13
APPENDIX 2 – COMPETITIVE UNIFORM	15
APPENDIX 3 – COACH CERTIFICATION PATHWAY.....	21
APPENDIX 4 – PERFORMANCE GUIDELINES.....	22
APPENDIX 5 – TRIATHLON CANADA AGE UP EXEMPTION STATEMENT	24

**2017 Canada Summer Games
Triathlon 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.

2.3. Additional Team Staff*:

- Apprentice Coach
 - See [Women in Coaching Canada Games Apprenticeship Program](#)
 - See [Aboriginal Apprentice Coach Program](#)
 - Apprentice coaches have same access as competitors and team staff.
- Venue Pass Holder
 - See [Venue Pass Holder Policy](#)
 - Venue Pass Holders do not have access to the field of play
 - Venue Pass Holder's access:
 - Front of House (Spectator areas)
 - Team Areas (athletes lounge, change rooms)

* Additional Team staff positions are administered by the Provincial/Territorial (P/T) Mission Team. Positions must be applied for based on each P/T Missions' process. For information pertaining to the process in your P/T contact your Chef de Mission.

3. CLASSIFICATION:

The Canada Summer Games age range for triathlon is aligned with the International Triathlon Union Junior category. As such, triathletes must be at least 16 years of age and no older than 19 years of age as of December 31, 2017. (Born between January 1, 1998 and December 31, 2001 inclusively). Athletes under 16 years of age may be deemed eligible for the Canada Games subject to Appendix 5.

4. ELIGIBILITY:

4.1. Competitors: General Eligibility

- I. The Canada Games are open to Canadian citizens or permanent residents.
- II. The Canada Games are open to athletes who are members in good standing of their sport's Provincial/Territorial Sport Organization.
- III. 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 only have one domicile.
- IV. An athlete attending school on a full-time basis outside his or her Province or Territory of permanent residence during the year of the Canada Games shall be permitted to compete for either their Province or Territory of permanent residence or the Province or 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.
- V. An athlete who is training outside his or her Province or Territory of permanent residence may represent the Province or Territory in which they are training provided he or she can demonstrate a commitment to the Province or Territory she or he wishes to represent by:
 - Having been a member of a club or Provincial/Territorial Sport Organization in that Province/Territory for the entire previous or current competitive season, AND
 - Having represented that Province or Territory at an international, national or regional championship, AND
 - Not having received direct development funding from their Province or Territory of permanent residence within a year of the opening of the Games, unless the funding jurisdiction provides permission for the athlete to compete for another team, OR
 - Other similar circumstances may be considered.
- VI. An athlete is permitted to try out for the CSG Triathlon Team for any Province or Territory of eligibility. However, an athlete must commit to trying out for only one Province or Territory.
- VII. If an athlete has competed in a Triathlon Canada Junior Series event in 2017, the athlete must also compete for that Province or Territory in the CSG.

4.2. Competitors: Triathlon Eligibility

Competitors are selected through their Provincial or Territorial Sport Organization (PTSO) through standards and qualification criteria set by their PTSO.

Excluded from the Canada Games are:

- a) Senior National Team Athletes are not eligible for the Canada Games*;
- b) 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 or National Team status (i.e., no athlete will be excluded if they become National Senior Team members for the first time or are granted carding status after May 1st, 2017).

*Athletes who hold a C card (as defined by Sport Canada's Athlete Assistance program) or are in their first year of Senior National Team status may be deemed eligible on a case by case basis. Requests must be submitted to the respective Provincial/Territorial Chef de Mission and approved by the Canada Games Council's Sport Committee.

4.3. 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 90 days before the opening of the Games (May 1st, 2017).

The minimum certification requirement to be considered for a coaching exemption in Triathlon for the 2017 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.

