



#### FROM THE HIGH PERFORMANCE TEAM:

Some incredible racing is behind us, including excellent breakthrough WTS racing from Morgan Pearson (6<sup>th</sup> in Edmonton) and Ben Kanute (7<sup>th</sup> in Edmonton) on the same day that Summer Rappaport hit the podium again! And with August now here, we have a lot of big races coming up! The first chance for our USAT Elite athletes to achieve auto-selection for the 2020 Olympic Team will take place at the Tokyo Test Event from Aug. 15 – 18. Following that we have a quick turnaround to the Grand Final in Lausanne Switzerland where many World Championship titles will be up for grabs! Good luck to all in the coming weeks & months!

#### USAT COLLEGIATE RECRUITMENT PROGRAM – JOE MALOY

The High Performance Department is excited to announce Joe Maloy as the new leader of the Collegiate Recruitment Program! Joe is a USAT Elite Alumni, a 2016 Olympian, a member of the 2016 Mixed Relay World Championship Winning Team, and a team captain of the USA Triathlon Foundation Ambassador Team! And now, Joe has the opportunity to carry on the great work of our very own Barb Lindquist to keep identifying and developing world class triathletes! Joe was on board in time to run the annual CRP Skill Camps at the Colorado Spring Olympic Training Center in early July. Joe can be reached at [Joe.Maloy@usatriathlon.org](mailto:Joe.Maloy@usatriathlon.org).

#### JR. WORLD TEAM ANNOUNCED

The USAT 2019 Junior World Team was recently announced with three athletes participating for USA. The women's team will be made up of Gillian Cridge and Liberty Ricca, while Luis Ortiz makes up the men's team. They will compete on Aug. 30th in Lausanne, Switzerland.

#### CALL FOR NOMINATIONS – USAT BOARD OF DIRECTORS

This communication serves as a Call for Nominations for the following positions in the 2019 USA Triathlon (USAT) Election:

- Two (2) seats on the USAT Athletes' Advisory Council (AAC);
- One (1) Athlete Director seat on the USAT Board of Directors. Athlete Directors automatically serve as members of the AAC

The USAT AAC and Athlete Director terms are for two (2) years, from Jan. 1, 2020 to Dec. 31, 2021. For more information, please reference USAT's Bylaws: <https://www.teamusa.org/USA-Triathlon/About/USAT/Governance>.

A candidate may apply to be on the ballot for the Athlete Director position, an AAC position, or both, but will be elected to only one position. In order to be placed on the ballot in this election you must be a member in good standing of USA Triathlon by Aug. 14, 2019 11:59 pm mountain standard time (MST). In order to vote in this election, you must be a member of USA Triathlon by Aug. 29, 2019 11:59 pm mountain standard time (MST).

To become a member please go to <https://www.teamusa.org/usa-triathlon/membership-services/join-or-renew>

Please send all nominations to [election@usatriathlon.org](mailto:election@usatriathlon.org)

For full information about these positions, eligible candidates, etc. please click [here](#).

### WHAT ATHLETES NEED TO KNOW ABOUT WELLNESS AND ANTI-AGING CLINICS

There are an increasing number of health clinics that advertise to be anti-aging or wellness clinics, many of which provide compounded pharmaceuticals, herbal medicines, steroid hormones, unconventional treatment methods, and dietary supplements to treat various maladies. While these therapies may seem routine or safe, it's important for athletes competing in sanctioned events, even those at the non-national or recreational level, to recognize that some of these treatments may be prohibited under anti-doping rules. Moreover, the various healthcare providers who work in these clinics may not be aware that their treatments are prohibited in sport. [Keep reading](#) to learn more about wellness therapies in relation to anti-doping rules.

### SAFESPORT POLICY UPDATE

As of June 2019, USA Triathlon has implemented an updated Minor Athlete Abuse Prevention Policy (MAAP) to strengthen its athlete safety program and to ensure the environments in its athletic programs are as safe as possible at every level. The Minor Athlete Abuse Prevention Policy required by USA Triathlon provides participants with information necessary to proactively limit one-on-one interactions between minor athletes and adults who are not their parent/legal guardian. This policy addresses the following areas:

- A. One-on one interactions — including meetings, individual training sessions, massages and rubdowns/athletic training modalities
- B. Locker rooms and changing areas
- C. Social Media and electronic communications
- D. Local travel
- E. Team travel

All of these policies are designed to protect both minors and adults. To view the updated USA Triathlon SafeSport policies including the Minor Athlete Abuse Prevention Policy please click [here](#).

