



FROM THE HIGH PERFORMANCE TEAM:

We are all experiencing something unprecedented during the COVID-19 pandemic. Although your race schedules have likely been upended, we hope you can take this time to focus on your health and well-being and connect with loved ones — whether in your household or remotely. In addition, we encourage you to share your love of triathlon and unique training adaptations via your social media channels. Your followers — including friends and family, youth and age-group triathletes, Olympic fans and members of the media — are interested in hearing how the pros are staying mentally and physically healthy during this challenging time. Share your new dryland training routine, in-home strength workout, favorite solo run or go-to meditation app — or give your followers a glimpse into your home life outside of triathlon. You have a unique platform to inspire others and serve as a role model while practicing social distancing.

TOKYO 2020 POSTPONED

The International Olympic Committee and the Tokyo 2020 Organizing Committee recently released a statement announcing the postponement of the 2020 Olympic and Paralympic Games due to the COVID-19 pandemic. USA Triathlon believes that postponing the Olympic and Paralympic Games until 2021 was the proper decision in the best interests of global public health. We also fully support this announcement because the ability for athletes around the world to both train properly and qualify fairly for the Games has been significantly impacted due to the circumstances surrounding COVID-19.

We encourage you to read the full statements from [the IOC](#) and from [USA Triathlon](#) regarding the postponement.

A letter to athletes from the U.S. Olympic and Paralympic Committee CEO Sarah Hirshland can be read [here](#).

VALENCIA AND ARZACHENA ITU WORLD CUPS POSTPONED, FISU WORLD UNIVERSITY TRIATHLON CHAMPIONSHIP CANCELED

The ITU has announced that the Valencia ITU Triathlon World Cup and Mixed Relay Olympic Qualification Event, originally scheduled for May 1-2 in Spain, and the Arzachena ITU Triathlon World Cup, originally scheduled for May 30-31 in Italy, have both been postponed due to logistical and public health challenges surrounding the COVID-19 pandemic. The ITU is working closely with event organizers to reschedule events when the fairness and safety of all athletes and teams can be ensured. In addition, the 2020 World University Triathlon Championship, originally scheduled for June 27-28 in Kecskemet, Hungary, has been canceled. For more information, visit [triathlon.org](#).

HERBALIFE24 TRIATHLON LOS ANGELES

The [HerbaLife24 Triathlon](#) has been rescheduled for Oct. 25, 2020 due to the COVID-19 pandemic. All currently registered participants will maintain their registrations for the rescheduled date. As an alternative, refunds are being offered to registrants. If you would like a refund, please send your registration ID number and email address to info@herbalife24.tri.la. Your registration ID can be accessed at <https://myevents.active.com/Herbalife24>. All refund requests must be received via email no later than 5 p.m. PT on May 11. No refunds will be processed after this date.

WOMEN'S SPORTS FOUNDATION

WOMEN'S SPORTS FOUNDATION TRAVEL & TRAINING FUND

APPLICATION DEADLINE 5 P.M. ET, MARCH 31

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. If interested, [here's the application](#).

FREE 365-DAY TRIAL OF TRIATHLON LIVE

TriathlonLIVE.tv is offering a 365-day free trial to give all multisport fans the ability to enjoy thousands of hours of footage from its extensive archive of racing action, interviews and behind the scenes footage going as far back as 30 years. You have until April 1 to claim this offer via this [link](#).

USADA NEWS: WHAT SHOULD TESTED ATHLETES KNOW ABOUT GW1516?

For athletes subject to drug testing, it's important to recognize that the substances making their way into supplements, whether intentionally or by accident, are constantly evolving. From ostarine to higenamine, and LGD-4033 to GW1516, there's a growing number of examples of athletes testing positive for prohibited substances found illegally in supplements.

Click [here](#) to learn more about GW1516, one of the substances becoming more prevalent in supplements.

TRY THESE AT HOME DRY LAND SWIM EXERCISES

Struggling to keep up your aquatic training regimen because pools are closed? Check out these [dry land exercises](#) from John Hansen, USAT and USA Swimming Level 1 Coach and USA Cycling Level 3 Certified coach, to help keep in good swim condition.

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!

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 fewer 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 no 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).

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.

ACE USOPC TUITION GRANTS

APPLICATION DEADLINE 11:59 P.M. MT, APRIL 12

Apply online by April 12 to receive an ACE USOPC tuition grant. Grant opportunities are available for Team USA athletes pursuing any accredited degree program. [View the application here](#).

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 at 11:59 p.m., April 27. [View the application 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.