5. COMPETITION:

5.1. General Principles:

The three male and three female competitors selected by a Province/Territory may compete in all or some of three separate events:

- (a) **Individual Sprint Triathlon** (750m Swim, 20km Bike, 5km Run)
- (b) **Mixed Team Relay**: four person teams (two males and two females) each athlete completing a super-sprint triathlon (250m Swim, 6.6km Bike, 1.6km Run)
- (c) **Team Relay**: three person teams (all male or all female) each athlete completing a super-sprint triathlon (250m Swim, 6.6km Bike, 1.6km Run)

5.2. Sequence of Events:

Day 1	Course Familiarization
Day 2	Course Familiarization
Day 3	Individual Sprint Triathlon – Junior Women
	Individual Sprint Triathlon – Junior Men
Day 4	Rest Day
Day 5	Course Familiarization
Day 6	Team Relay – Junior Women
	Team Relay – Junior Men
Day 7	Mixed Team Relay

5.3. Specific Rules:

All triathlon events will follow International Triathlon Union (ITU) Competition Rules.

5.4. Drafting:

The Individual Sprint Triathlon, Team Relay and Mixed Team Relay will be run in a draft legal format.

Participants must have draft legal bicycles as per ITU Competition Rules. Participants must also have received training/accreditation through their triathlon PTSO in order to participate in drafting format.

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 for each of the three competitors in the Individual Sprint. This random draw will take 5 days prior to the first event. There is a separate randomization draw for the Men's and Women's events.

The Provincial/Territorial team with the lowest accumulated finish times, based on their best two positions in the individual event of their respective gender, will receive the lowest competitor numbers, for the Team Relay.

The Provincial/Territorial team with the lowest accumulated finish times, based on best two male and best two female positions in the individual events, will receive the lowest competitor numbers, for the Mixed Team Relay.

Teams having less than two qualifying finishing times in the individual events will be considered secondly for competitor numbers, transition positions and introduction order, based on the number of finishers completing the individual event. For example, for the Mixed Team Relay, Provinces/Territories with 4 finishers representing both genders equally (i.e. 2 male and 2 female) will be considered and sorted first, then Provinces/Territories with 3 finishers representing both genders, then 2 finishers, etc.

Provincial/Territorial competitor numbers for the Team Relay and Mixed Team Relay will be announced at the Team Relay briefing, which will take place on Day 5 of the competition schedule.

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 PTSO 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. In the case of the Team Relay and Mixed Team Relay competitions only, a replacement may be permitted for an athlete who becomes ill or injured during the competition and becomes unable to compete as a member of a Provincial or Territorial team. Teams may request to use an alternate athlete only when no other team member is available to compete for the Province or Territory; an alternate may not be requested to replace an athlete if another athlete from the team is available to compete. The substitution of alternate athletes may be arranged in advance of competition only; no alternate athletes will be activated during a

race that has begun. 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:

6.1. Individual Sprint Triathlon:

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

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

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

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

6.2. Team Relay:

In the Team Relay, all three team members are of the same gender and each completes a super-sprint triathlon. Teams must pre-determine an order for their athletes to compete, which will be submitted by the Coach or Manager at the end of the Relay briefing; changes may be made to the competitor order one hour prior to the race start. The first competitor from each Provincial/Territorial 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).

The winner in the Team Relay is the team with the lowest combined overall time. The top three teams, male and female, are recognized and will receive medals.

Male and female teams will be ranked separately with sport scoring awarded as follows:

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

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

6.3. Mixed Team Relay:

A Mixed Team Relay is composed of 4 athletes: 2 men and 2 women, and each completes a super-sprint triathlon in the order woman, man, woman, man. Teams compete in a pre-determined order which will be submitted by the Coach or Manager at the end of the Relay briefing; changes may be made to the competitor order one hour prior to the race start. The first competitor from each Provincial/Territorial 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 athlete substitutions are permitted once the race has begun).

The winner in the Mixed Team Relay is the team with the lowest combined overall time. The top three teams are recognized and will receive medals.

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

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

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

7. PROVINCIAL/TERRITORIAL RANKING:

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

8. TIE BREAKING RULE – COMPETITION:

ITU rules regarding ties are in effect.

9. TIE BREAKING RULE – PROVINCIAL/TERRITORIAL RANKING:

If there is a tie on points between two or more Provinces/Territories, the tie shall be broken in favour of the Province/Territory 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:

EVENT	Gold	Silver	Bronze
Individual	2	2	2
Team Relay	6	6	6
Mixed Team Relay	4	4	4
TOTALS	12	12	12

11. COMPETITIVE UNIFORM:

Please refer to Appendix 2 for specifications.

