



FROM THE HIGH PERFORMANCE TEAM:

Katie Zaferes was able to finish what she started off pursuing in early 2019... winning the overall ITU World Championship title. And she did it with a solid exclamation point by winning the Grand Final event in Lausanne! This just two weeks after crashing out in Tokyo. Congrats to Katie! A great display of fortitude and professionalism day in and day out! We also would like to recognize the podium performance of our Junior/U23 World Championship Mixed Relay Team with Tamara Gorman, Darr Smith, Taylor Knibb, and Seth Rider, who combined for a hard-fought bronze medal on the streets of Lausanne. There are plenty of races left on the competition calendar, and we wish all of our elites luck in executing on your chosen events to wrap up 2019!

SARASOTA-BRADENTON, FLORIDA TO HOST WORLD CUP IN MARCH 2020

Sarasota-Bradenton was awarded a World Cup for the 2020 ITU Season! The World Cup will take place on March 21-22 and falls between Mooloolaba and New Plymouth. The event falls within the ITU Olympic and Paralympic qualification window, allowing athletes to earn valuable points toward both individual ranking and country quotas for the Olympic and Paralympic Games Tokyo 2020.

Elite triathletes will compete on a spectator-friendly 750-meter swim, 18.3-kilometer bike and 5-kilometer run course. The prize purse for the elite races is \$60,000.

2019 WORLD CUP UPDATE

Please note that both ITU Triathlon World Cups in the Americas region, respectively held in [Lima, Peru](#) and [Santo Domingo, Dominican Republic](#), will be held as planned on Nov. 3 and 10.

The ITU Lima World Cup was a direct replacement of the Salinas event by building on the legacy of the Pan American Games, using once again the same venue that the athletes raced in at the PanAm Games. A course map can be found [here](#).

For the ITU Santo Domingo World Cup, the first version of the athlete guide can be [found here](#).

WORLD BEACH GAMES (REBOOT)

After it was announced that the World Beach Games would no longer happen in San Diego, and would rather be held in Qatar, we did not expect to receive any USA quota. But in the end, we were issued one male slot for the Games recently, and after following the published selection procedures and the associated ranking list of those who expressed interest, we were able to invite, and have Duncan Reid accept the entry slot for the aquathlon to be held Doha, Qatar at Katara Beach. Good luck Duncan!

HONG KONG, CHINA EVENT UPDATE

Due to the current political situation in Hong Kong China, the 2019 Hong Kong ASTC Triathlon Asian Cup and 2019 Hong Kong ASTC Aquathlon Asian Championships have been cancelled. If you have any questions, please contact ki.wookyong@astc.com.hk.

ACETAZOLAMIDE: WHAT ATHLETES NEED TO KNOW ABOUT THIS ALTITUDE SICKNESS TREATMENT

It may be easy to assume that a diuretic to treat a common illness, such as altitude sickness, is safe to use if you're an athlete. Especially if it's prescribed by a physician. In sports with weight categories, like mixed martial arts, wrestling, and boxing, water pills might also be a cultural staple used to make weight during the weight cutting process. However, it's important for athletes to realize that diuretics like acetazolamide are prohibited in sport. [Keep reading](#) to learn more.

ATHLETE MENTOR MANAGER - CLASSROOM CHAMPIONS

The Mentor Manager matches volunteer Olympian, Paralympian, student-athlete and professional athletes with classrooms for an entire school year of scaled mentorship. Responsibilities include athlete recruitment and support; building partnerships with athletes, professional teams, NCAA athletic departments, and various sport bodies and other vital stakeholders; as well as assisting in the development of our athlete engagement strategy. If you or someone you know is interested in this opportunity, contact saba.altukmachy@randstad.ca or info@classroomchampions.org.

PIVOT WORKSHOP FOR RETIRING/RETIRED ATHLETES – NOV. 14-15 IN COLORADO SPRINGS, CO

ACE is hosting a Pivot Workshop Nov. 14-15 for retiring and retired athletes looking for their next steps. Athletes have found it useful to discuss issues (personal, work, school, etc.) and receive resources to help them make that difficult transition out of sport. **All travel and lodging accommodations will be provided** if you are available and would like to attend.

REMINDERS!

SAFESPORT POLICY UPDATE

As of June 2019, USA Triathlon has implemented an updated Minor Athlete Abuse Prevention Policy (MAAP) to strengthen its athlete safety program and to ensure the environments in its athletic programs are as safe as possible at every level. The Minor Athlete Abuse Prevention Policy required by USA Triathlon provides participants with information necessary to proactively limit one-on-one interactions between minor athletes and adults who are not their parent/legal guardian. This policy addresses the following areas:

- A. One-on one interactions — including meetings, individual training sessions, massages and rubdowns/athletic training modalities
- B. Locker rooms and changing areas
- C. Social Media and electronic communications
- D. Local travel
- E. Team travel

All of these policies are designed to protect both minors and adults. To view the updated USA Triathlon SafeSport policies including the Minor Athlete Abuse Prevention Policy please click [here](#).

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](#).

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 Miyazaki ITU Triathlon World Cup, JPN

Event Date: Oct. 26, 2019

Entry Deadline: Sept. 22, 2019

2019 Lima ITU Triathlon World Cup, Peru

Event Date: Nov. 3, 2019

Entry Deadline: Sept. 29, 2019

2019 Santo Domingo ITU Triathlon World Cup, DOM

Event Date: Nov. 10, 2019

Entry Deadline: Oct. 6, 2019