

2019 WESTERN CANADA SUMMER GAMES TRIATHLON TECHNICAL PACKAGE

Every Games' coach, manager, Sport Chairperson and Mission staff has an obligation to read and understand every aspect of the Technical Package. Failure to do so could cost an athlete his or her eligibility for the Games as well as affect final standings or the conduct of the competition. If someone does not understand an aspect of a Technical Package, he or she is to seek clarification from the Technical Committee of the Western Canada Games Council through his or her Chef de Mission or Provincial/Territorial Sport Organization.

Technical Packages are developed primarily by the Western Canada Games Technical Committee in conjunction with the various Provincial/Territorial Sport Organizations, following principles, guidelines and requirements of the Western Canada Games Council. As the overall governing body of the Games, the Council has the ultimate authority for Technical Packages.

If an individual wishes to initiate a change to a Technical Package leading up to a Games, the desired change should be first directed to the Provincial/Territorial Sport Organization or the Chef de Mission. The P/TSO or Chef will evaluate the merits of the change and will, if it has merit, submit the requested change to the Technical Committee of the Western Canada Games Council. The P/TSO or Chef will submit the rationale for the change. Changes to age groups, eligibility requirements, team sizes or staff complements will not be considered after three years prior to the Games. Substantive changes to events or competition formats will not be considered after 18 months before the Games. Minor corrections will be considered at almost any time, but will be increasingly difficult to achieve within six months of the Games. Changes made by the NSO's regarding WCSG alignment to the Canada Games will not be considered after April 1, 2018. These time frames reinforce the importance of complete understanding of the Technical Package early.

2019 Western Canada Summer Games Technical Committee

Chair

Lorne Lasuita
Phone: (306) 780-9246
llasuita@saskgames.ca

Manitoba

Pat Kirby
Phone: (204) 926-8353
pat.kirby@sportmanitoba.ca

Alberta

Jerry George
Phone: (780) 415-9714
jerry.george@albertasport.ca

Yukon

Trevor Twardochleb
Phone: (867) 667-5606
trevor.twardochleb@gov.yk.ca

Saskatchewan

Lorne Lasuita
Phone: (306) 780-9246
llasuita@saskgames.ca

NWT

Rita Mercredi
Phone: (867) 669-8331
rmercredi@sportnorth.com

Nunavut

Mariele DePeuter
Phone: (867) 793-3316
mdepeuter@gov.nu.ca

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ATHLETE ELIGIBILITY

1. The Western Canada Summer Games are open to Canadian citizens and landed immigrants.
2. The Games are open to athletes who are members in good standing of their provincial/territorial and/or national sport organization.
3. An athlete's permanent domicile or actual residence must be located, for at least 180 days prior to the opening of the Games, within the recognized boundaries of the province or territory they are representing. An athlete can have only one domicile.
4. Students attending school on a full-time basis outside their province/territory of permanent residence during the year of the Games shall be permitted to compete for either their province/territory of permanent residence or the province/territory in which the athlete attends school. To be eligible to compete for the province/territory where the athlete attends school, the student must be enrolled on a full-time basis during the academic year preceding the Games.
5. If a non-student athlete attends a recognized national training centre outside his or her province/territory of permanent residence, the athlete is encouraged to represent his or her province/territory of permanent residence; however, the athlete could represent the province/territory where the centre is located under the terms of paragraph (6), below.
6. Exceptions to the domicile requirement will be possible if the athlete can demonstrate a commitment to the province/territory she or he wishes to represent by such means as having been a member of a club or provincial/territorial sport organization in that province/territory for the entire previous competitive season, having represented that province or territory at a previous national or regional championship or having attended school full-time the previous academic year or a recognized national training centre full-time during the previous 12 months. Other similar circumstances may be considered.
7. Competitors must meet all eligibility requirements outlined in the Technical Package.
8. An athlete is permitted to try out for only one province or territory per Games.
9. An athlete may participate in more than one sport, provided the sports occur in different phases of the Games.
10. The Technical Committee of the Council shall determine the eligibility of any athlete that is not clearly established by these rules and by the Technical Package. **Coaches or PSOs/TSOs must bring forward any cases in question to their Chef de Mission as early as possible before the competition for forwarding to the Technical Committee.**
11. Where a team/province/territory/Chef wishes to challenge the eligibility of an athlete on another provincial/territorial team, it is expected that such a challenge will be made as soon as the protesting team knows that an athlete may be ineligible. Every effort must be made to ensure that protests on eligibility are lodged before an athlete competes.

