

## 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.

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## 2019 WESTERN CANADA SUMMER GAMES

### 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 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	Triathlon Tech Liaison	Approved Sport Tech Committee
March 18, 2019	4.1 Revised Coaching Standards 8 Revised Entire Competitive Uniform Section.	Triathlon Tech Liaison	Approved Sport Tech Committee

## Summary of Denied Proposals of Change to Technical Package

Date	Proposal	Initiated By	Rational for proposal being denied

March 18, 2019

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1. Sport: **TRIATHLON**

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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
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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.

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4. Eligibility:

4.1 **Coaches:**

Any staff listed as coach on the official registration form must be at a minimum National Coaching Certification Program (NCCP) Comp Intro Trained or Comp Dev Trained. Alternatively, under the new Triathlon Canada Coaching Pathways being rolled out in 2019, it is acceptable for the coach to have achieved the Community Coach Pathway to at least Community Coach Trained, or achieved the Competition Coaching Pathway to at least Competition Coach In-Training.

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.
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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 **3x 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 and Course Familiarization Session

Day 2 – Female and Male Individual Triathlon

Day 3 – Course test / training

Day 4 – Female and Male 3x Team Relay Triathlon

Day 5 – Mixed Team Relay Triathlon

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

Start and transition positions will be pre-assigned to each province/territory based on a random draw. For example, if Alberta is drawn first, they will receive positions 1, 2 & 3 in transition and at the swim start for each of the three competitors on their team. A competitor's number will match their start and 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.

### 5.4.6 **Start and Transition Position for 3x Relay Team:**

Start and transition positions will be assigned to each province / territory based on the combined finish time of the two fastest athletes of the same gender from the individual event. For example, if Nunavut's two fastest men have the fastest combined time in the individual event, Nunavut will receive positions 1, 2 & 3 in transition and first choice at the swim start for the first team member. In the event of a tie of the combined time, the tie will be broken by a coin toss. A competitor's number from the individual event will continue to be used.

### 5.4.7 **Start and Transition Position for Mixed Team Relay:**

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Start and transition positions will be assigned to each province / territory based on the combined finish time of the two fastest men and two fastest women from the individual event. For example, if Yukon's two fastest men and two fastest women have the fastest combined time in the individual event, Yukon will receive positions 1, 2, 3 & 4 in transition and first choice of the swim start for the first team member. In the event of a tie of the combined time, the tie will be broken by a coin toss. 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.

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## 6. Scoring Procedures:

### 6.1 **Individual Triathlon:**

The winner in the competition will be the competitor with the best competition time in 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 21 scoring positions with points awarded for 1<sup>st</sup> through 21<sup>st</sup>. If an athlete does not finish or is disqualified, the athlete does not receive any points. 1<sup>st</sup> place will be awarded 100 points down to 65 points for 21<sup>st</sup> 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:

<b>Position</b>	<b>Points</b>	<b>Position</b>	<b>Points</b>	<b>Position</b>	<b>Points</b>
1 <sup>st</sup>	100	8 <sup>th</sup>	81	15 <sup>th</sup>	71
2 <sup>nd</sup>	97	9 <sup>th</sup>	79	16 <sup>th</sup>	70
3 <sup>rd</sup>	94	10 <sup>th</sup>	77	17 <sup>th</sup>	69
4 <sup>th</sup>	91	11 <sup>th</sup>	75	18 <sup>th</sup>	68
5 <sup>th</sup>	88	12 <sup>th</sup>	74	19 <sup>th</sup>	67
6 <sup>th</sup>	85	13 <sup>th</sup>	73	20 <sup>th</sup>	66
7 <sup>th</sup>	83	14 <sup>th</sup>	72	21 <sup>st</sup>	65

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

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problems.

## 6.2 **3x Relay Team Triathlon:**

In the 3x Relay Team Triathlon all three 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 three competitors have completed the course. If one competitor on a team is unable to continue the team is disqualified (no substitutions). Medals will be presented to the top three teams (male and female).

Men and women will be ranked separately. If a team does not finish or is disqualified, the team does not receive any points for sport scoring. When the ranking of men's and women's teams has been established, team points for the Games flag will be awarded.

<b>Position</b>	<b>Points</b>	<b>Position</b>	<b>Points</b>
1 <sup>st</sup>	150	5 <sup>th</sup>	110
2 <sup>nd</sup>	140	6 <sup>th</sup>	100
3 <sup>rd</sup>	130	7 <sup>th</sup>	90
4 <sup>th</sup>	120		

## 6.3 **Mixed Triathlon Relay Event:**

A team is comprised of 4 athletes: 2 men and 2 women, who will compete in the order woman, man, 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 four competitors have completed the course. If one competitor on a team is unable to continue the team is disqualified (no substitutions). Medals will be presented to the top three teams overall.

