

CHAPTER 22 – TRIATHLON

1. Team Composition

- 1.1 Regional teams shall be comprised of twenty (20) triathletes (10 men and 10 women) who have met the qualifying times listed in para 7. A triathlete, who was not able to qualify due to operational reasons, may be considered upon approval of the respective Regional Sports Manager (RS Mgr).

2. Rules

- 2.1 The competition shall be conducted in accordance with the [International Triathlon Union \(ITU\)](#) rules supplemented by Triathlon Canada rules and in accordance with the CAF Sport Championships Operation Manual.

3. Suspensions

- 3.1 The following minimum suspensions will be applied, when the following infractions occur during a Championship:

3.1.1 Will be dealt with as per [ITU](#) and [Triathlon Canada](#) rules.

- 3.2 Reference [Chapter 5](#) – Suspensions, for infractions that may be applied to any sport.

4. Championship Format

- 4.1 The Championship shall consist of two (2) separate races as listed under para 6. A triathlete may only be eligible to enter in one (1) category in one (1) race. Also, triathletes will only be permitted to enter the race for which they have entered a qualifying time.

5. Events

- 5.1 The Canadian Armed Forces National Triathlon Championship shall consist of the following races:

5.1.1 Olympic - 1.5km swim, 40km bike, 10km run; and

5.1.2 Sprint - 750m swim, 20km bike, 5km run.

6. Qualifying Times

- 6.1 The qualifying times listed below are the minimum qualifying times that a CAF triathlete must achieve on a certified course, at a sanctioned race no more than fourteen (14) months prior to race day. Proof of times must be forwarded by the RS Mgrs to the host unit Mgr, F&S no later than thirty (30) days prior to competition. Under extenuating circumstances (such as deployments) a member may not have the opportunity to compete in a race within the fourteen (14) month time requirement. In these cases, a written request can be made to the MCAFS through the member's RS Mgr at least six (6) weeks prior to the CAF National Triathlon Championship date.

Race Distances	<u>Olympic</u>		<u>Sprint</u>	
Age Categories	Male	Female	Male	Female
Under 19	2:50:00	2:59:00	1:25:00	1:30:00
20-24	2:50:00	2:59:00	1:25:00	1:30:00
25-29	2:50:00	2:59:00	1:25:00	1:30:00
30-34	2:50:00	2:59:00	1:25:00	1:30:00
35-39	2:50:00	2:59:00	1:25:00	1:30:00
40-44	3:00:00	3:10:00	1:25:00	1:30:00
45-49	3:00:00	3:10:00	1:30:00	1:35:00
50-54	3:10:00	3:20:00	1:40:00	1:45:00
55 & over	3:20:00	3:40:00	1:50:00	1:55:00

7. Equipment

7.1 All athletes must wear the following equipment / uniforms listed in the table below:

MANDATORY	RECOMMENDED
Triathletes	
<ul style="list-style-type: none"> Participants shall ensure that any equipment used during the event, including their bike, is compliant with the ITU, Triathlon Canada rules (or the provincial body); Tattoos provided by the National Sports Office; Swim: <ul style="list-style-type: none"> Swim caps provided by the National Sports Office; A wetsuit may be permitted, as per Triathlon Canada regulations (or the provincial body); and Bike: <ul style="list-style-type: none"> CSA certified helmet during the bike portion of the race; 	<ul style="list-style-type: none"> Goggles.

8. Injury Prevention

8.1 It is important that injury prevention strategies are reviewed by all athletes, coaches, officials, athletic trainers, and organizers. Please refer to [Chapter 6](#) for further injury prevention information pertaining to this sport.

9. Awards

9.1 The first (1st) and second (2nd) place finishers, male and female, in the Olympic and Sprint distance events will be presented with medals. All awards are based on the “chip time”. Gold and Silver medals will be awarded within each race category for each race distance (male & female) so long as there is a minimum of five (5) participants in that race category. If there are less than five (5) participants in a particular race category for any given race distance (male & female) only a gold medal shall be awarded (as per 2006 National RS Mgr Meeting Minutes).

9.2 The CAF age categories for men and women are broken down as follows in all events for the purpose of the CAF awards presentation:

9.2.1 Open (under 40 years);

9.2.2 Masters (40 – 47 years); and

9.2.3 Senior (48+ years).

9.3 Ages for the above categories apply as of December 31st of the year of competition.

- 9.4 The Shield of Excellence, Regional Team Award promotes teamwork in an inherently individual sport. The Shield shall be awarded to the winning male and female regional team with the fastest combined time of their fastest two Olympic finishers and the fastest Sprint finishers.
- 9.5 The Shield of Dedication, PO Jake Kennedy Most Improved Award is awarded to an Olympic distance individual who improved his/her time most from the previous year's CAF National Triathlon Championship Olympic distance results.
- 9.6 At the end of the CAF National Championship, members may nominate a player that has exhibited the highest level of sportsmanship including ethical & responsible behaviour, fair play, integrity and respect combined with a high standard of playing ability. The s Jury of Appeal/Chief Official will select the recipient based on the nominations brought forward.
- 9.7 Any monetary award won by an athlete competing under the CAF National Triathlon Championship is to be handed over to CFMWS in accordance with the [QR&Os: Volume III - Chapter 208 Fines, Forfeitures and Deductions](#) (208.45 – Deductions for Recovery of Additional Payment Received in Performance of Duties).
- 9.8 See awards breakdown in the table below;

<u>Awards</u>	<u>Quantity</u>	<u>Nationals</u>	<u>Regionals</u>
Gold Medals (ref para 9.1 - 9.2)	12	✓	n/a
Silver Medals (ref para 9.1 - 9.2)	12	✓	n/a
Regional Team Award	2	✓	n/a
Most Improved Award	1	✓	n/a
Sportsmanship	1	✓	n/a
Officials	1	✓	n/a
Trainers	3	✓	n/a
VIP's / Patrons	1	✓	n/a