### **REMINDERS!**

#### MLT & SUPER SPRINT EVENT IN AVON, CO

USAT is excited to announce a continued partnership with Major League Triathlon who will host an event in Avon, Colorado Sept. 7, 2019. Once again there will be an individual Super Sprint Finals, with a \$5,000 purse provided by USAT. The race will feature 30 top pro men and women facing off in this head-to-head format. Starting slots will be primarily reserved for invited pros (if interested please let us know) with up to 3 slots available via a qualification race (which will double as an EDR) in which current Elite athletes and Amateur athletes are able to participate. While it is a prize \$ opportunity for some, it is also an excellent opportunity for others to get experience in this explosive Super Sprint format. More details can be found at: <https://majorleaguetri.com/970avonfest>



#### 2019 WORLD CUP ADDITION – LIMA, PERU

ITU added a Sprint Distance World Cup taking place in Lima, Peru, on Nov. 2-3. The World Cup is set to take place in the same venue as the Pan American Games. This race will be included as part of the 2020 Tokyo Qualification Period.

For more up to date information, please make sure to keep checking the [Lima ITU event page](#).

#### **USA CYCLING DISCOUNT MEMBERSHIP**

USA Cycling is offering memberships to elite athletes at a discounted rate for the rest of the 2019 year using the code DualLicense2019 (case sensitive). This will give athletes a race license and basic membership for \$49.00, which is a reduced amount, saving \$31.

#### **ITU PRE PARTICIPATION EXAMINATION (PPE)**

All athletes competing in ITU competitions in Junior, U23, Elite and Elite Paratriathlon categories must have completed a pre-competition health screening, which includes a questionnaire, a physical examination and an ECG following the IOC's recommended procedure.

Thereafter, all Junior, U23, Elite and Elite Paratriathlon athletes, competing in the ITU Competitions must complete the medical questionnaire and undergo a medical examination **each year**. In addition, they must undergo a resting ECG **every two years**.

Please click [here](#) to read further about this PPE. Both documents can be found on the [USAT website](#).

Once you have completed your PPE, athletes should:

- Retain the original completed, dated and signed questionnaire and PPE evaluation for your own records.
- Submit to [elite@usatriathlon.org](mailto:elite@usatriathlon.org) only the completed PPE certification for USAT to keep on file.

#### **SAFESPORT TRAINING REQUIREMENT**

All athletes who wish to compete in Junior, U23, Elite, and Paratriathlon categories at ITU events are required to complete and pass the USA Triathlon Safe Sport tutorial. More information about how to access the tutorial and instructions on how to complete the program can be found [HERE](#). This tutorial needs to be completed **once every two years**.

Once you have completed the tutorial, please email the completed .pdf certificate to: [elite@usatriathlon.org](mailto:elite@usatriathlon.org).

Please retain a copy for your own records.

#### **ITU LISTSERV FOR WTS, MTR SERIES AND WC EVENTS**

USA Triathlon will continue to send a reminder regarding the start lists for World Triathlon Series, MTR Series and World Cup events in 2019. This email reminder will be sent on the Thursday prior to the USA Triathlon deadline for the event. All athletes who have requested a start will be included, in addition to any athlete or coach who wishes to be included on the distribution list. If you would like to be included, please email [elite@usatriathlon.org](mailto:elite@usatriathlon.org) and request to be added to the "ITU listserv."

# UPCOMING EVENTS ITU

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## ITU EVENT ENTRIES/ WITHDRAWALS:

Please note that all ITU entry and withdrawal requests must be submitted to your National Federation. If you are an American athlete, ALL ENTRY REQUESTS MUST BE SENT TO [ituentries@usatriathlon.org](mailto:ituentries@usatriathlon.org). No other form of request will be accepted (including in-person communication or email contact directly with USA Triathlon High Performance Staff). Athletes will not be guaranteed that their name has been added to the ITU list unless they email [ituentries@usatriathlon.org](mailto:ituentries@usatriathlon.org). USA Triathlon deadlines for submission are EOD the Sunday before the ITU deadline (32 days prior to competition). The ITU will post each start list 32 days out from competition. After this date, your chances of obtaining a start decrease based on the number of athletes requesting a start.

The USA Triathlon withdrawal deadline for all ITU events is now 31 days prior to the event (which is the day after the start list is posted). Penalties will be levied for all withdrawals made inside of 31 days and will only be waived in extenuating circumstances. Please be sure you are 100 percent committed to competing. Otherwise, remove your nomination promptly. All withdrawal requests must also be sent to [ituentries@usatriathlon.org](mailto:ituentries@usatriathlon.org).

Please see below for upcoming event entry deadlines:

### **2019 Banyoles ITU Triathlon World Cup, ESP**

Event Date: Sept. 7, 2019

Entry Deadline: Aug. 4, 2019

### **2019 Weihai ITU Triathlon World Cup, CHN**

Event Date: Sept. 22, 2019

Entry Deadline: Aug. 18, 2019

### **2019 Tongyeong, ITU Triathlon World Cup, KOR**

Event Date: Oct. 19, 2019

Entry Deadline: Sept. 15, 2019

### **2019 Miyazaki ITU Triathlon World Cup, JPN**

Event Date: Oct. 26, 2019

Entry Deadline: Sept. 22, 2019