

USA TRIATHLON YOUTH GUIDE





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WELCOME

Welcome to the USA Triathlon Youth Guide. Throughout this guide you will learn about USA Triathlon and its variety of youth events and programs. Additionally, there is a series of articles for youth athletes and their parents to learn more about multisport. From the basics to the psychological aspects to tips for getting to the next level, this guide has it all. If you have a participant under the age of 7, please know that additional precautions should be taken such as safety measures, ensuring the participant can swim without assistance and has an overall understanding of multisport. This will make certain the child is participating in a safe and fun environment.

The sport of triathlon, which includes swimming, biking and running, represents a fun and exciting way for kids to stay active. Participation in the sport can jumpstart a lifetime of healthy fitness and eating habits at an early age. All across the country, youth triathletes have fun racing at age-appropriate distances in more than 1,000 USA Triathlon Sanctioned Youth Events each year.

Founded in 1982, USA Triathlon is proud to serve as the National Governing Body for triathlon – one of the fastest growing sports in the world – as well as duathlon, aquathlon, aquabike, winter triathlon and paratriathlon in the United States. USA Triathlon sanctions 4,300 races and connects with more than 500,000 members each year, making it the largest multisport organization in the world. In addition to its work with athletes, coaches and race directors on the grassroots level, USA Triathlon provides leadership and support to elite athletes competing at international events, including ITU World Championships, Pan American Games and the Summer Olympic Games. USA Triathlon is a proud member of the International Triathlon Union and the United States Olympic Committee.



GETTING STARTED

Written by Bill Hauser, USA Triathlon Level II and Youth & Junior Certified Coach

Triathlon is one of the fastest growing participatory sports in the United States and much of that growth over the past decade has come in the youth and junior divisions. USA Triathlon, the National Governing Body of the sport, categorizes athletes 13-15 years of age in the youth elite division, while the junior elite age division is comprised of athletes between the ages of 16-19.

Compared to some of the more traditional youth sports of soccer, basketball, baseball and softball, getting started in youth triathlon presents a number of unique challenges for participants and parents alike. Because it is a relatively new

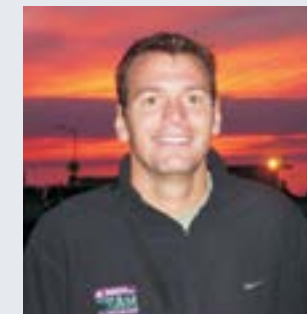
sport, many parents have never participated in a triathlon and therefore aren't able to draw upon their personal experience to provide direction or support like they may with baseball or basketball. Likewise, because it is a newer sport, there aren't as many formal leagues or instructional programs as there are with some of the more traditional sports. Fortunately, the number of instructional programs and events is growing each year, so these issues are becoming less of a challenge for youth triathletes and their parents.

Moreover, some of the same factors that make triathlon different from traditional sports provide it with unique opportunities for younger athletes. Because it is not a team sport like soccer or baseball, participants are not dependent upon a

group of others to practice or participate. Most, if not all of the preparation for a triathlon, can be done at home or near a person's home. From a parent's perspective, this can save lots of time carpooling back and forth to team practices and games. Since it comprises three sports, triathlon doesn't require or favor a particular skill set like some single sports do. This helps to level the playing field, and can make children less intimidated to participate when they recognize the wide range of strengths and weaknesses in the three triathlon disciplines. A child who struggles in the swim may be a strong runner, and vice versa.

Another advantage of youth triathlon is that most youth events are designed to be completed without a great deal of preparation by an active child. For athletes ages 10 and under, USA Triathlon recommends race distances of no more than a 100-meter swim, 3-kilometer bike and 1-kilometer run. For ages 11 to 15, the maximum recommended distances are a 400-meter swim, a 10-kilometer bike and 3-kilometer run. For the junior division, USA Triathlon recommends race distances of no more than a 750-meter swim, 20-kilometer bike and 5-kilometer run. Thus, for children who participate in other activities that involve running, the physical demands to complete a youth triathlon shouldn't be a major obstacle. Most active youth will have the endurance required to complete the race distances, while sedentary children should aim to gradually increase their training so that they are able to complete the race distance in each discipline prior to the race. Of course, it is also important that your child knows how to swim and is comfortably able to complete the distance of the swim leg of the race. While many youth triathlons include a pool swim or a very shallow open water swim, the ability to swim the course independently and comfortably is essential.

Most importantly, the focus of youth triathlon should not be on competition. Rather, the focus should be on learning proper technique and skills, developing healthy exercise habits and having fun. With the proper focus, participation in youth triathlon can lead to a lifelong passion for the multisport lifestyle and healthy living!



Bill Hauser is a USA Triathlon Level II certified coach and the founder and head coach of Mid-Atlantic Multisport. He also served as the head triathlon coach for the Southern New Jersey Chapter of the Leukemia and Lymphoma Society Team in Training Program. Based in suburban Philadelphia, Pennsylvania., Mid-Atlantic Multisport (www.midatlanticmultisport.com) provides individualized endurance coaching services, training camps and clinics for athletes of all ages and abilities. You may contact Coach Bill at bhauser@midatlanticmultisport.com.

DID YOU KNOW?

Regular exercise can help you live a longer, more productive life. It will also help to boost your self-confidence!



TRIATHLON BASICS

Swim, bike, run. Though the basic format stays the same, triathlon has several racing distances, from youth events all the way up to double and triple ultra-distance races. Athletes of all shapes, sizes, ages and fitness levels compete in triathlon to prove that when you put your mind to something, anything is possible.

Getting Started

Whether you are participating in your first triathlon or your 100th, there is a lot of preparation that goes into this sport. It takes training, both physically and mentally, knowledge and commitment. Most people cannot decide they are going to do a triathlon without preparing for months ahead of time. At the same time, for youth looking to enter the world of multisport, it can be done with the focus on participation and

being active. The allure of multisport is that it gives people a goal. It is something that motivates them to train and eat right. It also provides a great social atmosphere in which lifelong friends can be found at club events, training rides and races.

But, the preparation should not be overwhelming. If you are committed to a healthy lifestyle, you are probably already on your way to being ready to compete. There are numerous coaching resources to take advantage of, both in person and online. USA Triathlon's coaching certification program is one of the most advanced in the world and has produced over 2,500 Certified Coaches around the country. In fact, USA Triathlon certifies coaches specifically for coaching youth and juniors with 147 current youth and junior coaches.

More information can be found by visiting

<http://www.usatriathlon.org/audience/coaching/coach-listing.aspx>

Common Youth Triathlon Distances*

RACE AGE**	SWIM	BIKE	RUN
Youth 7-8	50-100 meters	2-3k	1k
Youth 9-10	100 meters	3-5k	1k
Youth 11-12	200 meters	5-7k	1.5-2k
Youth 13 - 15	200-375 meters	8-10k	2-2.5K

* Distances are categorized by using the category in which two of the distances fall. If all three are in separate categories, the distance is categorized by the bike.

**USA Triathlon rules define race age as your age on December 31 in the year of the competition with the exception of the USA Triathlon Splash and Dash Youth Aquathlon Series.

Event size can range from below 50 to over 3,000 competitors. Events such as the Chicago Triathlon have over 8,000 competitors racing in the youth, sprint and Olympic-distance events during the festival weekend. On the flip side, clubs coordinate "club-only" events that can have 20-30 participants competing in a fun, no-pressure event. Many times these events are not timed, but create a memorable experience for competitors, families and communities.

History

1982: U.S. Triathlon Association and the American Triathlon Association merged under one unified National Governing Body called the U.S. Triathlon Association, with 1,500 members. The years since have seen the sport grow exponentially in the United States. Now known as USA Triathlon, membership stands at over 500,000.

Triathlon in the United States has its roots set firmly in Southern California. The early races were held in San Diego's Mission Bay. It was only natural that the initial interest for a National Governing Body came from the same area.

1988: Tri Fed planned a move to its current home of Colorado Springs, Colorado a move that was consistent with the long-term Olympic goal of the sport and the federation, as the United State Olympic Committee is based in Colorado Springs.

1996: Triathlon Federation USA changed its name to the present USA Triathlon, a move that further identified the federation with other USOC-recognized National Governing Bodies.

USA Triathlon supports national teams on several different levels and many developmental programs for athletes, race directors, coaches and officials.

2000: USA Triathlon selected its first Olympic Team. Jennifer Gutierrez, Sheila Taormina and Joanna Zeiger were on the women's team; and Ryan Bolton, Hunter Kemper and Nick Radkewich were on the men's team. Zeiger went on to finish fourth at the 2000 Olympic Games in Sydney, Australia. Kemper had the best men's finish in 17th.

2004: In the Athens Olympic Games, Susan Williams takes home the bronze medal for the U.S.

2006: USA Triathlon announced that its membership had grown to 70,000 and the number of sanctioned races exceeded 1,800.

2007: USA Triathlon reached the 100,000-annual-member milestone.

2011: First Youth coaching clinic was held. USA Triathlon surpassed 500,000 members and continued to grow.

2014: First youth race director clinic was held. The organization sanctions around 4,300 events annually and has 500 certified race directors, 1,000 official clubs and over 2,500 certified coaches. Additionally, 2012 saw youth members grow to over 43,000.

2016: USA Triathlon won its first Olympic Gold Medal in Rio de Janeiro by Gwen Jorgenson.

Future

Triathlon has experienced monumental growth in the 21st century. The Sports & Fitness Industry Association estimates that nearly 2.2 million people are currently active in multisport. We expect that number to eclipse 3 million in the next five years. The largest age group for participation is 40-44 followed closely by 35-39. We expect this trend to continue. USA Triathlon also expects to see youth participation grow at unparalleled rates with new programming and Foundation dollars earmarked for this segment of the sport.

In addition, USA Triathlon will emphasize the participatory aspects of the sport more throughout the next decade to encourage those from all walks of life to engage. These efforts will achieve fruition when triathlon becomes a household word and the multisport lifestyle is enjoyed by families in every state, county, city and town across the nation.



AQUATHLON BASICS

What is an Aquathlon?

Aquathlon is a fun and fast-growing sport that combines running and swimming. A typical aquathlon is a run/swim/run combination; however, it is not uncommon to see a two-stage race that is simply a swim/run combination. Many factors play into which combination will be utilized including but not limited to water temperature, if wetsuits are permitted and the competitive level of the event.

