



FROM THE HIGH PERFORMANCE TEAM:

Together, we are facing exceptional circumstances that are impacting our sport, and our lives, in dramatic ways. As the situation surrounding COVID-19 (coronavirus) continues to evolve globally, we know that your race schedules and ability to train properly have likely both been upended.

By now you know we have lost the opportunity to host our PATCO races (originally scheduled for March 14) and World Cup races (originally scheduled for March 22) in Sarasota, Florida. And you have undoubtedly heard that our International Federation (ITU) has [pressed pause on the season through April 30](#), so that athletes can hunker down in a safe location, limit cross-border travel, and focus on training, health and wellness. The ITU also announced yesterday that ITU World Triathlon Leeds, originally set for June 6-7, has been [postponed](#), with an update to be provided by April 30.

Please know that your USA Triathlon high performance team is here to help you navigate these challenges, whether you need support with logistics or just need to hear a few words of encouragement. You are welcome to reach out to Courtney Gardner (Courtney.gardner@usatriathlon.org) or John Farra (John.farra@usatriathlon.org) with any questions or concerns. We will communicate significant updates that impact our USA Triathlon elite pipeline via Elite Beat updates and the [@usatriathlonelite](#) Instagram account. In addition, you can find the latest organizational updates from USA Triathlon at usatriathlon.org/coronavirusupdates.

Lastly, please see this [message from USA Triathlon CEO Rocky Harris](#) to the entire USA Triathlon family.

US DEPARTMENT OF STATE TRAVEL ADVISORY

The U.S. Department of State today issued a [Global Level 4 Health Advisory — Do Not Travel](#). U.S. citizens are now advised to avoid all international travel due to the global impact of COVID-19, and if currently abroad, should arrange for immediate return to the United States unless they are prepared to remain abroad for an indefinite period. For complete advisory information, [click here](#). Please connect with [Courtney Gardner](#) if you need assistance with travel plans at this time.

ITU STATEMENT ON CORONAVIRUS

In the light of the rapid spread worldwide of COVID-19, the Executive Board of the International Triathlon Union has decided to suspend all activities until April 30. The measure includes the suspension of all the competitions in the World Triathlon calendar, courses, camps and other activities, and therefore all the World Ranking, Olympic Qualification Ranking, Paratriathlon Ranking and Paralympic Qualification Rankings will be immediately frozen starting Monday March 16, 2020.

World Triathlon President and IOC member, Marisol Casado, said: “This is a decision that is hard to take, and you can have my word that we are taking it with the health and safety of athletes, coaches, officials, facilitators, staff, volunteers and spectators, all the triathlon family, as the top priority. We are taking this decision convinced that we all have to take our part to prevent and stop the spread of the virus. It is our responsibility, as a society. And having our athletes, coaches, officials and staff travelling around the world at this challenging time is not something that we in World Triathlon are willing to risk”.

All the events in the World Triathlon and Continental calendars will be immediately postponed until further notice. ITU strongly recommends all the affiliated National Federations to extend the measures as well in their territories, to avoid spreading the virus. All World Triathlon staff will be working from home during these weeks.

World Triathlon will continue working during this time to try to reallocate the events after the 30th Of April when possible and will work with all stakeholders to undertake further actions if needed regarding the Olympic and Paralympic qualification rankings.

World Triathlon will continue evaluating the situation on a daily basis and will announce any further change in the situation as soon as possible to all stakeholders when this happens.

UPDATE ON SARASOTA WORLD CUP AND PARATRIATHLON WORLD CUP

Due to the current international travel restrictions recently announced by the U.S. government and the Centers for Disease Control and Prevention (CDC) related to the COVID-19 Coronavirus, the International Triathlon Union (ITU) – in consultation with USA Triathlon, the organizing committee and the local authorities of Florida – postponed the 2020 ITU Sarasota-Bradenton ITU Triathlon World Cup and the Sarasota-Bradenton ITU Paratriathlon World Cup, originally scheduled to take place on March 22. USA Triathlon, the ITU, and the local organizer will explore the option of hosting at a later date if possible.