The Canada Games Commercialization and Sponsorship Policy regarding advertising on uniforms will be in effect.

12. EQUIPMENT:

- All equipment must be ITU rule compliant.
- Swim caps are mandatory and will be provided by the Host Society.
- A bike safety and regulation check will be performed prior to the competition.

The Host Society will provide a safe and secure storage area. The Host Society, if required will provide transportation of bicycle equipment to and from the event venue.

13. APPENDICES:

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

Appendix 1 – Competitor Eligibility

Appendix 2 – Competitive Uniform

Appendix 3 – Coach Certification Pathway

Appendix 4 – Performance Guidelines

Appendix 5 – Triathlon Canada Age Up Exemption Statement



APPENDIX 1 – COMPETITOR ELIGIBILITY

1. Competitors must meet all eligibility requirements outlined in the Technical Package.
2. The Canada Games are open to Canadian citizens or permanent residents.
3. The Canada Games are open to athletes who are members in good standing of their sport's 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. An athlete attending school on a full-time basis outside his or her Province or Territory of permanent residence during the year of the Canada Games shall be permitted to compete for either their Province or Territory of permanent residence or the Province or 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. An athlete who is training outside his or her Province or Territory of permanent residence may represent the Province or Territory in which they are training provided he or she can demonstrate a commitment to the Province or Territory she or he wishes to represent by:
 - i) Having been a member of a club or Provincial/Territorial Sport Organization in that Province/Territory for the entire previous or current competitive season

- AND –
 - ii) Having represented that Province or Territory at an international, national or regional championship,

- AND –
 - iii) Not having received direct development funding from their Province or Territory of permanent residence within a year of the opening of the Games, unless the funding jurisdiction provides permission for the athlete to compete for another team.

- OR
 - iv) Other similar circumstances may be considered.
7. 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).

8. Athletes may only compete for one Province or Territory at a single Canada Games.
9. Athletes may not compete in two sports at one Canada Games if they are scheduled in the same week.
10. 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 P/TSOs 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.
11. 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

12. 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. Logo sizes will comply with both the Canada Games Council Commercialization and Sponsorship Policy and the ITU Competition Rules, as specified in Appendix 2 of this Technical Package.
13. 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 – COMPETITIVE UNIFORM

1. Purpose:

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

2. General Requirements:

- 2.1. Uniforms will be completely clean of any logos or images other than those described below;
- 2.2. Logos will be measured on a flat surface when the athlete is not wearing the uniform. The “ITU Logo Measurement Template” will be used to measure the logo sizes;
- 2.3. There must be a minimum clearance space of 1.5cm around all uniform markings including:
 - a) The ITU logo;
 - b) The family name;
 - c) The country code;
 - d) The Province or Territory name;
- 2.4. The Host Society will provide for each athlete, competing in each event, in a format consistent with this Appendix and the Canada Games:
 - a) A numbered swim cap;
 - b) One (1) bike number suitable for attachment behind the seat post under the saddle. (There must be a clearance around the official bike number sticker of 1.5cm to ensure the number is clearly visible)
 - c) Three (3) helmet numbers (There must be a clearance around the official helmet number sticker of 1.5cm to ensure the number is clearly visible);
 - d) Body decals for each arm and each leg to be applied by the athlete before the event. Each number shall be at least 5cm in height.

3. Competition Uniform: Design

- 3.1. All team members must wear the same uniform design (layout, colours, branding, etc.).
- 3.2. The Canada Games Council predetermines uniform colours. Team uniforms must use the following colours. However, it is acceptable to choose a predominantly black or white uniform with the Provincial/Territorial team colours used as accents:

Table 1. PTSO names and associated colours.

PTSO	COLOURS
Alberta	White and royal blue with grey trim
British Columbia	Blue and red with white trim

Manitoba	Gold and white with black or grey trim
New Brunswick	Forest green with maroon trim
Newfoundland & Labrador	Maroon with white or grey trim
Northwest Territories	Navy blue with white or sky blue trim
Nova Scotia	Royal blue with white trim
Nunavut	Red and yellow with royal blue and white trim
Ontario	Red with white trim
Prince Edward Island	Green with white and black trim
Quebec	Blue, beige and white
Saskatchewan	White with green trim
Yukon	Black and white with purple and red trim

3.3. Each Province or Territory shall be clearly identified on the uniform.

4. Competition Uniform: Branding

The branding of competition uniforms must follow the Canada Games and Triathlon Canada uniform rules (as defined by the ITU).

