



FROM THE HIGH PERFORMANCE TEAM:

The season is getting underway, and we couldn't be more excited to see the progress our athletes have made over the winter season. For those still fine tuning, we wish you the best in your training and preparation. 2019 is a big season and as a collective group, we're looking to hit our stride and roll into 2020!

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 USAT 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.

CALL FOR NOMINATIONS – 2019 PAN AM GAMES

USA Triathlon is asking that all athletes interested in competing in the 2019 Pan Am Games being held in Lima, Peru, to declare their interest by submitting their name to ituentries@usatriathlon.org by **Friday, February 15, 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.



CALL FOR NOMINATIONS – 2019 ANOC WORLD BEACH GAMES

The 2019 World Beach Games selection criteria has now been posted to the website and can be viewed [here](#). Please note, this is an Aquathlon. USA Triathlon is asking that all athletes interested in competing in the World Beach games being held in San Diego, CA 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.

SARASOTA CAMTRI – NO MIXED RELAY EVENT

Please note there will be no Mixed Relay event at the Sarasota CAMTRI this year. The following three (3) options are available for entry: Triathlon American Cup, Junior American Cup, and Paratriathlon American Championships. All events will take place on Saturday, March 9, 2019. The CAMTRI Monterrey American Championships, held on the weekend of May 5 in Monterrey, Mexico will host the Mixed Relay Championships. A call for nominations for this Mixed Relay event will go out in April via the Elite Beat.

USADA – 5 THINGS TO KEEP IN MIND FOR 2019

As athletes prepare to train and compete in 2019, it's important to keep in mind that the World Anti-Doping Agency Prohibited List is updated every year and goes into effect on January 1. That's why athletes and their support personnel should take the time to learn about the list and become familiar with any changes that might impact what substances and methods competitive athletes can use. It's always good to understand ongoing anti-doping rules, too. [Click here](#) for five things to remember for 2019.

ELITE MEMBERSHIP DOCUMENTS

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

TOKYO 2020 OLYMPIC CRITERIA POSTED TO WEBSITE

We are excited to announce the Tokyo 2020 Olympic Criteria has been posted to the website. [Click here](#) to view them on our Event Qualifications page. A lot of time has gone into these procedures to ensure USA Triathlon has the best possible team representing all of us at the 2020 Tokyo Olympics. We are especially grateful to our athlete reps, Sarah True & Greg Billington, as well as members of the USAT Board and AAC who contributed to the final version. For questions, please feel free to reach out to HP General Manager John Farra at HPGM@usatriathlon.org.

ATHLETE ADVISORY COUNCIL FACEBOOK PAGE

Please join the Athlete Advisory Council Facebook page. The AAC uses this as a way to communicate directly with elites and is a way for USAT Elite Athletes to connect with their representatives on the AAC and Board of Directors. [Click here](#) for the AAC Facebook homepage.

REMINDERS!

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 USAT 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."

2019 ELITE PRIZE MONEY CALENDAR

The 2019 Elite Prize Money Calendar is a listing of triathlons with elite prize purses greater than \$5,000 and can be found on the bottom of the main Elite-International page found here: <https://www.teamusa.org/usa-triathlon/elite>. This calendar will be updated throughout the year as races and prize purse money is solidified. If you have questions regarding the Elite Prize Money Calendar or have races identified to add, please contact elite@usatriathlon.org.



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 USAT High Performance Staff). Athletes will not be guaranteed that their name has been added to the ITU list unless they email ituentries@usatriathlon.org. USAT 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 are decreased based on the number of athletes requesting a start.

The USAT 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 Abu Dhabi, UAE

Event Date: March 8, 2019

Entry Deadline: Feb. 3, 2019

2019 ITU World Triathlon Mixed Relay Series Abu Dhabi

Event Date: March 9, 2019

Entry Deadline: Feb. 23, 2019

2019 Mooloolaba ITU Triathlon World Cup, AUS

Event Date: March 16, 2019

Entry Deadline: Feb. 10, 2019

2019 New Plymouth ITU Triathlon World Cup, AUS

Event Date: March 30, 2019

Entry Deadline: Feb. 24, 2019