EVENT CHANGES IN THE LAST WEEK

Events Postponed to a Defined Later Date

2020 Hualien NTT ASTC Sprint Triathlon Asian Cup (July 5th)

Events Postponed to an Undefined Later Date

2020 ITU World Triathlon Series Abu Dhabi
2020 ITU World Triathlon Mixed Relay Series Abu Dhabi
2020 Abu Dhabi ITU Paratriathlon World Cup
2020 Tainan NTT ASTC Sprint Triathlon Asian Cup
2020 Beihai ASTC Triathlon Asian Cup
2020 Dexing ASTC Triathlon Asian Cup
2020 Chengdu ITU Triathlon World Cup
2020 Philippines ASEAN Para Games
2020 Liévin ETU Indoor Triathlon European Cup
2020 Melilla ETU Sprint Triathlon European Cup
2020 Melilla ETU Triathlon Junior European Cup
2020 Putrajaya ASTC Powerman Middle Distance Duathlon Asian Championships
2020 Rabat Triathlon African Cup
2020 Arzachena ITU Triathlon World Cup
2020 ITU World Triathlon Series Bermuda
2020 ITU World Triathlon Series Leeds
2020 ITU World Cup Sarasota
2020 ITU World Cup New Plymouth
2020 ITU World Cup Brasilia
2020 ITU World Cup Huatulco

Events Moved to a Different Location

ITU Paratriathlon World Championships – Montreal, Canada, 24 June 2020

Events Canceled

2020 Chengdu ITU Mixed Relay Olympic Qualification Event
2019 Bridgetown CAMTRI Sprint Triathlon American Cup
2020 Montevideo PATCO Junior Triathlon Panamerican Cup (Junior event only, the Elite event will take place on

20-22 March)
2020 Szentendre ETU Sprint Triathlon European Cup
2020 Milan ITU Paratriathlon World Championships

Events Added to the Calendar

2020 Valencia ITU Mixed Relay Olympic Qualification Event
2020 Montreal Paratriathlon World Championships

Events Moved from Standard to Sprint Distance

2020 Valencia ITU Triathlon World Cup

CHANGES FOR START LIST/WAIT LIST PROCEDURES

Start/Waiting Lists for Postponed Events

1. Start and waiting list will be cleared.
2. If the announcement of the new date is made 45 days or more before race day, timelines regarding the creation of the start lists, replacement period and invitation decision will all remain as they are in the Qualification Criteria.
3. If the announcement of the new date is made 44 days or less ahead of race day, the announcement will include new dates for creation of the start list, replacement period and invitation decision.

Athletes coming from canceled/postponed events are asking to be entered in events that already have produced the start list. In some cases this does not create a problem, but in events where the start list is full, we have to way to include them within the current rules. There are several exceptions to apply to minimize this problem:

1. Increase the size of the start list, if technically possible, and reserve 20% of the additional spots for invitations with no restrictions.
2. Open a window for free (non-penalized) replacements following any cancellation or postponement. This window will last 7 days and will begin when the cancellation or postponement is announced. This will apply to all ITU events during this term. It may happen that one window opens immediately after another, or even before the previous one finishes.
3. Sort the waiting lists according to the current rankings every Monday (this will place top athletes in the first positions even if they are entered late) until the crisis is over.
4. Penalties will not apply if a withdrawal occurs due to consequences of Covid-19 (visas rejected, new areas infected, travel restrictions or other).

IOC POSITIONING REGARDING TOKYO 2020

The International Olympic Committee Executive Board has expressed its full commitment to the success of the Olympic Games Tokyo 2020, taking place from 24 July to August 9, 2020. The IOC Executive Board encourages all athletes to continue to prepare for the Olympic Games Tokyo 2020. Read the full release from the IOC [here](#).

WORLD CUP EVENT SELECTION PROCEDURES

The World Cup Event Selection Procedures have been modified for the remainder of 2020 to provide some flexibility in case future events are postponed/canceled. The new procedures have been posted on the USA Triathlon Elite Qualification page [here](#).

2020 PRIZE PURSE CALENDAR

The Prize Purse Calendar has been posted on the USA Triathlon Elite page [here](#). To submit an event to be added to the list, please email elite@usatriathlon.org.