4.1. Competition Uniform: Required Markings

The positioning of the required markings on the uniform are as follows (see Figure 1):

a) Uniform Front

- ITU logo on upper right shoulder;
 - Family Name on upper chest between location “F” and the country code;
 - Country code (CAN) below Family Name and above location “A”;
 - Province/Territory name or PTSO logo on upper chest in area “F” above Family Name;
- Manufacturer of the uniform on the upper left shoulder location “B”. If the manufacturer’s logo does not appear in this area, location “B” should otherwise remain unmarked.

b) Uniform Back

All markings on the back must be clearly visible when the athlete is on the bike.

- Family Name on lower back between location “E” and the country code;
- Country code (CAN) below Family Name;
- Province/Territory name or PTSO logo on upper back in area “E” above Family Name.

Figure 1. Triathlon Canada compliant competition uniform showing locations F and E designated for Provincial/Territorial branding.



4.2. Competition Uniform: Font

The representation of the family name, country code and Province/Territory name must meet the following criteria:

a) Font Type

- The font type must be “Arial”;
- Letters for the family name and Province/Territory and country code must be in upper case, unless the name is more than 9 letters, in which case lower case letters should be used following the first capital letter. Symbols such as ‘ - . and space are considered as characters (See Figure 2: Family Name Layout).

b) Font Colour

- If the uniform is a dark colour, the letters must be white;
- If the uniform is a light colour, the letters must be black.

c) Font Height

- The family name must be 5 cm in height, regardless of the number of letters in the name.

d) Family Name

- The length for the family name is a minimum of 12 cm and a maximum width of 15 cm;
- A family name with few letters must still be a minimum length of 12 cm. (See Figure 2: Family Name Layout);
- For shorter family names (i.e. “**MAY**”), the height is 5 cm and the width is 12 cm;
- For longer names, such as “**Polikarpenko**” below, the height is still a minimum 5 cm but the name should take up the full 15 cm;
- The initial of the first name may be added before the family name for athletes with the same family name.

Figure 2. Family Name Layout



e) Country Code

- The country code must be 5 cm high by 6 cm to 10 cm wide.

f) Province or Territory Name on Back

- The full Province or Territory name must appear in **Area E** on the upper back of the uniform above the family name. The maximum dimensions are 10cm

high and 15 cm wide. This may be replaced by the PTSO logo with the same dimensions.

g) Province or Territory Name on Front

- The full Province or Territory name must appear in **Area F** on the front of the uniform above the family name. The maximum dimensions are 5cm high and 10 cm wide. This may be replaced by the PTSO logo with the same maximum dimensions.

h) ITU Logo

- The official ITU logo will appear on the upper right shoulder;
- The horizontal dimension will be 4cm;
- The white version should be applied to dark coloured uniforms, the blue and orange version should be applied to light coloured uniforms;
- The ITU logo is available here <http://www2.triathlon.org/Logos-Print/printlogos.html> .

4.3. Optional Markings

The positioning of optional markings on the uniform are as follows (see Figure 1):

- a) The manufacturer of the uniform is restricted to location “B” (see Figure 1); the maximum dimensions are 4 cm high by 5 cm wide (20cm²).
- b) Location “A” may contain an image of the provincial or territorial flag or crest with a maximum height of 20 cm and maximum width of 15 cm. If the flag or crest is not included, this space must otherwise remain blank.

5. Headwear: Branding

5.1. Swim:

- a) No sponsor logos are permitted on the swim cap other than as prescribed/approved by the Host Society.

5.2. Bike:

- a) Athletes must wear helmets on the bicycle segment, as described by the ITU Competition Rules;
- b) Helmet race number stickers, provided by the Host Society must be placed on the front and both sides of the helmet, without any alteration. No other stickers are allowed;
- c) There must be a clearance around the official helmet number sticker of 1.5 cm to ensure the number is clearly visible;
- d) The helmet can be in any colour.

