



FROM THE HIGH PERFORMANCE TEAM:

The 2019 Season is in full swing! Athletes had a great showing in Cape Town at the World Cup, claiming three of the six total podium spots. On the women's side, Summer Rappaport brought in silver, and Tamara Gorman grabbed bronze. As for the men, Tony Smoragiewicz managed to put together a great kick and take home silver. The events continue in March, as some athletes will be competing in the Abu Dhabi World Triathlon Series race (both individual and Mixed Relay) and then traveling to Mooloolaba for the World Cup. March ends with a World Cup in New Plymouth, heading into April with fewer competitions and more opportunities for solid training blocks!

USA TRIATHLON FOUNDATION NOW ACCEPTING 2019 GRANT APPLICATIONS

The USA Triathlon Foundation announced that it is accepting grant applications from the triathlon community for 2019. Individuals and organizations who wish to apply for a USA Triathlon Foundation Pillar Grant may do so at usatriathlonfoundation.org. All proposals are due by March 22, and the USA Triathlon Foundation Trustees will make selections by April 12. For more information, please visit the press release that can be found [here](#).

CAGLIARI WORLD CUP CHANGE OF DATE

Please note that the ITU has changed the date of the Cagliari World Cup. Originally planned for May 25-26, the World Cup will now take place on May 18. Both the Elite Male and Elite Female races will take place on Saturday afternoon, May 18.

JUNIOR AND U23 SELECTION CRITERIA NOW POSTED

The qualification criteria for Junior elites and Under-23 elites have now been posted to the USAT website. For more information on the Junior criteria, please click [here](#). The U23 qualification criteria can be found [here](#). Please direct any and all questions to Steve Kelly at Steve.Kelley@usatriathlon.org

TWO WORLD CHAMPIONSHIPS WITHIN ONE WEEK

Switzerland will be hosting two World Championships in the span of one week. The 2019 Age Group World Championships and Grand Finale will be held in Lausanne, Switzerland, and the 2019 Powerman LD Duathlon World Championships will be held in Zofingen, Switzerland. For more information on the LD Duathlon World Championships, please click [here](#).

CALL FOR NOMINATIONS: 2019 PONTEVEDRA MULTISPORT WORLD CHAMPIONSHIPS

On April 27, Pontevedra, Spain will welcome the fourth edition of the Multisport World Championships. The five world championships (duathlon, cross triathlon, aquathlon, aquabike and long distance triathlon) will be held between April 27 and May 4.

Athletes interested in competing in any of the elite disciplines above should express their interest to ituentries@triathlon.org by 5pm MT, March 15. USA Triathlon will offer performance-based podium finish bonuses to athletes via the Elite Athlete Incentive Plan, found [here](#).

For more information about the event, please click [here](#).

CALL FOR NOMINATIONS – 2019 ANOC WORLD BEACH GAMES

The 2019 World Beach Games selection criteria has been posted to the website and can be viewed [here](#). Please note, this is an Aquathlon. USA Triathlon is asking all athletes interested in competing in the World Beach Games being held in San Diego, Calif., to declare their interest by submitting their name to ituentries@usatriathlon.org by **Sunday, March 31, 2019**. This will help guide our High Performance staff in knowing who is interested in competing so they can provide athlete advisement in the lead up to the event.

USADA – DESIGNER STIMULANTS: WHAT ATHLETES SHOULD KNOW

As many designer stimulants become more widely available online, and illegally included in supplements, it's important for athletes and support personnel to recognize the risk, both from an anti-doping perspective and a health perspective. All stimulants are prohibited in-competition, with only a few exceptions. Click [here](#) to learn more.

REMINDERS!

GAMES SELECTION EVENT CRITERIA

Tokyo Games Selection Event Criteria has just been amended and reposted with some improved language. Thanks to the USOC Ombudsman and our USA Triathlon Athlete Advisory Council for their time on this. As always, our criteria can be found on our website on the Elite Athlete Qualification page [here](#). Please read through and for any questions, feel free to reach out to HP General Manager John Farra at HPGM@usatriathlon.org.

ELITE MEMBERSHIP DOCUMENTS

2019 Elite Membership Documents are now available on the website. [Click here](#) to view them.

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 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. 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 and request to be added to the "ITU listserv."



[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. 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. 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.

Please see below for upcoming event entry deadlines:

2019 ITU World Triathlon Bermuda, BER

Event Date: Apr. 27, 2019

Entry Deadline: **March 24, 2019**

2019 Madrid ITU Triathlon World Cup, ESP

Event Date: May 4, 2019

Entry Deadline: **March 31, 2019**

2019 Chengdu ITU Triathlon World Cup, CHN

Event Date: May 11, 2019

Entry Deadline: **Apr. 7, 2019**

2019 World Triathlon Yokohama, JPN

Event Date: May 18, 2019

Entry Deadline: Apr. 14, 2019

2019 Cagliari ITU Triathlon World Cup, ITA

Event Date: May 18, 2019

Entry Deadline: April 14, 2019