In the newly developed USA Triathlon Youth Splash and Dash Aquathlon Series, which began in 2012, the swim/run combination is utilized. The goal of the series is to promote multisport to youth athletes ages 7-15 through a low-cost, entry-level program. It is a great grassroots introduction to

multisport and can lead to interest in triathlon, duathlon, aquabike and more.

The run portion of the race can take place on a trail, road or path. It all depends on what the course calls for and where it is located. Similarly, the swim can take place in any body of water – a pool, lake, reservoir, ocean or bay.

Some aquathlons are designed to help endurance athletes train for bigger multisport races and improve their swim/run transition or open water swim times while others are designed for athletes who are just getting into the multisport lifestyle and want to get their feet wet. Additionally, an aquathlon is a cost-effective alternative to a triathlon due to there not being an expense for a bike and other related apparel and equipment.

Who Competes in Aquathlons?

Aquathlons are suitable for any age and are a great start to becoming involved in multisport. As skill level increases, USA Triathlon offers the Aquathlon National Championship which is held yearly. Additionally, the ITU Aquathlon World Championships (the highest level of competition for elite and age group athletes), in which eligibility is granted to many standout pro triathletes, under-23 athletes and junior athletes. On a national level, aquathlons are gaining popularity among athletes who want to challenge themselves athletically and improve their endurance but are not interested in the biking leg of triathlons. Whether you are afraid to ride without training wheels, cannot afford a bicycle or are sick of the saddle sores and road rash that come along with hours of cycling training, aquathlon offers solutions to all these problems.

Possibly some of the most attractive aspects of this sport are that the race distances are short so less training time is required, equipment needs are minimal and it has a reasonably low entry level cost.

Aquathlons are also quite appealing to race directors because it not only reduces the logistics by removing one of the legs from a triathlon, but it also reduces the amount of space needed to hold a race. As a result, competitors can race in a smaller, more manageable environment.

Getting Started

As mentioned earlier, very little equipment is needed to compete in an aquathlon – athletes will need a swimsuit, goggles, swim cap, running shoes, motivation to train and compete and a positive attitude.

Triathlon race directors across the nation are beginning to respond to the demand of athletes interested in the run/swim combination by offering aquathlons in conjunction with the triathlons they are putting on. It is not uncommon to find a triathlon that also has an option for duathlon or aquathlon.

History

The official start date of aquathlon is unknown, although running and swimming origins are ancient. Arguably, the first aquathlon event in the USA was held in 1971, three years before the inaugural Mission Bay Triathlon and seven years before the first IRONMAN when the Dave Pain

Birthday Biathlon consisting of a run and swim were held in San Diego (USA Triathlon Life, 2006).

Distances vary depending on location and water temperature. For example, in 2004 at the ITU Aquathlon World Championships in Queenstown, New Zealand, the swim took place in a lake that was fed by glaciers causing the water to be very cool. Because of this, racers were permitted to wear wetsuits. However, because it is extremely difficult to make a fast transition when you have to put a wetsuit on directly after completing a 5-kilometer run, the first run was omitted – altering the race to a 1000-meter swim followed by a 5-kilometer run.

Common Youth Aquathlon Distances

RACE AGE**	SWIM	RUN
Youth 7-8	50-100 meters	1k
Youth 9-10	100 meters	1-1.5k
Youth 11-12	200 meters	2k
Youth 13-15	200-375 meters	2-3k
Junior 16-19	400-750 meters	5k



MAKING A SPLASH WITH THE USA TRIATHLON SPLASH AND DASH YOUTH AQUATHLON SERIES

Written by Brian D'Amico, USA Triathlon National Events Senior Manager, USA Triathlon Certified Race Director, and NAYS Certified Youth Sports Administrator

When you first hear the word aquathlon, there may immediately be thoughts and concerns that run through your head. The first may be “how do I pronounce this word?” and the next may be “what exactly is an aquathlon?” An aquathlon is commonly referred to as a Splash and Dash, especially for youth races. The terminology is fairly self explanatory as the athlete will take part in two legs of the race: swimming and running. An aquathlon may use one of two variations: swim/run combination or swim/run/swim combination. This is dependent on a multitude of factors such as water temperature, if wetsuits are permitted, and the

level of competition for the race.

2012 marked the inaugural year of the USA Triathlon Splash and Dash Youth Aquathlon Series, which aims to drive youth participation in multisport, beginning with an aquathlon. The series targets youth ages 7-15 to become involved and live an active lifestyle all through a fun, exciting, and community-oriented environment. In order for USA Triathlon to successfully reach the largest scope of youth participants, 30 events were selected for the series' inaugural year with three events in each of the 10 USA Triathlon Regions across the United States. These 30 events were a part of the 2012 USA Triathlon Splash and Dash Youth Aquathlon Series. The 2015 series features nearly 50 events across the United States with the series planning to grow in 2015 and beyond. Each

of the events are sanctioned by USA Triathlon.

The focus of each event within the series is on participation rather than competition. For this reason, the events are not required to be timed as each finisher will receive a finisher medal and series T-shirt provided by USA Triathlon. Having a sense of accomplishment when an athlete crosses the finish line with a smile on his or her face is what multisport is all about, especially at the grassroots level.

In rolling out this initiative, it was important for USA Triathlon to provide the proper support to each event. In accomplishing this, each event will work with a dedicated USA Triathlon staff member. Additionally, each event will be supported by marketing and collateral materials including educational initiatives, flyers, banners and integrated communications across all of USA Triathlon's media platforms. All of the events will be low cost, community based and partnered with race directors, community centers, coaches, clubs, parks and recreation departments and motivated individuals. All have one common goal: getting youth involved in multisport.

The atmosphere in each of the events is upbeat, engaging, educational and, most importantly, fun. In working with the race directors for each event, there are a great deal of exciting opportunities and event enhancements such as music, educational clinics, vendors, post-race food and refreshments and carefully constructed finish line arches and inflatables. The experience is second to none and you are encouraged to bring the entire family to not only cheer on the participants, but also to educate them about multisport.

Undoubtedly, the series will bring a new grassroots push to have youth involved and in turn will help everyone to get their feet wet in the world of multisport.

Visit www.usatsplashanddash.com for more information.



EVENTS COMING TO A CITY NEAR YOU!

CHECK THE WEB SITE FOR SCHEDULES
AND REGISTRATION INFO.



USATRIATHLON.ORG/SPLASHANDDASH



MENTAL ASPECTS

Written by Mitchell Greene, Ph.D.

As parents of young triathletes, your responsibility is to help preserve your child's sense of wonderment and enthusiasm about triathlon for as long as possible. The chance to participate in three events (and two transitions) can give a child a unique sense of accomplishment that cannot quite be duplicated through any other athletic experience. The sobering evidence, however, is that many children soon flame out and leave the sport altogether, regarding it as more of a burden than a fun hobby. This is especially true for sports such as triathlon, tennis and golf, in which there may be team elements, but athletes compete mainly as individuals.

The fact that 70 percent of kids quit their sport

by the time they reach their 13th birthday should convince parents of tri-kids that the sport is best viewed as a vehicle to teach lessons about setting goals, improving technique, living healthier and trying your best. Sport parents who overlook the big picture and overly focus on immediate results may quickly find that their children want to move on to something else. Wise sport parents foster a supportive, low-pressure atmosphere in which their child can develop a good work ethic as well as skills in each of the three disciplines of triathlon. That approach works well for a child whether they ultimately stick with triathlon, or move on to something that feels like a better "fit" for them.

Even with the best intentions, any sport parent can unwittingly communicate a message that shows they have lost sight of the larger purpose

for introducing their child to the sport. Triathlete parents, in particular, often hope their son or daughter will be taken by the sport they themselves love. Therefore, it can be difficult to know how much to encourage or cajole and when to allow their child to turn in his or her USA Triathlon Youth membership card. It doesn't help that kids often seem to love the training one week and are ready to throw their goggles in the garbage the next.

The bottom line is that the majority of youth participants in triathlon say that they want to try the sport because it looks like fun. "Winning" is much further down the "Why I train and race" list, and behind goals such as "learning to swim," "trying to go fast," "hanging out with my triathlon buddies" and "finishing and earning a medal." Below are some tips to help keep the fun going.

Reality Check: If you are expecting your child to match your enthusiasm for triathlon, you need a reality check. Wanting to take a night off from swimming or becoming worried about how they will perform on race day, are completely normal concerns. Successful sport parents recognize the boundary between what they want versus the interests and motivations of their young triathlete. If you are not sure of the difference between your wishes and your child's desires, just ask. Or, better yet, just watch. Notice where he or she expends energy outside of the school day. Is your child asking to train or does he or she need to be dragged out the door on Saturday morning? Does your young athlete want to run comfortably and finish, or are they looking to beat the person in front of them? You may not want to acknowledge that your child is not on the same page as you, but this is exactly what you need to understand to keep it a fun experience for everyone.

Under-Coach: A sport parent is better off under-coaching than over-coaching. This is especially important in triathlon where a parent can stand on the pool deck, lean over the gate in transition or run alongside their child as they finish the last quarter mile. A triathlete parent recently said to me that as a triathlete himself he had his child over-prepared (and thus over-anxious) for her race. In his effort to explain a variety of possibilities that could occur during the race, he caused her to freeze up. This is a far too frequent occurrence, particularly for triathlete parents, who in their own races understandably try to leave as little to chance as possible. Yet in a child's mind, over-analysis can

lead to a fear that he/she might do something wrong or embarrass himself/herself. Of course, your child needs information in order to perform, but sport parents must ask themselves: What does my child really "need to know?" Is this something my child could figure out on his/her own even if it slows him/her down or causes him/her to miss out on a particular opportunity? And, you should also consider if there is someone else who might be able to deliver the same information without igniting as much concern or push back. Remember, it is easy to comment, but your youngster may hear your advice as criticism. Sometimes the best thing you can do for your child athlete is to say nothing at all.