If a team does not finish or is disqualified, 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:

<b>Position</b>	<b>Points</b>	<b>Position</b>	<b>Points</b>
1 <sup>st</sup>	150	5 <sup>th</sup>	110
2 <sup>nd</sup>	140	6 <sup>th</sup>	100
3 <sup>rd</sup>	130	7 <sup>th</sup>	90
4 <sup>th</sup>	120		

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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 <sup>st</sup> place - 14 points	4 <sup>th</sup> place - 8 points
2 <sup>nd</sup> place - 12 points	5 <sup>th</sup> place - 6 points
3 <sup>rd</sup> place - 10 points	6 <sup>th</sup> place - 4 points
	7 <sup>th</sup> place - 2 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., 1<sup>st</sup> and 2<sup>nd</sup> tie – 14 points + 12 points divided by 2 = 13 points each.

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## 8. Competitive Uniform:

8.1 In general, the ITU Uniform Rules will apply as described in Appendix F Uniform Rules subsections except subsection F.4.

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.

### 8.2 Purpose

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

8.2.2 Establish a WCSG competitive uniform specification while being compatible with the ITU triathlon uniform specifications to allow the uniform to also be used in competitions other than the WCSG.

### 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. An exception to a team member being required to have a matching triathlon competition uniform colors may be considered under all the following conditions:

- must be a late-entry team member that, because of timing, cannot have their competition suit included in the original team order,
- would subsequently incur a substantial cost penalty for the late uniform order
- the competitive uniform must comply with all other requirements outlined in this section (including sponsor logo restrictions)
- the decision on allowing this exception will be at the discretion of the province's/territory's chef de mission and approval of the Technical Delegate.

8.3.3 Competitive uniform colours are at the discretion of the PSO while being distinctive from the other PSO uniforms. All team members must wear the same colour of uniform.



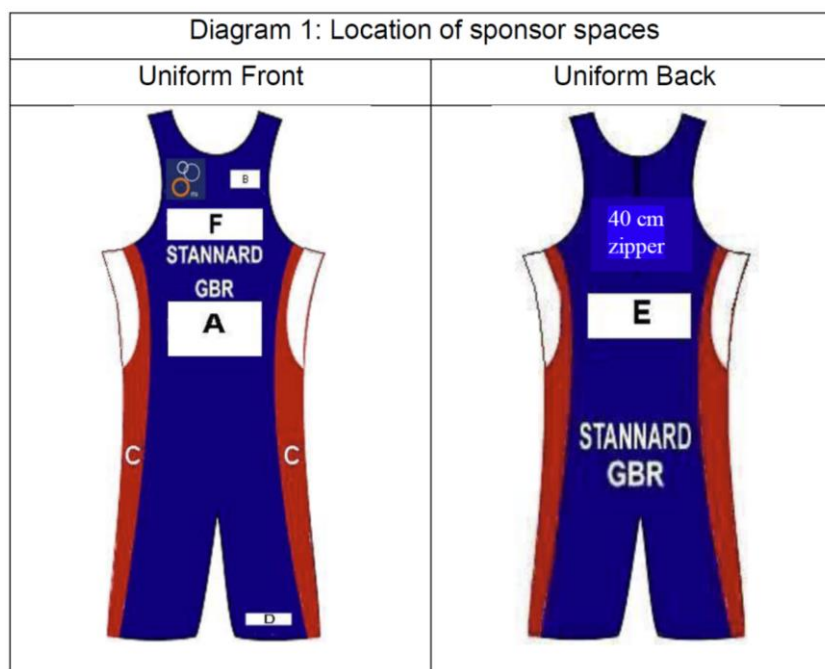
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8.3.4 Athlete competition uniforms must be completely clean of any logos other than the ITU logo, manufacturer's logo, and the provincial sport/triathlon PSO logo (see details below). This overrides ITU Appendix F sections 3.3.

8.3.5 The competition uniform must be approved by the Technical Delegate no less than 60 days prior to the first event.

### 8.4 Country Code

8.4.1 For the WCSG, all PSO competition uniforms will display the country code "CAN" and conform to the specifications provided in section F.6.



8.5 With reference to the ITU Uniform Rules section F.7 Sponsor Spaces indicated in Diagram 1 (above), and respecting the space allowance measurements described in the ITU Uniform Rules section F.7, the following will be allowed:

- Sponsor Space B is reserved for the manufacturer of the suit.
- Sponsor Space F and/or C is reserved for the logo of the triathlon PSO or the Games Provincial logo.
- All other Sponsor Spaces (A, B, D, E) are to remain unused.

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## 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 (3 members for each gender) and mixed relay event (4 members).

9.2 Medals:            12 gold                            12 silver                            12 bronze