5.3. Run:

- a) Athletes may wear hats or visors on the run section;
- b) The PTSO logo or Province/Territory name can be placed on the hat or visor;
- c) The maximum height is 4 cm;
- d) The maximum total area is 20 cm².

6. Wetsuits: Branding

- a) Only the wetsuit manufacturer’s logo may appear on the wetsuits;
- b) The maximum size is 80cm² on the front and back. This space is allowed both on the inside and outside of the wetsuit;
- c) If the manufacturer wishes to have two or more logos on the front or back, the combined total must not exceed 80cm²;
- d) Logos on the side panel must be included within either the 80cm² for the back or the 80cm² for the front.

7. Bicycles: Branding

- a) Only the manufacturer’s logo will appear on the athlete’s bicycle. No other logos will appear;
- b) The bike numbers provided by the Host Society must be applied to the bicycle as instructed without alteration.

8. Body Decals: Branding

- a) The Host Society will provide body number decals and each athlete will apply them prior to the event;
- b) One set of body number decals are to be applied to each arm and each leg;
- c) For double digit numbers, decals must be applied one above the other, not side by side (i.e.),

d) The number 23 should appear like this	2 3
e) Not like this...	23

- d) Athletes are not allowed to place any temporary tattoo, other than the race numbers provided by the Host Society, on their body during events.

9. Podium Apparel: Branding

Athletes are required to wear either the approved competition uniform or podium apparel that has been otherwise approved by the Province/Territory.



APPENDIX 3 – COACH CERTIFICATION PATHWAY

Triathlon Canada Competition Development certification is required of CSG coaches. The certification pathway is as follows;

1. Be identified by a PTSO as a CSG coach candidate in triathlon,
2. Achieve pre-requisites required by your PTSO as shown in figure 1,

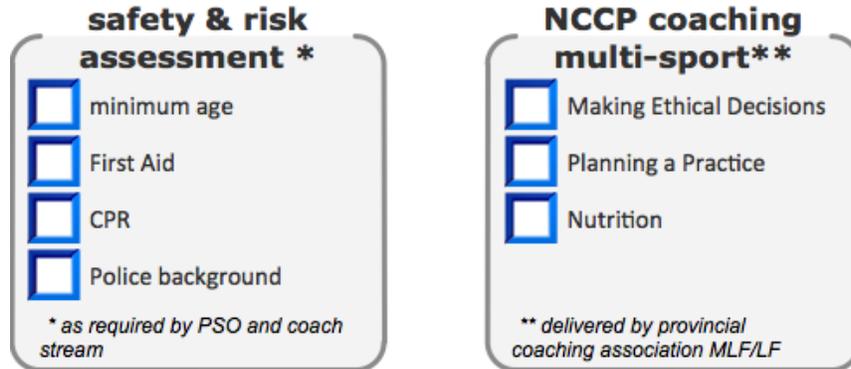


Figure 3. The pre-requisites for entry into the Triathlon Canada coaching education pathway are grouped as either safety and risk assessment, or NCCP multi-sport coaching.

3. Obtain Triathlon Canada sport specific modules required for Competition Development as show in Figure 2,

NCCP multi-sport		TRIATHLON	
	PERFORMANCE		PERFORMANCE
Making Ethical Decisions	✓	Swim basic	✓
Nutrition	✓	Cycling basic	✓
Planning a Practice	✓	Run basic	✓
Designing a basic sport program	✓	Swim advanced	✓
Teaching and Learning	✓	Cycling advanced	✓
Basic mental skills	✓	Run advanced	✓
Planning and Periodization	✓	Concussion management	✓
Support of Athletes in Training	✓	RED-S	✓
Advanced Practice Planning	✓	Safe group riding	✓
Managing a Sport Program	✓	Drafting	✓
Support the Competitive Experience	✓	Active coaching	✓
		Philosophy: Gold Medal Profile	✓
		Individual Performance Plan	✓
		Swim+Run Performance [80%+ GMP]	✓

Figure 4. Triathlon Canada Competition Development coaching education requirements in NCCP multi-sport and triathlon modules.

4. Actively coach CSG athletes,
5. Obtain full certification from Triathlon Canada Performance Stream Evaluator,
6. Maintain certification through ongoing professional development.