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Summary of Draft Changes to Technical Package

Date	Details	Initiated By	Status
April 24, 2017	2.1 Competitor team size not agreed on by PSGB. PSGB requested team size of 6 F, 6 M	Sport tech/PSGB	Under review and discussion
April 24, 2017	4.1 Coaches' certification clarified	Sport tech	Approved
June 20, 2017	2.1 Triathlon appeal requesting increase in team size to 6 M and 6 f reviewed and discussed.	Sport Tech/PSGB	Approved
June 20,2017	8.0 Competitive Uniform. Clarification provided.	Sport Tech /PSGB	Approved
March 6,2018	Revisions updates to following sections 5.4.2, 5.4.4, 5.4.5, 5.4.6, 5.4.7, 6.1, 6.2, 6.3, 7.2, 9.0	PSGB	Sport Tech approved April 4,2018

Summary of Denied Proposals of Change to Technical Package

Date	Proposal	Initiated By	Rational for proposal being denied

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1. Sport: **TRIATHLON**

2. Participants:

2.1. **Competitors:** 6 male athletes
6 female athletes

2.2. **Staff:** 1 coach
1 manager
one of whom must be male
one of whom must be female

3. Classification:

3.1 **Year of Birth:** Born 2002-2006 (Under 18 and at least 13 as of 12/31/19)

Underage athletes may apply to their Provincial / Territorial Association for an age exemption. Each jurisdiction is responsible for their own age exemption criteria and WCSG selection policies.

4. Eligibility:

4.1 **Coaches:**

Any staff listed as coach on the official registration form must be fully certified (theory, technical and practical) under the National Coaching Certification Program (NCCP) to at least Triathlon Competition Introduction (Trained). Coaching certification must be completed no later than ninety (90) days before the opening of the Games.

4.2 **Athletes:**

4.2.1 All athletes must meet the Western Canada Games Eligibility criteria, as outlined in Page 2, which forms an integral part of this Technical Package. All athletes must be current members of their P/TSO with a recent draft certification.

5. Competition:

5.1 **Rules:**

Most current standard rules of the International Triathlon Union (ITU) will govern the competition.

5.2 **Sanction:**

The competition is sanctioned through the Provincial Sport Organization.

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5.3 **Equipment:**

All equipment used in the field of play must adhere to ITU Competition Rules.

5.3.1 A bike safety and regulation check will be performed prior to the practice session.

5.3.2 A safe and secure storage area will be provided by the Host Society. Transportation of bicycle equipment to and from the event venue will be provided by the Host Society, if required.

5.4 **Event Format:**

5.4.1 **Individual Triathlon Event:**

Super Sprint distance (draft-legal) – as approved in ITU rules with the recommended distance of 500 m Swim, 13.5 km Bike, 3.5 km Run

5.4.2 **2x Relay Team Triathlon Event:**

Super Sprint distance (draft-legal) – as approved in ITU rules with the recommended distance of 250 m Swim, 6.6 km Bike, 1.6 km Run

5.4.3 **Mixed Team Relay Triathlon Event:**

Super Sprint distance (draft - legal) – as approved in ITU rules with the recommended distance of 250 m Swim, 6.6 km Bike, 1.6 km Run

5.4.4 **Sequence of Events:**

Day 1 – Arrival Day

Day 2 – Course Familiarization Session

Day 3 – Female and Male Individual Triathlon

Day 4 – Course test / training

Day 5 – Female and Male 2x Team Relay Triathlon

Day 6 – Mixed Team Relay Triathlon

5.4.5 **Start and Transition Position for Individual Event:**

- Start numbers will be pre-assigned to each province/territory competitor based on a random draw.
 - Each province will have a random, initial sequence for the first set of start numbers, and that sequence will continue in rotation for the remaining start numbers. For example, Alberta, Saskatchewan, and Manitoba would be randomized for the first set of start numbers (say, Saskatchewan, Alberta, Manitoba), and that sequence of provinces would continue for the remaining start numbers.
 - Competitors will then be assigned into their respective province's allocated start numbers randomly. For example, Saskatchewan's competitors would be randomly assigned into the respective start numbers allocated to Saskatchewan.
- A competitor's number will match their transition position number.
- This random draw will take place 5 days prior to event day.
- Competitor numbers will remain the same for both the Individual Sprint Triathlon and Team Triathlons.