Race Preparation: Preparing your child for a race should mostly be about setting small, realistic goals. It may seem obvious, but it is worth remembering that the goals should come more from your child than yourself. If, however, his/her goals seem overly competitive, you can help by reminding him/her that this is supposed to be about having fun. For some, getting through the swim may be a huge accomplishment, while others may feel that it would be fun to try and place in their age group. There's nothing wrong with having particular results—including just finishing—as goals. It is critical, however, that obtaining that result not be the only goal, because races can be devilishly unpredictable. Working on gliding in the swim or downshifting at appropriate times on the bike, or keeping an even pace on the run, might be side goals your racer can focus on so they see that paying attention to things they can control is what eventually leads to finishing strong.

Priorities: Fitting triathlon into the busy lives of typical families requires understanding the family's priorities. If you want to know what your priorities are, just look at the past week and where you and your children have been spending your time. How you rearrange your schedule depends on whether you want to move triathlon up on the priority list (and thereby move something down). We all have the same 24 hours to work with, and one mistake is to make triathlon training so much of a priority that it leaves your child overly segregated from the rest of the family at night or on weekends, or with one parent too much of the time. Priorities need to be re-examined month to month or at least season to season. Families need to obtain a balance by fitting triathlon into the other important aspects of their lives rather than vice versa.

Long-Term, Not Short-Term: The idea that triathlon, and the healthy lifestyle it encourages, can become part of your child's future is exciting to imagine. To help make this dream a reality, successful sport parents understand that children love to play and that triathlon must be a form of play. Otherwise, they are apt to lose interest very quickly. As Todd Wiley, former pro triathlete and former USA Triathlon youth coach, said "The training philosophy that more is always better does not apply to triathletes, especially at these young ages." Wiley, who was trained as a sprinter as a youth, thinks tri-kids should not be significantly upping their volume until they are at least 14 or 15 years old. Wiley goes on to say that he would prefer to see the young triathletes he coaches compete in sports like soccer or cross country to improve their fitness, and he discourages specialization in triathlon even though these days kids can train for triathlon during all four seasons. Wiley hopes kids can gain their love of competition in triathlon over time, and he knows from firsthand experience that triathlon must be something you love to do because even as a professional you cannot count on triathlon becoming the sole means by which you make your living.

So, remember, first and foremost, keep it fun. A little pushing is OK, but if you have to force your young athlete to participate in triathlon, I can assure you, it is no longer fun for him or her. You don't want your child to feel forced into the sport or that they will be letting you down if they no longer want to participate. The same advice applies to all of us amateur (adult) triathletes. It's supposed to be fun, not a second job.



Dr. Mitchell Greene is a sport and clinical psychologist, located in Wayne, Pennsylvania. He is the sport psychology consultant to the Philadelphia Triathlon and the SheROX triathlon series. He is also a contributing columnist to USA Triathlon. For more information about Dr. Greene and his practice, go to www.greenepsych.com.



"It's not about finding your limits. It's about finding what lies just beyond them."

-Unknown

WHAT'S DIFFERENT?

There are 10 differences between the photos – can you find them all?



USA TRIATHLON CLUBS - GETTING AND STAYING CONNECTED

Whether you are looking to join a club or start a club, USA Triathlon has the resources you need. USA Triathlon actively promotes clubs to potential members and works to create new programs to encourage activity throughout the club system. There are over 975 clubs with varying levels from youth all the way to high performance. They are a great way to meet those with similar multisport interests and be a part of a team.

Benefits of being a part of a USA Triathlon club include:

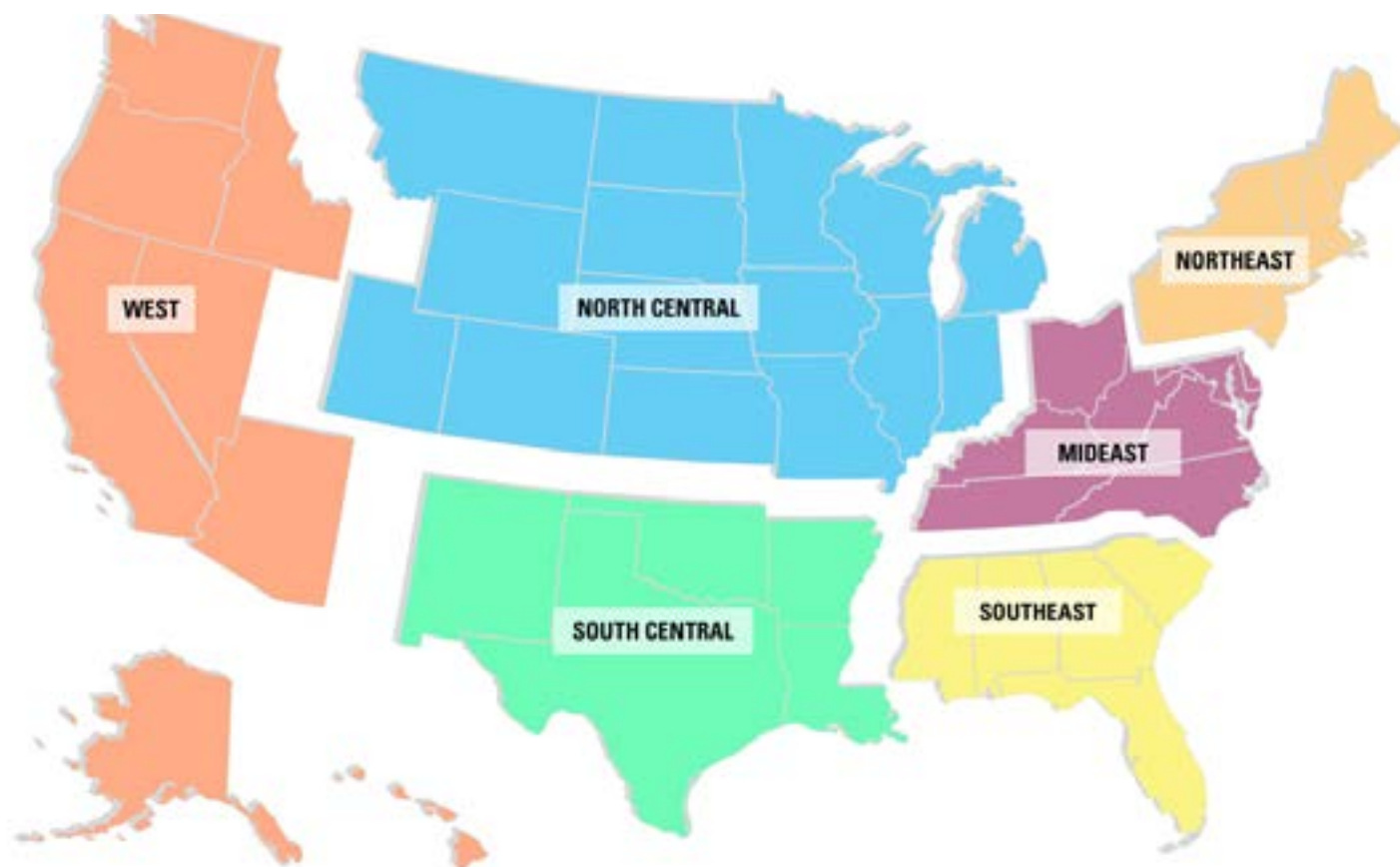
- Exposure and education to youth on the multisport lifestyle, all while being involved in a fun, exciting and safe atmosphere. It will really help you to get your feet wet!
- Engagement of youth athletes in pre-race and post-race activities such as vendor areas, clinics and additional educational opportunities.
- Opportunity to meet friends and other youth athletes who are interested and also engage in the multisport lifestyle.
- One-on-one and specialized coaching within the club offering motivation, competition, technique and training.
- Access to club-specific events, clinics and races.
- Exclusive club and membership benefits.
- Preparing our current and future National Team and Olympians.
- A greater understanding of health and wellness through multisport.



iCAN Junior Triathlon Club

For more information and to find a club in your area, visit www.usatriathlon.org/clubs.

FIND YOUR USA TRIATHLON REGION



Region commissions are responsible for aiding in the development and growth of multisport within the designated states of each region while acting as a liaison between the USA Triathlon National Office and USA Triathlon race directors, coaches, clubs, officials and athletes. Commissions work closely with USA Triathlon staff on regional programming that directly supports the 2018 USA Triathlon Strategic Plan.

West: Washington, Oregon, Idaho, California, Nevada, Arizona, Alaska, Hawaii

North Central: Colorado, Iowa, Indiana, Illinois, Kansas, Missouri, Montana, Minnesota, Michigan, North Dakota, Nebraska, South Dakota, Utah, Wisconsin, Wyoming

South Central: New Mexico, Texas, Oklahoma, Arkansas, Louisiana

SouthEast: Mississippi, Alabama, Georgia, Florida, South Carolina

MidEast: Delaware, D.C., Ohio, Kentucky, Tennessee, West Virginia, Maryland, Virginia, North Carolina

NorthEast: Pennsylvania, New Jersey, Connecticut, Maine, Massachusetts, New Hampshire, New York, Rhode Island, Vermont

More information about each region can be found by visiting www.usatriathlon.org/regions.



TIPS FOR YOUR FIRST RACE

Written by Beth Atnip, USA Triathlon Level II and Youth & Junior Certified Coach, USA Triathlon Youth and Junior Certified Coach, and USA Triathlon Certified Race Director

Getting nervous about your first triathlon? Don't worry! It is natural to feel a little anxious before your big race, especially during the last few weeks leading up to your race. As a new triathlete, there are so many things to think about before the race actually arrives. There are questions like "What do I wear," "How do I transition from the swim to the bike" and "What do I eat the night before the race?"

As a beginner triathlete, there are many ins and outs to learn about the sport of triathlon. Sometimes you may feel overwhelmed and almost

scared about competing in your first event. I know that during my first triathlon, I must have asked my husband a thousand questions leading up to the big day. I did my training, but was not really sure about anything else. I have to say that I was nervous before the race and wished that I had asked even more questions before I competed in my first race.

Through my experiences over the last seven years as a competitor, coach and race director, I have talked with many beginner triathletes and really listened to the questions and concerns they had as a newbie. I wanted to share some of my thoughts for all those new triathletes just getting involved in this wonderful sport. Here are some basic triathlon training tips I would like to share with you before your first big race arrives.