APPENDIX 4 – PERFORMANCE GUIDELINES

The following Performance Guidelines have been established by the respective National Sport Organizations, at the request of the Canada Games Council and the Federal-Provincial/Territorial Sport Committee (FPTSC,) to reflect the expected training and/or performance parameters of a typical Canada Games athlete in the Training to Compete phase of LTAD. These Performance Guidelines have been developed as a tool for P/T teams to use at their discretion in the training and selection of their Canada Games teams. These Guidelines are not required selection criteria.

CSG triathletes are expected to pursue the Triathlon Canada Gold Medal Profile, where the Gold Medal Profile defines the skills and abilities required to stand on the top of the Olympic Podium.

THE CULTURE OF EXCELLENCE

A Culture Of Excellence is needed to support an athlete in pursuit of the Gold Medal Profile. A World Leading Daily Performance Environment is evidence of a Culture of Excellence.

At the core of the Culture Of Excellence is an ***Ethos Of Winning***

THE ETHOS OF WINNING

We strive to improve on past results by never going backwards on performance expectations. Every time our athletes race, they are fully prepared to perform.

This ethos guides the mindset needed to pursue the Gold Medal Profile, which in turn is used to define every aspect of the performance pathway.

THE GOLD MEDAL PROFILE

The Gold Medal Profile (GMP) is based on a hierarchy of Key Performance Indicators (KPI). At each successive level of the hierarchy, the strength of the relationship to the Olympic Podium is reduced in exchange for a stronger relationship to athlete development.

At the top of the hierarchy is the Primary KPI, triathlon events demonstrating the strongest relationships to Olympic podium performance. The next level of KPI features objective measures directly related to triathlon performance, performance standards in swim, bike and run. The final level of KPIs is the collection of elements defining the Daily Performance Environment (DPE)

Table 2. Gold Medal Profile Key Performance Indicator hierarchy.

KPI	Reference
Primary	Triathlon Performance
Secondary	Single Sport Performance
Tertiary	Daily Performance Environment

Strategically, World Leading performance in triathlon level requires competitors to optimize the use of their physiological, technical, strategic and mental skills to;

- Complete the swim with the lead pack while conserving the most energy possible, especially when the lead pack contains top runners and cyclists capable of remaining in the lead into the run
- The characteristics of the swim (i.e. salt water vs fresh, rough vs calm, warm vs cold, current vs calm, number and spacing of turns, beach vs pontoon, etc.) will define a sub-set of skills needed to succeed.
- Leave T1 with the lead pack or with ability to close the gap as soon as possible.
- Complete the bike with the lead pack while conserving the most energy possible, especially when the lead pack contains the fastest runners
- The characteristics of the bike (i.e. corners, descending, climbing, rough roads vs smooth, warm vs cold, windy vs calm etc.) will define a sub-set of interacting skills needed to succeed.
- If there are no faster runners and cyclists capable of staying in the lead throughout the end of the run, the gap between the lead cycling pack and fastest runners must remain within the anticipated run split difference to ensure a win
- If there are faster runners in a cycling pack further up the road, the gap must be closed as soon as possible while leaving time to conserve energy before the run.
- If there are no faster runners in the lead pack, the gap between the lead pack and fastest runners must remain within the anticipated run split difference to ensure a win
- If there are no fast runners up the time gap is within the anticipated run split difference, the lead pack is of minimal concern.
- Leave T2 capable of arriving at the finish first, by out running, catching or staying ahead of all competitors based on time gaps leaving T2
- The characteristics of the run (i.e. corners, uphill, downhill, turns, heat, etc.) will define a sub-set of interacting skills needed to succeed.

The full Triathlon Canada Gold Medal Profile is available on request from the Triathlon Canada HP Department

APPENDIX 5 – TRIATHLON CANADA AGE UP EXEMPTION STATEMENT

Triathlon Canada, in alignment with International Triathlon Union policy, does not permit age up exemptions for Triathlon Canada events. However, the ability for athletes under the minimum age to apply for an exemption is a requirement for the Canada Games. Any requests for an athlete age exemption must be submitted by the PTSO to Triathlon Canada. Cases will be considered on an individual basis.

IMPORTANT NOTE: PTSOs must take into consideration that neither Triathlon Canada, nor ITU events will allow under age athletes to compete in the Junior category when identifying selection events.