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5.4.6 Start and Transition Position for 2x Relay Team:

- Team transition positions and start lineup order will be pre-assigned to each province/territory based on a random draw.
 - Each province will have a random, initial sequence for the first set of team transition positions/start lineup order, and that sequence will continue in rotation for the remaining team transition positions/start lineup. For example, Alberta, Saskatchewan, and Manitoba teams would be randomized for the first set of team transition positions/start lineup (say, Manitoba, Alberta, Saskatchewan), and that sequence of provinces would continue for the remaining team transition positions/start lineup.
- A competitor's number from the individual event will continue to be used.

5.4.7 Start and Transition Position for Mixed Team Relay:

- Team transition positions and start lineup order will be pre-assigned to each province/territory based on a random draw.
 - Each province will have a random, initial sequence for the first set of team transition positions/start lineup order, and that sequence will continue in rotation for the remaining team transition positions/start lineup. For example, Alberta, Saskatchewan, and Manitoba teams would be randomized for the first set of team transition positions/start lineup (say, Alberta, Manitoba, Saskatchewan), and that sequence of provinces would continue for the remaining team transition positions/start lineup.
- A competitor's number from the individual event will continue to be used.

5.5 Drafting:

All Events will be run in a draft legal format. Participants must have draft legal bicycles as per ITU Competition Rules. Participants must also have received training/accreditation through their provincial or territorial triathlon union in order to participate in drafting format events. If a lap course is used lapped athletes will be allowed to finish, but may not draft off competitors who have already lapped them.

5.6 Seeding:

Mass start

5.7 Protests:

All protest shall be filed in accordance with the Western Canada Games Protest Procedures, which are attached and form an integral part of this technical package.

6. Scoring Procedures:

6.1 Individual Triathlon:

The winner in the competition will be the competitor with the best competition time in

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the competition. The top three competitors, male and female, are recognized and will receive medals.

Men and women will be ranked separately. In the individual events there are 36 scoring positions with points awarded for 1st through 36th. If an athlete does not finish or is disqualified, the athlete does not receive any points. 1st place will be awarded 100 points down to 65 points for 36th place.

Men and women will be ranked separately. In the individual events, points will be awarded to the top two competitors representing each province/territory as follows:

Position	Points	Position	Points	Position	Points
1 st	100	13 ^t	73	25 th	61
2 nd	97	14 ^t	72	26 th	60
3 rd	94	15 th	71	27 th	59
4 th	91	16 th	70	28 th	58
5 th	88	17 th	69	29 th	57
6 th	85	18 th	68	30 th	56
7 th	83	19 th	67	31 st	55
8 th	81	20 th	66	32 nd	54
9 th	79	21 st	65	33 rd	53
10 ^t	77	22 nd	64	34 th	52
11 ^t	75	23 rd	63	35 th	51
12 ^t	74	24 th	62	36 th	50

Only the top two athletes from each province/territory, male and female, are included in sport scoring so teams are not unduly penalized for potential technical problems.

6.2 2x Relay Team Triathlon:

In the 2x Relay Team Triathlon all two team members race in a relay format. Teams must pre-determine an order for their athletes to compete. The first competitor from each provincial/territorial team will complete the swim, bike and run course before tagging the second competitor. This continues until all two competitors have completed the course. If one competitor on a team is unable to continue the team is disqualified (no substitutions).

Where a province/territory does not have two 2x relay teams finish (without being disqualified), they will not be eligible for medals or points.

Where a province/territory has multiple 2x relay teams, the results of the top two provincial/territorial teams will be combined to form an overall provincial/territorial team result. Only the overall provincial/team results for each province/territory will be listed and eligible for medals. Medals will be presented to the top three overall provincial/territorial teams (male and female).

Men and women will be ranked separately. If a province/territory does not finish with a valid, overall provincial/team result (as defined above), the team does not receive any points for sport scoring. When the ranking of men's and women's

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teams has been established, team points for the Games flag will be awarded.