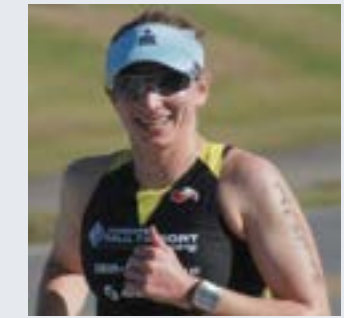
1. Set a goal: You should set a personal goal for yourself before race day. Your goal can be as simple as completing the race or finishing the race in a particular time. Try to avoid setting goals that seem unattainable in order to avoid disappointment on race day. This goal is YOUR goal, not your friend's or your training buddy's. This will help you focus during your training sessions leading up to the race.
2. Have a nutrition plan in place before race day: Before you compete in any race, you should have a nutrition plan in place. You should train with foods and liquids you plan on using race day. You need to know how your stomach will react to certain foods and drinks while you are training. For a shorter race, such as a sprint event, most competitors should be able to get through the bike portion of the event with about 20-24 ounces of fluids while taking in small portions of water/sports drink during each mile of the run course. Gels, bars and sports drinks are all things you can experiment with during your training to find what works best for you.
3. Give yourself extra time race morning so you do not feel rushed: You want to make sure you have plenty of time race morning. Arrive early to the race site. This will give you plenty of time to park, get your equipment situated and hopefully prevent any additional stress race morning. This will give you plenty of time to set up your transition area without feeling rushed or anxious. This will also provide you with extra time in case you have to make any last minute adjustments to your bike or other race gear.
4. Avoid overtraining: You want to make sure that you are giving your body enough time to recover between workouts. As a beginner, your training is going to be different from somebody who has been doing this for years. It is best to start out with one workout a day, and grow from there. If swimming is your weak spot, you want to make sure you hit the pool more than once a week. Proper recovery from your workouts is just as important as the workout itself. If you are totally lost about developing a training schedule and do not have access to a local triathlon club or group, hiring a triathlon coach would be your next best step.
5. Focus on yourself, not others around you: You

are competing in this event for yourself! If you start to worry about winning or beating others in your age group, you will start to lose focus on what you are trying to accomplish. There is always going to be someone who is faster, stronger or more experienced. It is not worth your time worrying about others around you. You should have fun and enjoy the experience of triathlons!

6. If you have questions, just ask: You are going to have multiple questions during your first race. Feel free to ask other athletes around you, or the event management team to help you with your questions. If you don't ask, how will you ever find out the information you need? I know I constantly asked questions during the first few years competing in this sport, and I still ask questions now! There is always somebody out there who can help you with questions about training, bikes, gear, nutrition, etc.
7. Know your personal limits: You have to be careful to stick to your training plan, and not get caught up with what your buddy or other local triathletes are doing. For example, if you are only used to running three days a week, you would not want to jump right into running five days a week. You are the best judge of how your body feels and how hard you can push yourself. Especially during the really hot days, you should use extreme caution and make sure you stay hydrated and workout more in the mornings and evenings to avoid the heat of the day.
8. Go through all of your race gear a few nights before the race: You are already going to be nervous for race day, so try to eliminate as much stress as possible before the event. A few nights before the race, start getting all of your race gear together, and make sure that you have everything that you need. That way, if you find out that you need to purchase an item for the race, such as gels or bars, or new goggles, you will have time to run to the store before race day. Then, the night before the race, you can put everything you need into your gear bag and have it ready for the morning. I have learned that waiting to the last minute to get your gear together can be quite stressful.
9. Don't try new things on race day: This is very important for any triathlete. This includes

drinks, food, gels, new socks, new shoes, etc. If you plan on using something race day, make sure that you practice with it in your training. One of the biggest mistakes a beginner triathlete can make is trying a new gel or bar on race day, which can lead to an upset stomach and make for a bad day. Having a race plan ahead of time is the best way to approach the race.

10. Relax and have a good time: We are in this sport to have fun, so make sure you enjoy your race. You have done the training, and have put in the time, so now is the fun part of competing. Your family and friends will be there to support you at the finish line, and there will be plenty of volunteers to answer your questions. Try to stay as relaxed as possible before the race by giving yourself extra time race morning to get everything set up in transition.



Coach Beth Atnip is a USA Triathlon Level II and Youth & Junior Certified Coach, USA Triathlon Youth and Junior Certified Coach a USA Triathlon Certified Race Director and a NSCA Certified Personal Trainer. She is the co-owner of Mideast Multisport and is dedicated to helping athletes at all levels achieve their fitness and competitive goals. She is also the race director for the Susan Bradley-Cox Tri for Sight, a sprint triathlon/duathlon in Lexington, Kentucky. Visit her website at www.mideastmultisport.com.



RACING OPTIONS FOR YOUTH & JUNIOR TRIATHLETES

Written by Steve Kelley, USA Triathlon Junior/ U23 Program Manager, USA Triathlon Level II and Youth & Junior Certified Coach

As any parent of a young triathlete will tell you, the biggest challenge is holding them back. Parents and coaches need to channel this youthful energy so that these athletes reach their full potential in the sport. Part of meeting that challenge is recognizing the appropriate racing options for teens. Here is a quick primer:

Youth vs. Junior – These terms are used to define age categories and, more specifically, age-appropriate racing distances. Although uses still vary in places, such as the “Youth Olympic Games” being for 16-and 17-year-olds, “Youth” events are typically designed toward kids 15 or younger, while

“Junior” events are intended for ages 16 to 19.

Youth Triathlons – Short events designed just for kids. The distances are appropriately short and the courses highly monitored for safety. USA Triathlon’s Youth Competitive Rules establish standards for participation, equipment selection and fair play.

Junior Talent ID Races – In each of USA Triathlon’s 10 regions, our Talent ID Coordinators have identified races that are suitable for teenage athletes to get their start in the sport, meet other kids their age, and develop a passion for the multisport lifestyle. These races also assist the Talent ID Coordinators in identifying emerging talent. We leave it up to each individual race director to determine the youngest age of participants allowed in each of these races, but it is

usually 13 or 14.

Youth Elite vs. Junior Elite – In the United States, the addition of the word “elite” to Youth or Junior means the race format is draft-legal. In the world of short-course international competition, “elite” racing typically follows draft-legal rules. With over 4,300 USA Triathlon-sanctioned triathlons in the U.S., and hundreds of events aimed at youth and junior athletes, we add the word “elite” to clearly identify this special category of event and the unique skill-set necessary to compete in them. This term also mirrors the aspirations of the athletes attracted to this dynamic format.

F1 Triathlons – F1s are introductory draft-legal super-sprint triathlons. They are intended to bridge the gap between traditional “kids” tris and faster-paced Youth Elite/Junior Elite Cup racing. The “F” in F1 reflects the fast and furious style of racing that encourages a focus on fundamental and plenty of fun, too. Participating in an F1 is a good way to try draft-legal racing without the pressure of national-level competition.

Youth Elite Cup – This is a national-caliber, draft-legal race for 13-15 year olds. Competitors cover the super-sprint distance on multi-lap courses. Without a doubt, these kids are the quickest in the nation and they transition from swim to bike and bike to run as fast as any pro. Participants can earn rankings points toward their Youth Elite National Ranking at these events.

Junior Elite Cup – This is a national-caliber draft-legal race for 16-19 year olds. Like Youth Elite Cups, competitors race in front of fans on closed, multi-lap courses. Ranking points are awarded toward one’s Junior Elite National Ranking. From these events, USA Triathlon selects its teams for the international competition. If you consider yourself a top-flight junior triathlete, this is where you’ll prove it.

USA Triathlon Junior Elite Series – The Junior Elite Series is the combination of all Youth Elite and Junior Elite Cups held in a season. Points are awarded toward series titles for individuals and development teams. The Series culminates at the USA Triathlon Youth Elite & Junior Elite National Championships.

Mixed Team Relay – The triathlon mixed team

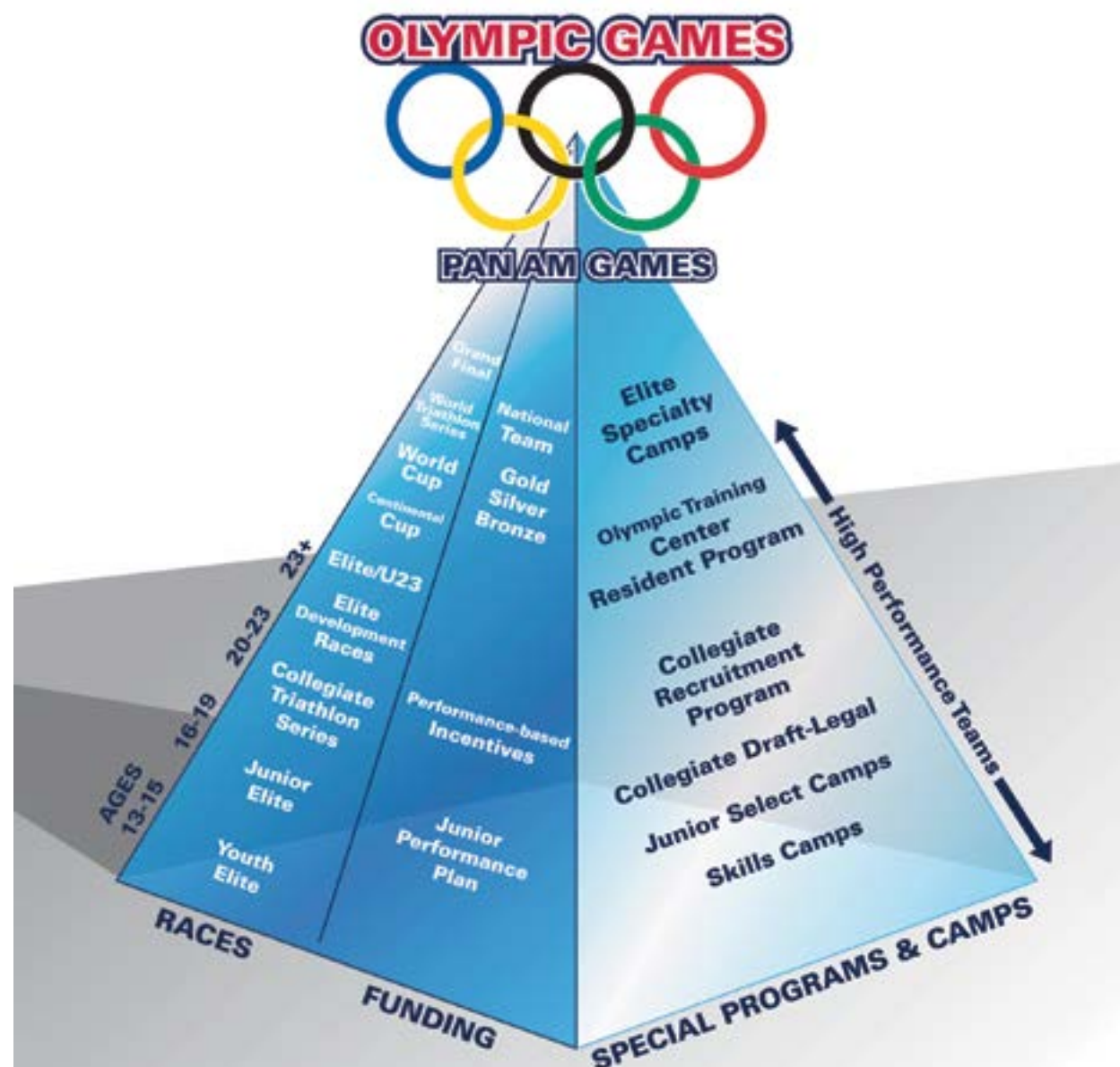
relay is a draft-legal relay race in which teams are comprised of two males and two females. Each team member completes a full triathlon before tagging the next athlete. Distances are very short and the race tests the top end speed of the athletes. The International Olympic Committee is considering the Mixed Team Relay for inclusion on the Olympic Program.

