



FROM THE HIGH PERFORMANCE TEAM:

The season is off to a fast start with many great results to date! As we get into the heart of the season, please make sure to take care of yourselves physically and mentally, and remember to take good care of your equipment so you are the most prepared possible for each race start. As a High Performance department, we are committed to helping athletes reach their goals, so please do not hesitate to reach out with any questions or comments.

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 john.farra@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 LICENCE 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](#).

USADA – HIGENAMINE: WHAT ATHLETES NEED TO KNOW TO COMPETE CLEAN

Higenamine was added to the World Anti-Doping Agency (WADA) Prohibited List in [2017](#) and is classified as a beta-2 agonist, which means it is **prohibited at all times**, both in and out-of-competition.

The prohibited substance is becoming more common in dietary supplements, so click [here](#) to learn more.

ACE – ATHLETE CAREER EDUCATION PIVOT WORKSHOP

ACE is conducting a Pivot Workshop on June 6-7 for retiring and retired athletes looking for their next steps after retiring from their sports. Athletes have found it very useful to discuss issues (personal, work, school, etc.) and receive resources to help them make that difficult transition out of sport. If you are available and would like to attend, all travel and lodging accommodations will be provided. Apply now; space is limited. For more information, visit TeamUSA.org/ACE or email Terris Tiller at Terris.Tiller@usoc.org.

MENTAL HEALTH RESOURCES

In conjunction with the USOC, USA Triathlon is providing mental health resources for anyone who is dealing with those issues themselves or who knows an athlete that would be interested those resources. USAT is striving to provide resources and direction to anyone suffering with mental health issues. More information can be found at [this link](#).

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.

REMINDERS!

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

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 Antwerp ITU Triathlon World Cup, BEL

Event Date: June 22, 2019

Entry Deadline: **May 19, 2019**

2019 World Triathlon Montreal, CAN

Event Date: June 28, 2019

Entry Deadline: **May 26, 2019**

2019 World Triathlon Hamburg, GER

Event Date: July 6, 2019

Entry Deadline: **June 2, 2019**

2019 Tiszaujvaros ITU Triathlon World Cup, HUN

Event Date: July 13, 2019

Entry Deadline: **June 9, 2019**

2019 World Triathlon Edmonton, CAN

Event Date: July 20, 2019

Entry Deadline: **June 16, 2019**