Position	Points	Position	Points
1 st	150	4 th	120
2 nd	140	5 th	110
3 rd	130	6 th	100

6.3 **Mixed Triathlon Relay Event:**

A mixed team is comprised of 2 athletes: 1 man and 1 woman, who will compete in the order woman, man. Teams must pre-determine an order for their athletes to compete. The first competitor from each provincial/territorial team will complete the swim bike and run course before tagging the second competitor. This continues until all two competitors have completed the course. If one competitor on a team is unable to continue the team is disqualified (no substitutions).

Where a province/territory does not have two mixed teams finish (without being disqualified), they will not be eligible for medals or points.

Where a province/territory has multiple mixed teams, the results of the top two provincial/territorial teams will be combined to form an overall provincial/territorial team result. Only the overall provincial/team results for each province/territory will be listed and eligible for medals. Medals will be presented to the top three overall provincial/territorial mixed teams.

If a province/territory does not finish with a valid, overall provincial/team result (as defined above), the team does not receive any points for sport scoring. When the ranking has been established, team points for sport scoring will be awarded as follows:

Position	Points	Position	Points
1 st	150	4 th	120
2 nd	140	5 th	110
3 rd	130	6 th	100

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7. Provincial/Territorial Ranking:

7.1 For an event to be eligible for Provincial/Territorial points, three (3) or more provinces/territories must participate.

7.2 Once the scoring procedure for the sport determines a winner, points for the aggregate award will be as follows:

1 st place - 14 points	4 th place - 8 points
2 nd place - 12 points	5 th place - 6 points
3 rd place - 10 points	6 th place - 4 points

Final Provincial point standings will be the total number of points after the scoring of the team competition. Men and women will be ranked together with the maximum number of points a province could receive is fourteen (14).

7.3 **Tie Breaking:**

If a tie occurs in an overall team standing between two provinces/territories, points will be combined and divided by two, i.e., 1st and 2nd tie – 14 points + 12 points divided by 2 = 13 points each.

8. Competitive Uniform:

8.1 In general, the ITU Uniform Rules will apply as described in Appendix F Uniform Rules subsections F1, F2, and F7.

8.1.1 Due to specifications for the Western Canada Summer Games (WCSG), the revisions detailed in this Technical Package Competitive Uniform section will apply.

8.1.2 References to the National Federation (NF) or country will equate to the WCSG Province or Territory Sport Organization (PSO/TSO).

8.2 **Purpose**

Provide a clean and professional image of our sport to local and national spectators and media in accordance with Western Canada Games commercialization policy.

8.3 **General Requirements**

8.3.1 These rules apply to uniforms worn during competition, including any outer wear for cold weather.

8.3.2 Provincial colors are to be worn by the competitors.

8.3.3 Athlete uniforms must be completely clean of any logos other than the manufacturer's logo. This overrides ITU Appendix F section F1 items 3.3, 3.4.d, and 7, and section F2. and section F7.

8.3.4 In Appendix F section F7, The uniform must be approved by the Technical Delegate no less than 60 days prior to the first event.

8.4 **PSO Logo**

8.4.1 The PSO logo may appear on the upper right shoulder (when wearing uniform), but is not a requirement.

8.4.2 The vertical height will be 5 cm.

8.4.3 The horizontal width will be 4 cm.

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8.5 **Manufacturer's Logo Space – Upper Left Front**

8.5.1 The space on the opposite shoulder from the PSO logo is for the manufacturer of the uniform. This must be the left-hand side (when wearing uniform)

8.5.2 The maximum height is 3cm.

8.5.3 The maximum total area is 15cm²

8.6 Uniform **Colors and Province/Territory Codes**

8.6.1 It is preferred that the uniform colors match the provincial colors. Deviations may be requested by the PSO/TSO to the Technical Delegate.

8.6.2 All team members must wear the same color of uniform.

8.6.3 The following Provincial/Territorial codes will be used:

AB – Alberta

SK – Saskatchewan

MB – Manitoba

YT – Yukon Territory

NU – Nunavut

NT – Northwest Territories

9. Medals:

9.1 Gold, silver and bronze awards will be presented to first, second and third place finishers, on an individual basis, for the sprint triathlon, team triathlon (4 members for each gender) and mixed relay event (4 members).

9.2 Medals: 14 gold 14 silver 14 bronze