Elite Development Races – Elite Development Races, or “EDRs”, aim to bridge the gap between Junior Elite and post-Collegiate elite racing. EDRs are draft-legal, sprint races. USA Triathlon designates a couple EDRs each year. Top finishers are eligible to earn a USA Triathlon Elite License at these events and graduate to the top international competitions.

Racing Age – Finally, a word about how USA Triathlon determines racing age. Age for all youth and junior events is determined by how old the athlete will be on Dec. 31. This ensures that athletes race the same competition, at the same distances, for the entire season. No “aging up” a few days before a national championship or being expected to double race distances mid-season. No complicated qualification systems for series championships. Together with single-year award divisions, this method of classification reduces the so-called relative age effect to a minimum. At the end of the day, someone will always be 364 days older or younger than the youngest or oldest athlete in the division, but that is true under any rule one applies.

Parents and coaches should note that none of these formats exceed the sprint distance. A sound developmental program for a teenage athlete will ensure that he or she maximizes speed potential before increasing race distance. Short, fast events allow young athletes to focus on the fundamentals of swim, bike, run and transition, while keeping the summer tri season in balance with school-sport commitments. Short races also allow athletes to race more often during the summer, helping them gain experience more quickly. As a fellow junior tri coach once said, “leave them wanting more.”

USA TRIATHLON HIGH PERFORMANCE PYRAMID



**WHERE ARE YOU IN THE
USA TRIATHLON
PERFORMANCE PYRAMID?**

USA TRIATHLON U23 ELITE DEVELOPMENT RACES

U25 Elite Development Races are draft-legal sprint distance triathlons open to athletes 20 to 25 years old [if the race is not co-located with a Junior Elite Cup, the minimum age will be 16]. Athletes over the age of 25 may request an invitation to

compete. Juniors looking for additional draft-legal racing opportunities should look at the Junior Elite Cups listed above. The purpose of U25 EDRs is to provide a draft-legal pathway to a USAT Elite License.

Clermont Challenge
Clermont, FL
March 3-5, 2018

PlayTri Texas F1 & EDR
Lewisville, TX
June 10, 2018

USA TRIATHLON YOUTH & JUNIOR ELITE CUPS

Youth Elite Cups are draft-legal super-sprint distance triathlons open to athletes 13-to-15 years old. The competition distances are a 375 meter swim, 10-kilometer bike and 2.5-kilometer run. Youth Elite Cups prepare athletes for Junior Elite

competition when they turn 16. These events serve as the qualifiers for the Youth Elite National Championships. Young teens looking for additional draft-legal racing opportunities should consider entering a Youth F1 triathlon.

USAT Sarasota Youth Elite Cup
Sarasota, FL
March 11, 2018

USAT Richmond Youth & Junior Elite Cup
Richmond, VA
May 6, 2018

USAT Pleasant Prairie Youth & Junior Elite Cup
Pleasant Prairie, WI
June 3, 2018

USAT Monroe Youth & Junior Elite Cup
Monroe, WA
June 23, 2018

USAT Flatland Youth & Junior Elite Cup
West Des Moines, IA
July 15, 2018

USA TRIATHLON YOUTH F1 RACES

Youth F1 Triathlons are draft-legal super-sprint distance races designed to provide an entry-level experience in the draft-legal format. They may be used as scrimmages between High Performance Teams or tune-up events prior to national competitions. Youth F1s are not included

in the rankings or nationals qualifications system. Working with USA Triathlon High Performance, the race director will set an age range that is most appropriate for the event, however, the minimum allowed age is 12 and the maximum allowed is 17.

Clermont Challenge Youth F1 Triathlon
Clermont, FL
March 3-4, 2018

PlayTri Texas F1 & EDR
Lewisville, TX
June 10, 2018

MMTT-Mach II Youth Triathlon - F1 Race
Geneva, IL

USA TRIATHLON YOUTH & JUNIOR NATIONAL CHAMPIONSHIP



The 2018 Youth & Junior National Championships will take place in West Chester, Ohio, on August 4-5, 2018. The venue is located in Voice of America Park.

USA Triathlon Age Group Rules: All athletes must be between the ages of 7-19 as of Dec. 31, 2018.

USA Triathlon anticipates 500-plus youth and junior competitors in attendance, including athletes from Canada, Mexico and Puerto Rico. In addition, National Championship titles will be awarded to the top Youth Club (non-drafting events) and Development Team (draft-legal).

The Youth Elite National Championship and Junior Elite National Championships will be held on August 4. The Youth National Championships and Team Relay will be held on August 5.

Youth National Championships (non-drafting)

7 to 10-year-olds: 100m swim, 5k bike, and 1k run

11 to 15-year-olds: 200m swim, 10k bike, 2k run

(No qualification required)

Youth Elite National Championships (draft-legal)

13 to 15-year-olds: 375m swim, 10k bike, 2.5K run

Junior Elite National Championships (draft-legal)

16 to 19-year-olds: 750m swim, 20k bike, 5k run

Team Relay (draft legal)

Athletes must be 13 to 19 years old as of Dec. 31, 2018 to compete with a team.

USA TRIATHLON NCAA INITIATIVE

In Jan. 2014, the NCAA overwhelmingly approved triathlon as the next Emerging Sport for Women for Division I, II and III. This will provide opportunities for triathletes to compete as NCAA student-athletes and will have a positive impact on the growth of the sport.

The following frequently asked questions address a number of topics related to women's triathlon as an NCAA Emerging Sport.

What does it mean that triathlon is an Emerging Sport for Women?

An emerging sport is a sport recognized by the NCAA that is intended to explore new sports and grow participation opportunities for female student-athletes. Institutions are allowed to use emerging sports to help meet the NCAA minimum sports sponsorship requirements, minimum financial aid award requirements and gender equity standards.

Once a sport is part of the Emerging Sport List, it has 10 years to develop 40 programs across all NCAA Divisions or "demonstrate positive growth." Once 10 years has passed, or 40 programs have been implemented, the NCAA will assess the sport and will decide if triathlon should become an NCAA Championship Sport. At that point, if approved, the NCAA will assume responsibility of sport governance, and all programs must abide by all NCAA legislation and requirements.

What is the difference between being a Collegiate Club and a Collegiate Varsity program?

There are many differences between collegiate club triathlon and collegiate varsity triathlon, but a main difference is that the collegiate varsity triathlon programs are institutionally sponsored sports, working as part of the athletic department and are often used to meet NCAA minimum requirements. Student-athletes on collegiate varsity programs will have eligibility requirements administered by the institution, and must abide by Institution legislation.

What is the structure of collegiate varsity women's triathlon?

The collegiate varsity season will be held in the fall, and competitions will be draft-legal sprint races consisting of a 750m swim, 20k bike and 5k run.

The season will be in the fall, with the earliest first date of competition following NCAA fall sport guidelines of Sept. 1. The National Championship will take place the Saturday of the first full weekend of November.

Teams are allowed to have 5 athletes compete in the draft-legal race, with the remaining roster individuals competing in a non-drafting wave. Scoring will follow the cross country system, with the first 3 finishers of each team going toward team scoring, and the remaining functioning as place holders against the opponent's scores.

There will be 3 regions that institutions will fall into. The regions will be broken into East, Central and West, with teams qualifying for the National Championship from their respective Regional Qualifier race. There is both team qualification and individual qualification for the National Championship.

What impact does this have on prospective student-athletes?

Triathletes now have the opportunity to compete in college as a varsity student-athlete. Scholarship opportunities are now available for Division I and Division II programs, as well as access to all student-athlete academic support, medical and training resources.

Prospective student-athletes will be required to comply with institution and NCAA recruiting and eligibility legislation, as dictated by the institution. Prospective student-athletes will have to be cleared by the NCAA Eligibility Center (formerly known as the NCAA Clearing House), and abide by recruiting timeline policies. As this NCAA movement grows it is imperative that prospective student-athletes educate themselves in regards to awards, gifts and sponsorship to ensure they are not jeopardizing any potential eligibility.

Information and resources are available online at www.eligibilitycenter.org, as well as www.usatriathlon.org/ncaa.

How will NCAA Women's Triathlon help the sport of triathlon and influence the Olympic Movement?

By gaining NCAA emerging sport status, women's triathlon is establishing a legitimate progression of growth for competitive triathletes not just within the United States but also internationally. NCAA institutions will begin to allocate valuable resources and develop high quality competitive opportunities for the sport. With this development, triathlon will increase its exposure and expose communities and individuals to the sport.

