



FROM THE HIGH PERFORMANCE TEAM:

Leeds WTS 2019... what a fantastic moment and a breakthrough performance for Matt McElroy! It is a testament to his willingness to do the hard work, his professionalism, and his belief in and patience with the process. I believe this performance will prove bigger than just this result, as I expect we will reflect on this as the moment that the seal was broken for this new era of our men's program. I am fired up for Matt, and for the rest of the USAT Elite Men who want a piece of this momentum, and for the next generation of USAT Youth & Juniors who will see the possibilities a bit more clearly now. Thank you Matt... we can't wait for the next...and the next. We are about halfway into the 2019 season, and there is plenty of racing left to be had. Keep it rolling USAT Elite! JF

GAMES SELECTION COMMITTEE ANNOUNCED FOR PAN AM GAMES AND WORLD BEACH GAMES

The selection committee for the Pan Am Games (PAG) and World Beach Games (WBG) have been announced. The following representatives will make up both committees:

- USA Triathlon High Performance General Manager – John Farra
- Independent Representative – Shane Domer, Sport Science Director, US Speedskating
- USA Triathlon Certified Coach – Kathleen Johnston, USAT Level II Coach
- Elite Athlete Representative - Sarah True, USAT Alumni & Olympian

PAG's nomination will happen on or before June 17, 2019, and WBG's is expected on or before June 24, 2019.

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 6-8, 2019. New this year will be an Elite Super Sprint individual Time Trial event on Friday night September 6. The top 25 athletes in this Time Trial event will gain entry into the Super Sprint Finals on Saturday. A purse of \$5000 will be provided by USAT to the top performers in the Women's & Men's Finals. 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](#).

NIKE JOB RECRUITMENT EVENT – PARK CITY, UT

The USOC's ACE program is working with Nike to host a job recruitment event for Team USA athletes on June 26 in Park City, Utah. The program will be led by Nike Global & North American Talent Acquisition Director, Jenn Longbine. To register for the event, click here: [Team USA | Nike Job Recruitment Event](#)

The event will provide you the opportunity to learn about employment opportunities and benefits with Nike, as well as the chance to provide Nike and ACE feedback on the employment needs, wants, and challenges you have as an athlete.

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.

REDUCING SUPPLEMENT RISK WITH NSF CERTIFIED FOR SPORT®

Dietary supplements are regulated in a post-market fashion, which means that no regulatory body approves the accuracy of the label or safety of the contents before they are sold to consumers. As such, no dietary supplement can be guaranteed to be 100 percent risk-free. If athletes choose to use supplements despite the risks, USADA has always recommended that athletes use only dietary supplements that have been certified by a third-party program that tests for substances prohibited in sport. USADA currently recognizes NSF Certified for Sport® as the program best suited for athletes to reduce the risk from supplements. Click [here](#) for more information on reducing supplement risk with NSF Certified for Sport®.

WORLD BEACH GAMES CHANGE OF LOCATION

The World Beach Games set to take place in October will no longer be held in San Diego, California. Qatar has replaced San Diego as host of the first World Beach Games in Doha, and will also host the annual meeting of national Olympic bodies. The World Beach Games will take place Oct. 12-16.

REMINDERS!

ITU APPROVES A NEW POLICY AGAINST HARASSMENT AND ABUSE IN SPORT

ITU is pleased to announce that the Executive Board, met in Madrid, has approved a new Safeguarding policy against harassment and abuse in sport.

“We are fully committed with protecting everyone involved in triathlon, not only athletes, but also technical officials, coaches and the ITU staff, and this new code will be a great tool for all to assure that we take a proactive approach to this really important matter”, said ITU President and IOC member, Marisol Casado.

For more information, click [here](#).

COHASSET TRIATHLON – ELITE DEVELOPMENT RACE

Please make note that the Cohasset Triathlon is now an EDR. The Cohasset Triathlon takes place on June 23, 2019. The draft legal wave will go off first on Sunday morning. The race is limited to 35 female and 35 male athletes. Minimum age requirement for this race is 16 and the maximum is 25. For more information, please visit the website [here](#).

KELOWNA (CAN) AMERICAN CUP – ELITE DEVELOPMENT RACE

***NOTE – EVENT OPEN TO SELECT ATHLETES WITHOUT A USAT ELITE LICENSE; SEE DETAILS BELOW**

The top finishers in each Heat automatically advance to the A Final. The remainder of the A Final start list is decided by fastest overall qualifying times. Athletes not qualifying for the A Final may race in a B Final.

Eligibility to Compete in Heats

Athletes without a USA Triathlon (USAT) Elite license will be provided a dispensation to compete in the Kelowna CAMTRI Sprint Triathlon American Cup Heats if they meet one of the following standards:

- Demonstrated top-15 ability at USAT Junior Elite Cups
- Endorsement of High Performance General Manager after a nomination to hpgm@usatriathlon.org including:
 - Draft-legal competition results
 - Endorsement of a qualified USA Triathlon certified coach with significant draft-legal experience

Note: athletes may be asked to confirm cycling proficiency through a videotaped cycling protocol

Elite License Eligibility and Eligibility to Compete in Finals

Non-Elite athletes who qualify for the Finals are eligible to earn their USAT elite license which must be claimed immediately. Saturday night between Heats and Finals the athlete must initiate this elite license process by submitting an application online to USAT.

For complete event information on the Kelowna CAMTRI Sprint Triathlon American Cup, please visit [here](#).

GRADUATE ASSISTANT POSITION - UNIVERSITY OF SOUTH DAKOTA

University of South Dakota is looking for a graduate assistant to help with the women's triathlon team. The graduate assistant would pay half of in-state tuition which is roughly \$155/credit hour. Start date is flexible but ideally would be Aug. 12 as athletes report on Aug. 15. For more information about the position, please contact Kyle Joplin at Kyle.Joplin@usd.edu.

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."

UPCOMING EVENTS ITU

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 Grand Final: Lausanne, SUI

Event Date: June August 29

Entry Deadline: July 21, 2019

2019 Karlovy Vary ITU Triathlon World Cup, CZE

Event Date: August 24, 2019

Entry Deadline: July 23, 2019

2019 Banyoles ITU Triathlon World Cup, ESP

Event Date: September 7, 2019

Entry Deadline: August 4, 2019

2019 Weihai ITU Triathlon World Cup, CHN

Event Date: September 22, 2019

Entry Deadline: August 18, 2019