WOMEN'S SPORTS FOUNDATION

WOMEN'S SPORTS FOUNDATION TRAVEL & TRAINING FUND

APPLICATION DEADLINE MARCH 31, 5 P.M. EST

The Fund provides financial support to female athletes or teams with potential to be elite competitors and have demonstrated financial need to continue their pursuits.

[Application](#)

ACE USOPC TUITION GRANTS

APPLICATION DEADLINE APRIL 5, 11:59 P.M. MDT

Apply online to receive an ACE USOPC Tuition Grant by April 5. Grant opportunities are available for Team USA athletes pursuing any accredited degree program.

[Application](#)

2020 FLAME PROGRAM

MAY 24-30 IN COLORADO SPRINGS, COLO.

The USOPC's [Finding Leaders Among Minorities Everywhere \(FLAME\) program](#) provides diverse college and graduate-level students with a unique look into the world of elite sport. USOPC is reserving five spots for Team USA athletes. To be eligible, you must be an athlete of color and are currently enrolled in a college or graduate-level program. All travel and accommodations for accepted athletes will be provided by the USOPC.

[Application](#)

TEAM USA FULL TUITION SCHOLARSHIP: DeVRY UNIVERSITY

APPLICATION DEADLINE: APRIL 27

Team USA Scholarship applications are open now for current and retired Team USA athletes. To enroll in the May 2020 session (classes begin May 4), applications must be submitted by April 27 at 11:59pm MDT.

[Application](#)

USADA NEWS: WHY TESTOSTERONE-BOOSTING SUPPLEMENTS AREN'T THE SOLUTION

Athletes are often curious about dietary supplements that allege to boost testosterone levels. Some testosterone-boosting (T-boost) supplements also claim to be "all-natural" and the Supplement Facts label only lists permitted substances, making the product seem safe. The advertising around such products often positions them as natural, legal, and effective ways to boost testosterone for an edge in sport, which means that athletes might unfortunately be persuaded to believe that they are safe and won't cause an anti-doping rule violation. But there are several reasons why this is a highly risky approach for athletes.

Click [here](#) to learn more about the risks of testosterone-boosting supplements.

The Athlete's Guide to the Prohibited list is available [here](#).

IT'S THAT TIME OF YEAR! PLEASE COMPLETE YOUR PPE AND SAFESPORT TRAINING FOR 2020

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](#).

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.

REMINDERS!

ACE PIVOT PROGRAM

The ACE Pivot Program, held April 18-19 in Colorado Springs, works to assist Team USA athletes in rebuilding their athlete tribe, reframing identity, rediscovering self and purpose through discussion of their shared experience.

Led by sports psychology professionals and specialists, athletes engage in a 2-day workshop and online follow-up meetings with their peers, designed to develop a growth mindset and empower them to tackle the next chapter of their lives with renewed support and confidence. All travel and lodging accommodations will be provided to participants.

To apply, complete the following application: [April 2020 Pivot Program Application](#). For more information, please contact Terris Tiller at Terris.Tiller@usoc.org.

2020 ITU POWERMAN ZOFINGEN WORLD CHAMPIONSHIP GRANTS

Grants, up to \$1500 per athlete, will be awarded to 2 male and 2 female athletes to represent the United States in the Elite Categories at the 2020 ITU Long Distance Duathlon World Championship (Powerman Zofingen) in Zofingen, Switzerland. The race date is September 20, 2020.

Athletes must possess USA Triathlon Elite License (in duathlon) and be eligible to compete in the Elite Category of the World Championship. For more information about Powerman Zofingen check out the [race website here](#). Or the [ITU page here](#).

For more information or to apply, athletes should visit <http://www.breakthroughendurance.net/2020/01/2020-zofingen-itu-powerman-travel.html> or email albertharrison@gmail.com.

CALL FOR NOMINATIONS: 2020 ALMERE-AMSTERDAM ITU MULTISPORT WORLD CHAMPIONSHIPS

On Sept. 4, 2020, Almere, Netherlands, will welcome the fifth edition of the Multisport World Championships. The five world championships (duathlon, cross triathlon, aquathlon, aquabike and long distance triathlon) will be held between Sept. 4-13.

Athletes interested in competing in any of the elite disciplines above should express their interest to ituentries@triathlon.org by 5 p.m. MT, April 15.

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

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 2020. 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.