With NCAA inclusion, triathletes will now have the opportunity to remain within the sport and not differentiate to running or swimming at the collegiate level to gain access to scholarship dollars. The elite competitive and developmental gap that currently exists between the junior level and the elite/Olympic level will be bridged.

Why is men's triathlon not included in the NCAA movement?

Men's, co-ed and women's sports have different routes to achieve NCAA Championship Status. Men's and co-ed sports must have 50 NCAA institutions sponsoring varsity programs. They then can submit a petition for adoption to the NCAA.

The Emerging Sport for Women process was developed in the mid-1990s to help schools address low female athletic participation numbers on campus and evaluate new potential championship sports that are popular with women. Once accepted as an Emerging Sport, there is a 10 year window where forty (40) programs must be established, or demonstrate positive growth. Institutions can immediately receive benefits from establishing these women's sports, which assists in the sponsorship process.

It is possible for institutions to establish both men's and women's programs, and we believe that when a solid foundation of women's triathlon programs is established in the NCAA, it will assist in the long term addition of men's triathlon as well.

What can I do to be part of the movement?

If you want to be part of the NCAA movement, or want to be involved, please visit www.usatriathlon.org/ncaa for additional materials. Please also contact USA Triathlon NCAA and Collegiate Triathlon Coordinator Jenny Ryan at jenny.Ryan@usatriathlon.org.



Q&A WITH DR. MITCHELL GREENE

**Q: Dear Dr. Greene,
My greatest weakness is self-confidence. I'm nervous to participate in a multisport event because I don't have a lot of confidence. Do you have any advice for me so I can feel better about participating?**

-Danny (age 14)

A: Danny,
Your question reminds me of the time I found myself staring down a very steep ski run. I waited and waited for confidence to arrive, but it never came. Instead of trying so hard to feel positive, it turns out I needed something else to help me get down the mountain. Want to take a guess what it was? It took something called willingness. By willingness,

I mean understanding that being scared isn't something I needed to fight – but rather something I needed to accept. Once I learned to accept the nervousness, I stopped struggling to feel confident. Having realized that it was okay to have my doubts about whether I could get down the mountain in one piece, something interesting happened. I started to think of a plan to slowly make my way down the steep slope. Here's the secret, though: Turns out the next time I skied that steep mogul run (I wanted to ski it without falling so much the second time), I actually had some confidence doing it. That's because confidence comes after you try something – and usually not before.

So, if you haven't ever entered a

multisport event, it's not fair to expect that you would feel so confident – it's brand new! But, if you have willingness, then you will know that you can feel nervous and still go for it. There's a saying that you can't feel courageous unless you experience fear – and the same goes for confidence. So, give a multisport event a try, and then, like me, you'll want to try it again and again.

Q: Dear Dr. Greene,

Oftentimes when I am running, swimming or biking I reach a point where I don't think I can continue any longer. My legs get tired and I start to drag. How can I push myself mentally when racing?

-Maria (age 15)

A: Maria,

Great question! The best way to manage those feelings when you don't think you have one more step in you is to prepare for it beforehand. You might think that planning for bad things to happen is asking for trouble. Actually, the evidence shows that the opposite is true. Even professional triathletes encounter moments in races where their negative thoughts outweigh positive ones, but they know to expect it. Thus, they are good at giving their doubts no more attention than they deserve. Instead of focusing on what you can't do, you should try to break down the race into smaller, more manageable segments. Rebeccah Wassner, a pro triathlete, sometimes chunks a race into very small goals (make it to the next tree, swim to the first buoy) to keep her focus on what's possible versus what her mind might convince her is impossible. The other strategy Rebeccah and others use is to keep overriding their current doubts with an awareness of why they are participating in this event (e.g., to be in shape, to try something new, to have fun, to support a charity). Chunking the race and remembering the purpose why you chose to do the event in the first place are helpful strategies that you can remember before you start your race so you know just what to do when you feel like you want to stop. I guarantee, Maria, that one of the lessons multisport events will teach you is that you are capable of much more than you think you are, and you can only experience this if you are willing to step out of your comfort zone and try an event.



Dr. Mitchell Greene is a sport and clinical psychologist located in Wayne, Pa. He is the sport psychology consultant to the Philadelphia Insurance Triathlon and the SheRox Triathlon series. To get more information on Dr. Greene's practice, please go to www.greenepsych.com. Dr. Greene would like to thank Anna Connolly for her assistance in answering these questions.

JOIN A CLUB!

There are 1,000 USA Triathlon clubs across the United States that you can join! They offer a fun atmosphere that gives you the opportunity to meet new friends, all while participating in multisport!



USA TRIATHLON COACHES OFFER SUPPORT OF YOUTH AND JUNIOR ATHLETE DEVELOPMENT

Parents who are new to the sport of triathlon or have athletes who are looking to take a step further in the sport are encouraged to look at USA Triathlon's certified coaches for support in developing their young athletes. USA Triathlon has over 2,500 certified triathlon coaches throughout the country who have been trained in coaching beginner to elite level athletes. USA Triathlon coaches are a great place to start when looking for someone to assist athletes in gaining experience, knowledge and age-appropriate training advice or plans.

In addition to the Level I, II or III trained USA Triathlon Certified Coaches, USA Triathlon also has a Youth & Junior Coaching Certification program that offers USA Triathlon coaches the opportunity to attend a two-day certification clinic where coaches are trained in youth and junior aspects

of the sport. USA Triathlon now has over 240 specifically trained Youth and Junior Certified Coaches throughout the country who are working hard toward the development of youth and junior athletes in the sport of triathlon.

USA Triathlon's Youth & Junior Coaching Certification Program utilizes top triathlon coaches in the country to educate coaches on how to train youth and junior athletes safely and effectively throughout their developmental stages. Certified Youth and Junior coaches learn specialized youth and junior coaching skills and drills, age-appropriate training regimes and testing protocols, physiological and nutritional considerations, swim, bike and run development, resistance training and injury prevention and basic training techniques to develop successful youth and junior athletes. Coaches also are given the tools and resources

to build youth and junior teams in their own communities to encourage youth involvement in the sport. Youth and junior coaches are trained to take the information and knowledge and coach young athletes one-on-one or in a team setting to develop them up the pipeline of the sport and ensure they are being trained safely as they develop.

USA Triathlon Youth Clubs are also a wonderful way that USA Triathlon coaches are getting kids involved in the sport as it offers socialization for athletes, teaches key skills of each discipline, and athletes get a feel for training and racing at a young age, while having fun participating. Checking the USA Triathlon Clubs in your local communities is a great starting point to get young athletes experience in the sport and ensure that fun is always first.

Parents are encouraged to seek a Youth and Junior Certified Coach in their area to discuss development of their athlete and to ensure their child is training safely and properly in the sport. There are a number of coaches who have started their own youth and junior specific programs where new athletes to the sport have a wonderful opportunity to get involved, have fun and learn about the sport of triathlon. USA Triathlon coaches have seen great success with their young athletes and a coach is a great way to ensure an athlete is on the right track for training and racing in the sport for a lifetime.

To find a coach in your area visit www.usatriathlon.org/findacoach. For further coaching information visit www.usatriathlon.org/coaching.



USA TRIATHLON SUPPLEMENTAL YOUTH RULES

The rules set forth in this document are constructed to supplement the USA Triathlon Competitive Rules and shall apply to all competition sanctioned as "Youth Events." For any issue not specifically addressed in these Youth Rules, the relevant USA Triathlon Competitive Rules shall apply.

Penalties: The type of penalty for violating a specific rule is listed at the end of the rule as either "T" for time or "DQ" for disqualification. Time penalties shall be administered according to the table below and are added to the participant's final time.

1st Offense	2nd Offense	3rd Offense
1 minute	2 minutes	Disqualification

Membership and Eligibility-Getting Started

1. All youth participants shall compete based upon their age on Dec. 31 of the year of the event.
2. The minimum age for youth competition is 6 years and the maximum is 15 years of age on Dec. 31 of the year of the event.
3. Youth participants must be youth members of USA Triathlon. Youth membership in USA Triathlon is available to all persons, age 17 and under, in good standing with USA Triathlon who, along with their parents or guardians, submit a completed application, pay the required membership fee and comply with all the requirements determined by USA Triathlon to be applicable to youth membership.
4. Race officials reserve the right to require proof of age from each participant in the form of a birth certificate or other official proof of age document. Failure to produce a proof of age document may result in disqualification from the event.

General Race Rules

1. Unsportsmanlike conduct on the part of participants or their parents and supporters will not be allowed. Participants must treat others with courtesy and respect. No rude, abusive or discourteous language or behavior will be tolerated. T or DQ at official's discretion
2. Participants must complete the prescribed course in its entirety. DQ
3. No personal audio devices or headsets may be used or carried during any portion of the event. T
4. No unauthorized assistance of any kind is allowed. Parents or other non-participants may not run or ride a bicycle with a participant nor may they provide participants any food, fluid or equipment aid during competition. T
5. Race numbers must be displayed at all times. Swimmers must be clearly body-marked, cyclists must display their bike numbers and runners must wear their bib numbers. T

Swimming Rules

1. Proper swimwear must be worn. DQ
2. No flotation devices of any kind may be used during the swim. DQ
3. No artificial propulsive devices such as fins, paddles or gloves may be used. DQ
4. Swimmers must be able to complete the entire course using any stroke. Swimmers may not make forward progress by pulling on lane ropes, swim gutters or any other inanimate object. T
5. Goggles or face masks may be worn but are not required.
6. If provided by the event, swimmers must wear the assigned swim cap throughout the swim. T
7. Participants must follow instructions given by lifeguards and officials including prohibitions against running on the pool deck or diving in restricted areas. T or DQ at official's discretion

USA TRIATHLON MEMBERSHIP - BECOME A MEMBER

In order to compete in USA Triathlon sanctioned races, all athletes must hold a current Youth Annual USA Triathlon Membership. The youth membership option applies for all athletes ages 17 and under.

