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QUINLAN  
**TRIATHLON**



## CHAPTER 22 - TRIATHLON

### 1. TEAM COMPOSITION

- 1.1. Regional teams shall be comprised of twenty (20) triathletes (10 men and 10 women) who have met the qualifying times listed in [para 6](#).

### 2. RULES

- 2.1. The competition shall be conducted in accordance with the [International Triathlon Union \(ITU\)](#) rules supplemented by [Triathlon Canada](#) rules and in accordance with the [CAF Sports Championships Operations Manual](#).

### 3. SUSPENSIONS

- 3.1. The minimum suspensions will be applied when the following infractions occur during a Championship:
  - a. As per [ITU](#) and [Triathlon Canada](#) rules; and
  - b. In race suspensions will adhere to IAW local guidelines. Athletes will respect and adhere to local official regulations. Protests to race-day decisions will be made IAW local race guidelines.
- 3.2. Reference [Chapter 5 – Suspensions](#), for infractions that may be applied to any sport.

### 4. CHAMPIONSHIP FORMAT

- 4.1. The Championship shall consist of two (2) separate races as listed under [para 5](#). A triathlete may only be eligible to enter in one (1) category in one (1) race. Also, triathletes will only be permitted to enter the race for which they have entered a qualifying time.

### 5. EVENTS

- 5.1. The CAF National Triathlon Championship shall consist of the following races:
  - a. Olympic - 1.5km swim, 40km bike, 10km run; and
  - b. Sprint - 750m swim, 20km bike, 5km run.

### 6. QUALIFYING TIMES

- 6.1. The qualifying times listed below are the minimum qualifying times that a CAF triathlete must achieve at a sanctioned race between the years of 2020 – 2023. Proof of times must be submitted to your local PSP Base Sports Coordinator NLT the due date stated in the CAF National Triathlon Championship Joining Instructions.

- 6.2. Under extenuating circumstances, such as deployments, a member may not have the opportunity to compete in a race within time requirement listed in [para 6.1](#). In these cases, a written request can be made to the MCAFS through the member’s local PSP Sports Coordinator prior to the deadline stated in the CAF National Triathlon Championship Joining Instructions.

Race Distances	Olympic		Sprint	
	Male	Female	Male	Female
Age Categories				
Under 19	2:50:00	2:59:00	1:25:00	1:30:00
20-24	2:50:00	2:59:00	1:25:00	1:30:00
25-29	2:50:00	2:59:00	1:25:00	1:30:00
30-34	2:50:00	2:59:00	1:25:00	1:30:00
35-39	2:50:00	2:59:00	1:25:00	1:30:00
40-44	3:00:00	3:10:00	1:25:00	1:30:00
45-49	3:00:00	3:10:00	1:30:00	1:35:00
50-54	3:10:00	3:20:00	1:40:00	1:45:00
55 & over	3:20:00	3:40:00	1:50:00	1:55:00

## 7. EQUIPMENT

- 7.1. All athletes must wear the following equipment / uniforms listed in the table below:

MANDATORY	RECOMMENDED
<b>Triathletes</b>	
<ul style="list-style-type: none"> <li>▪ Participants shall ensure that any equipment used during the event, including their bike, is compliant with the <a href="#">ITU, Triathlon Canada</a> rules (or the provincial body);</li> <li>▪ Temporary tattoos provided by the CAF National Sports Office;</li> </ul> <p>Swim:</p> <ul style="list-style-type: none"> <li>▪ Swim caps provided by the CAF National Sports Office;</li> <li>▪ A wetsuit may be permitted, as per <a href="#">Triathlon Canada</a> regulations (or the provincial body); and</li> </ul> <p>Bike:</p> <ul style="list-style-type: none"> <li>▪ CSA certified helmet during the bike portion of the race;</li> </ul>	<ul style="list-style-type: none"> <li>▪ Goggles</li> </ul>

## 8. INJURY PREVENTION

- 8.1. It is important that injury prevention strategies are reviewed by all athletes, coaches, officials, athletic trainers, and organizers. Please refer to [Chapter 6](#) for further injury prevention.

## 9. AWARDS

- 9.1. The first (1<sup>st</sup>) and second (2<sup>nd</sup>) place finishers, male and female, in the Olympic and Sprint distance events will be presented with medals. All awards are based on the “chip time”. Gold and Silver medals will be awarded within each race category for each race distance (male & female) so long as there is a minimum of five (5) participants in that race category. If there are less than five (5) participants in a particular race category for any

given race distance (male & female) only a gold medal shall be awarded (as per 2006 National RSMgr Meeting Minutes).

- 9.2. The CAF age categories for men and women are broken down as follows in all events for the purpose of the CAF awards presentation:
  - a. Open (under 40 years);
  - b. Masters (40 – 47 years); and
  - c. Senior (48+ years).
- 9.3. Ages for the above categories apply as of December 31<sup>st</sup> of the year of competition.
- 9.4. The Shield of Excellence, Regional Team Award promotes teamwork in an inherently individual sport. The Shield shall be awarded to the winning male and female regional team. Regional teams will be composed of the top two (2) Olympic finishers and the fastest Sprint finisher. The team with the fastest combined time will be declared the winner.
- 9.5. The Shield of Dedication, PO Jake Kennedy Most Improved Award is awarded to an Olympic distance individual who improved their time most from the previous year's CAF National Triathlon Championship Olympic distance results.
- 9.6. At the end of the Championship, members may nominate a player that has exhibited the highest level of sportsmanship including ethical & responsible behaviour, fair play, integrity and respect combined with a high standard of playing ability. The Jury of Appeal and/or Chief Official will select the recipient based on the nominations brought forward.
- 9.7. Any monetary award won by an athlete competing under the CAF National Triathlon Championship is to be handed over to CFMWS in accordance with the [QR&Os: Volume III - Chapter 208 Fines, Forfeitures and Deductions](#) (208.45 – Deductions for Recovery of Additional Payment Received in Performance of Duties).
- 9.8. See awards breakdown in the table below;

<u>Awards / Recognition</u>	<u>Quantity</u>	<u>Nationals</u>	<u>Regionals</u>
Gold Medals (ref <a href="#">para 9.1 - 9.2</a> )	12	✓	n/a
Silver Medals (ref para <a href="#">9.1 - 9.2</a> )	12	✓	n/a
Regional Team Award	2	✓	n/a
Most Improved Award	1	✓	n/a
Sportsmanship	1	✓	n/a
Officials	1-3	✓	n/a
Trainers	3	✓	n/a
VIP's / Patrons	1	✓	n/a