The Youth Annual USA Triathlon Membership is \$10. With the youth annual membership, members receive a wealth of benefits that are listed below:

- Part of a community of 550,000 athletes and growing
- Subscription to the quarterly USA Triathlon publication *USA Triathlon Magazine*, which includes the *USA Triathlon Kids* section
- Inclusion in the USA Triathlon national ranking system after competing in at least three USA Triathlon sanctioned triathlon events or two duathlon, aquathlon or off-road triathlon events
- Discounts on all USA Triathlon-hosted webinars
- Take part in the Multisport Awards program, which allows members to nominate one another for personal achievements and giving back to the community
- Excess accident insurance while participating in USA Triathlon Sanctioned Events
- Savings at events by not having to pay one-day license fee
- Access to members-only dashboard with opportunities to access giveaways and special articles
- Discounts from USA Triathlon sponsors (you'll have access to the discount codes via your membership dashboard)
- E-newsletters to keep you informed
- A \$20 voucher through Trisports.com for all new and renewing members (spend \$20 and receive next \$20 off)
- Members-only forum
- Membership card, key fob & USA Triathlon sticker
- The official USA Triathlon Rulebook. Please request your free e-copy by emailing membership@usatriathlon.org
- Have a voice in the direction and development of multisport by joining USA Triathlon Committees and Commissions
- A new online membership portal that will enable personalization of USA Triathlon communication at the individual level, providing more relevant information to members.
- Use of Regional Training Centers

To find out more information on membership, please visit www.usatriathlon.org/membership. Membership Services may also be reached by calling 719-955-2807 or emailing membership@usatriathlon.org.

USA TRIATHLON FOUNDATION

USA TRIATHLON FOUNDATION



USA Triathlon believes every aspiring youth athlete should have the opportunity to participate in our life-changing sport. Many children swim, ride a bike, and run on a daily basis. Putting each discipline together provides a fun fitness outlet that can jump-start a healthy lifestyle for years to come. With your support, USA Triathlon staff and programming will help solidify the future of our sport while introducing a lifetime of health and fitness by providing equipment and funding camps, clinic, race fees, and travel for aspiring athletes. Youth triathlon program support at the grassroots level can help take a bite out of the rising childhood obesity epidemic.

For more information, please visit www.usatfoundation.org or contact info@usatriathlonfoundation.org or 719-884-5607.



GET TO KNOW THE TERMINOLOGY

5k: 5 kilometers or 3.1 miles, usually a run

Aerobars: Handlebars which face forward (sometimes shifters are placed here) with places to put your elbows. These bars allow triathletes to maintain a very comfortable aerodynamic position when biking.

AHR: Average heart rate

Base: The solid foundation of fitness on which you build power and speed

BPM: Beats per minute (heart rate)

Brick: A combination workout that includes two different types of exercise back to back, such as a bike ride followed by a run

DNF: Did not finish

DNR: Did not race

DNS: Did not start

Dolphin Dive: Technique used to get through shallow water that is more efficient than wading. Involves doing short shallow dives, standing up and repeating until you get deep enough to swim.

Dolphin Kick: Beating your legs in unison while swimming face down. Used with the butterfly stroke.

DQ: Disqualified

Drafting: The process by which one athlete follows directly behind another athlete. The athlete that is drafting gains an advantage (roughly 20 percent) by doing less work, but still travels at the same speed as the lead athlete. It is important to know if the event is draft legal or not.

Draft-Legal: A triathlon in which drafting is permitted among competitors on the bike

HR: Heart Rate

Interval Training: Any cardiovascular workout (e.g. biking, running, rowing, etc.) that involves brief bouts at near-maximum exertion interspersed with periods of lower-intensity activity

Junior: Athletes between the ages of 16-19.

Junior Elite: Athletes between the ages of 16-19 who complete in draft-legal races.

Junior Elite Cup: A draft-legal triathlon for athletes 16-19 years old. The distances are 750m swim, 20k bike and 5k run.

Junior Select Camp: A USA Triathlon-designated camp designed for athletes who compete in Junior Elite racing. Five such camps are hosted each summer around the U.S.

Junior Talent ID Race: A non-drafting, sprint distance race for Junior athletes hosted at the regional level aimed at introducing teenage athletes to triathlon competition and identifying athletes for progression into the Junior Elite competitions.

Lactic Acid: Lactic acid is formed from glucose and used by working muscles for energy. It is thought that muscle cells convert glucose or glycogen to lactic acid, then lactic acid is absorbed and converted to a fuel by mitochondria in muscle cells. Lactic acid is what causes muscle soreness.

Ladder: An interval workout with progressively increasing then decreasing distances at each interval. For example, run fast for 100m, jog for 50m, run for 200m, jog for 100m, run for 300m, jog for 150m.

Mountain Bike: A mountain bike is designed for training and competition on dirt or grass trails. While suitable for riding or racing on the road, its larger, knobby tires make it slower than a road or tri bike. A mountain bike is a great option for beginner youth athletes or first-time participants.

OWS: Open water swim

PB: Personal best

PR: Personal record

Race Packet: The packet each athlete receives that has your number, swim cap, timing chip, etc.

Racing Age: The athlete's age on December 31 of the competition year

RD: Race director

RICE: Rest, Ice, Compress, Elevate. To be utilized in order to ensure proper recovery.

Road Bike: A road bike is designed for training and competition on paved roads. It is distinguished by a double-triangle frame, drop-style road handlebars and standard wheels. Road bikes are the most suitable choice for older youth and teenage athletes.

Skill Development Camp: A USA Triathlon-designated camp for teenage athletes seeking to learn more about triathlon training and receive an introduction to draft-legal racing skills.

T1: Transition 1 — Change area between swim and bike

T2: Transition 2 — Change area between bike and run

Transition Area: Place where the athlete keeps belongings (i.e., bike, wetsuit, running shoes, socks, etc.). This area is part of the race course. After a triathlete finishes their swim, they run to the transition area where they mount their bike. After the bike leg of the race is completed, the triathlete dismounts their bike and begins the run portion. The race always ends at the finish line.

Tri Bike: A tri bike is designed for training and competition on paved roads. The geometry of the bike positions the rider forward over the pedals and the use of aerodynamic handlebars allows the rider to rest their elbows on the bars and shift from the bar ends.

Waves: When a race does not start in a mass, the race director will break the athletes into groups called waves. These are often separated by gender and age groups.

Youth Elite: Athletes between the ages of 13-15 who compete in draft-legal triathlons.

Youth Elite Cup: A draft-legal triathlon for 13-15 year olds. The distances are 375m swim, 10k bike and 2.5k

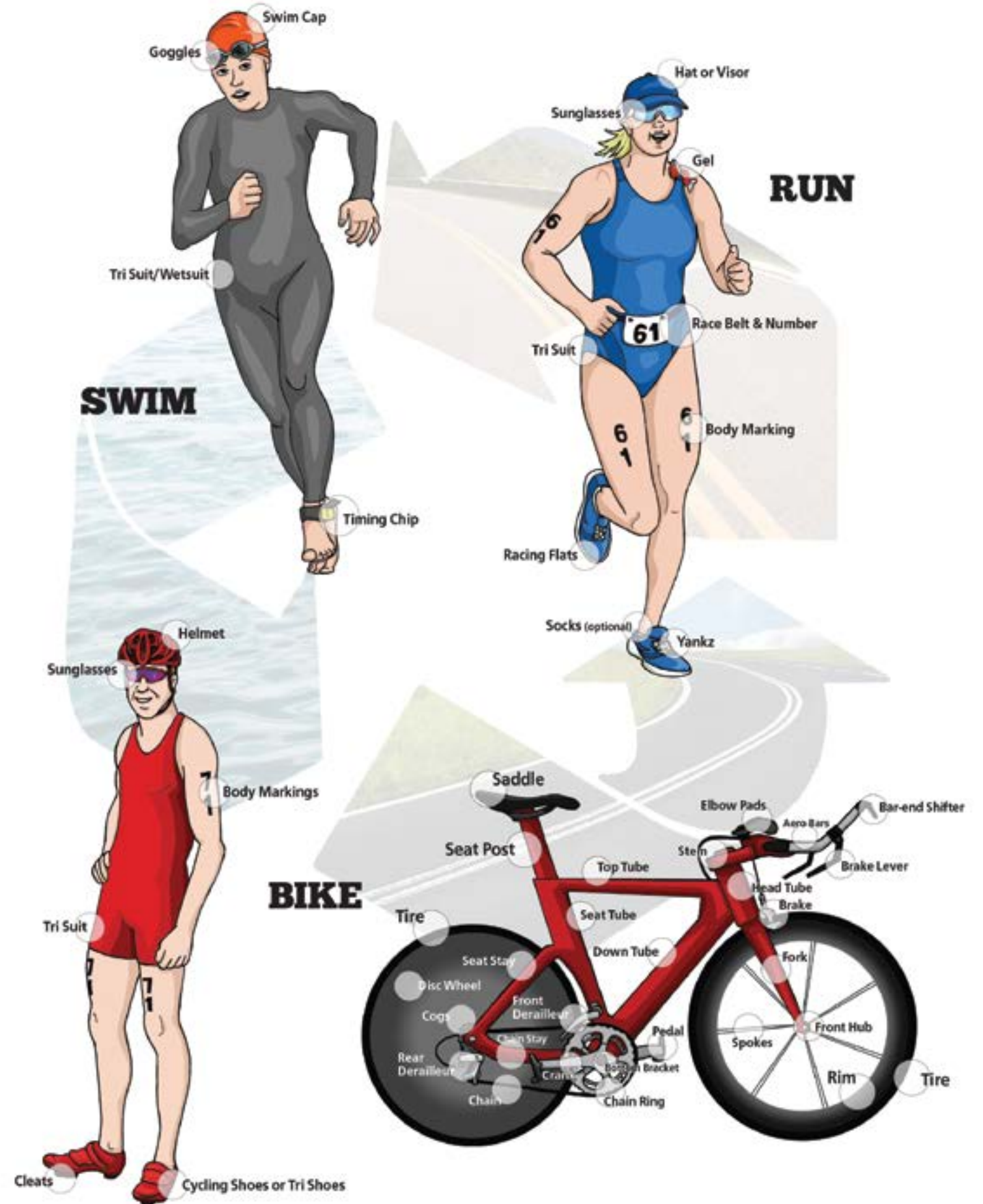
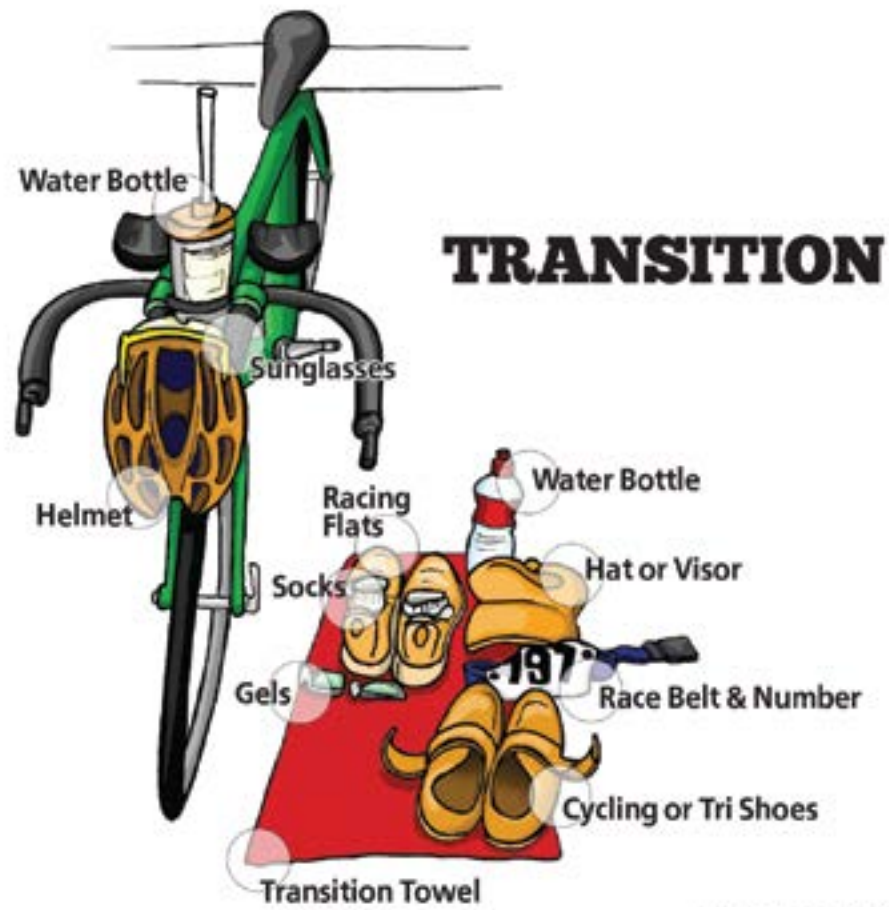
Youth F1 Triathlon: An entry-level draft-legal triathlon for young teenage athletes designed to provide practice in the draft-legal format and a means by which to transition for youth racing.

MULTISPORT 101

GETTING STARTED

Triathlon is one of the most equipment-heavy endurance sports around. Don't fret about the jargon and intimidating amount of gear. Use our illustrations to learn the basics of swim, bike, run and even a potential transition set-up for your first event.

Not enough to get you started? Visit usatriathlon.org and click "Multisport Zone" or visit our Facebook page at [facebook.com/usatriathlon](https://www.facebook.com/usatriathlon) and ask the triathlon community for advice.



TRAINING LOGS

Triathlon Training Log							
Week of: ___/___/___	SWIM		BIKE		RUN		OTHER
	Distance	Time	Distance	Time	Distance	Time	
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
NOTES:							

Triathlon Training Log							
Week of: ___/___/___	SWIM		BIKE		RUN		OTHER
	Distance	Time	Distance	Time	Distance	Time	
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
NOTES:							

Triathlon Training Log							
Week of: ___/___/___	SWIM		BIKE		RUN		OTHER
	Distance	Time	Distance	Time	Distance	Time	
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
NOTES:							

TRAINING LOGS

Triathlon Training Log							
Week of: ___/___/___	SWIM		BIKE		RUN		OTHER
	Distance	Time	Distance	Time	Distance	Time	
Monday							
Tuesday							
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NOTES:							

Triathlon Training Log							
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	Distance	Time	Distance	Time	Distance	Time	
Monday							
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Saturday							
Sunday							
NOTES:							

1. _____

2. _____

3. _____

4. _____

5. _____

MY MULTISPORT ACCOMPLISHMENTS

Date: ___/___/_____

Accomplishment: _____

Date: ___/___/_____

Accomplishment: _____

Date: ___/___/_____

Accomplishment: _____

Date: ___/___/_____

Accomplishment: _____

Date: ___/___/_____

Accomplishment: _____

Date: ___/___/_____

Accomplishment: _____

Date: ___/___/_____

Accomplishment: _____

LINKS AND RESOURCES

About USA Triathlon

www.usatriathlon.org/about-usat

Active (national event calendar)

www.active.com

Athlete Resources

www.usatriathlon.org/audience/athlete-resources

Certified Youth & Junior Coaches

www.usatriathlon.org/audience/coaching

Competitive Rules

www.usatriathlon.org/rules

Club Listing

www.usatriathlon.org/clubs

Disciplines

www.usatriathlon.org/disciplines

International Triathlon Union (ITU)

www.triathlon.org

Junior Elite

www.usatriathlon.org/juniors

KidZone

www.usatriathlon.org/kidzone

Membership Services

www.usatriathlon.org/membership-services/membership-home

Sanctioned Events Calendar

www.usatriathlon.org/eventcalendar

Training Tools

www.usatriathlon.org/training

USA Triathlon Youth Splash and Dash Aquathlon Series

www.usatsplashanddash.com

Youth Resources

www.usatriathlon.org/youth



WAIVER & ANNUAL MEMBERSHIP/ONE-DAY LICENSE APPLICATION

REFERRED BY: _____

DATE: _____

WARNING: READ CAREFULLY. THIS AGREEMENT INCLUDES A RELEASE OF LIABILITY AND WAIVER OF LEGAL RIGHTS AND DEPRIVES YOU OF THE RIGHT TO SUE USA TRIATHLON AND OTHER PARTIES. DO NOT SIGN THIS AGREEMENT UNLESS YOU HAVE READ IT IN ITS ENTIRETY. SEEK THE ADVICE OF LEGAL COUNSEL IF YOU ARE UNSURE OF ITS EFFECT.

2013 WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

IN CONSIDERATION of USA Triathlon ("USAT") allowing me to participate in any USAT sanctioned event (the "Event" or "Events") as either a member of USAT or through the issuance of a single event license or permit; I, for myself, and on behalf of my spouse, children, parents, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement"):

- I hereby represent that (i) I am in good health and in proper physical condition to participate in the Event; and (ii) I am not under the influence of alcohol or any illicit or prescription drugs which would in any way impair my ability to safely participate in the Event. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Event.
- I understand and acknowledge the physical and mental rigors associated with triathlon, duathlon, or other multi-sport events, and realize that running, bicycling, swimming and other portions of such Events are inherently dangerous and represent an extreme test of a person's physical and mental limits. I understand that participation involves risks and dangers which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and loss of life; loss of or damage to equipment/property; exposure to extreme conditions and circumstances; accidents, contact or collision with other participants, spectators, vehicles or other natural or manmade objects; dangers arising from adverse weather conditions; imperfect course conditions; water, road and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event Organizers; and other undefined risks and dangers which may not be readily foreseeable or are presently unknown ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Event, or the acts, inaction or negligence of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which I incur as a result of my participation in the Event.
- I agree to be familiar with and to abide by the Rules and Regulations established for the Event, including but not limited to the Competitive Rules adopted by USAT and the Guide to Prohibited Substances and Prohibited Methods of Doping adopted by the United States Anti-Doping Agency. I also accept sole responsibility for my own conduct and actions while participating in the Event, and the condition and adequacy of my equipment.
- I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USAT, the Event Owners, Organizers and Promoters, Race Directors, Sponsors, Advertisers, Host Cities, United States Olympic Committee (USOC), Local Organizing Committees, Venues and Property Owners upon which the Event takes place, Law Enforcement Agencies and other Public Entities providing support for the Event, and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees and volunteers (individually and Collectively, the "Released Parties" or "Event Organizers"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys fees) of any kind or nature ("Liability") which may arise out of, result from, or relate to my participation in the Event, including claims for Liability caused in whole or in part by the negligence of the Released Parties. I further agree that if, despite this Agreement, I or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liability which any may be incurred as the result of such claim.

I hereby warrant that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of the minor, my spouse, children, parents, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns), acknowledge that I have signed this Agreement freely and voluntarily, without any inducement, assurance or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

NAME OF PARTICIPANT (PRINT): _____ AGE: _____ DATE OF BIRTH: ____/____/____
SIGNATURE OF PARTICIPANT: _____ DATE: _____

Parental Consent (required if the participant is less than 18 years of age) As the Parent and/or Legal Guardian to the minor identified above, I hereby accept and agree to all of the terms and conditions of this Agreement on behalf of the minor in connection with the minor's participation in the Event(s). If, despite this Agreement, I or anyone on the minor's behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

NAME OF PARENT/LEGAL GUARDIAN (PRINT): _____ AGE: _____ DATE OF BIRTH: ____/____/____
SIGNATURE OF PARENT/LEGAL GUARDIAN: _____ DATE: _____

By submitting this application, I agree all information is correct and to abide by the USAT Competitive Rules.



First Name	MI	Last Name	Birth Date MM/DD/YY	<input type="checkbox"/> M <input type="checkbox"/> F
Mailing Address	City	State	Zip Code	Country
Email (an email will be sent after application is processed)		Primary Phone ()	Secondary Phone ()	

Youth Annual \$15 (17 years old and under) Adult Annual \$45

Memberships are valid for 12 months from date of purchase.

All USA Triathlon memberships are non-refundable & non-transferable

CUT OUT AND KEEP FOR YOUR RECORDS



REFERRED BY: _____

DATE: _____

KEEP YOUR PURCHASE RECEIPT!

If you purchased an annual membership, it is your proof of purchase until your membership card arrives in the mail. May be credited towards an annual membership if purchased within the next 12 months. Only one receipt can be applied per annual membership. Receipt must accompany annual application.

3825 Delmonico Drive, Suite 200 • Colorado Springs, CO 80919 • Fax: 719-955-2685 • www.usatriathlon.org

Questions/Status? Call: 719-955-2807 • Email: membership@usatriathlon.org

Rev. 12/12



www.usatriathlon.org