



**2023 USAT Youth & Junior Development
Series Guide**

juniors@usatriathlon.org

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USAT Youth & Junior Development Series Events

The 2023 Series is comprised of the events listed below. Use the associated website link for each race to access details and registration. National Championship qualification information is located on page 5.

East Coast Triathlon Festival Innsbrook, Richmond, VA <i>*National Championship Qualifier</i> <i>Registration Opens: January 14, 2023 at 12:00pm EST</i>	https://livered.org/east-coast-triathlon-festival/	April 30, 2023
Pleasant Prairie Cup RecPlex, Pleasant Prairie, WI <i>*National Championship Qualifier</i> <i>*Registration Opens: January 14, 2023 at 1:00pm EST</i>	https://www.recplexonline.com/Events/triathlons/pleasant_prairie_cup	June 4, 2023
Jenny Lee Triathlon Cup Brady's Run Park, Beaver Falls, PA <i>*National Championship Qualifier</i> <i>*Registration Opens: January 14, 2023 at 2:00PM EST</i>	https://www.jennyleetri.com	June 17-18
Flatland Triathlon Cup Raccoon River Park, West Des Moines, IA <i>*National Championship Qualifier</i> <i>*Registration Opens: January 14, 2023 at 3:00pm EST</i>	http://www.flatlandtri.com	July 9
USAT Nationals Milwaukee, WI <i>*75 starting spots per gender Youth & Junior</i> <i>*60 4-Person Mixed Relay teams</i>	https://www.teamusa.org/USA-Triathlon/Events/National-Championships	August 4-6

Divisions and Distances

Youth: This division is open to athletes between the ages of 13-15 as of December 31, 2023. Athletes complete a super-sprint triathlon consisting of a 375m swim, 10k bike, and 2.5k run.

Junior: This division is open to athletes between the ages of 16-19 as of December 31, 2023. Athletes complete a sprint triathlon consisting of a 750m swim, 20k bike, and 5k run.

Division	Birth Years	Distances	Format
Youth Elite	2008, 2009, 2010	375m/10k/2.5k	Multi-lap; Draft-Legal
Junior Elite	2004, 2005, 2006, 2007	750m/20k/5k	Multi-lap; Draft-Legal

Registration

Registration for all Series events will begin on Saturday January 14 according to the times listed on page 3 for each event. Registration is first-come, first-served. Athletes can access event and registration information using the websites listed on page 3 for each event. **New in 2023, the field size for each event will be increased up to 90 athletes per age group and gender.** In order to accommodate athletes joining teams later in the season, the registration beginning on January 14th (“first registration”) will be capped at 75 for each gender and age group. Once those initial 75 spots are filled the first registration period will close. A second registration period for the remainder of the spots on the start line (up to 90 per gender and age group) will open approximately 45 days before each race, and will be clearly posted on each event registration page. Registration for the National Championship will follow each qualification event with a registration link and pass code provided by USAT to the qualified athletes via email.

First Registration for all races on January 14, 2023

East Coast Triathlon Festival – 1/14/2023 at 12:00pm EST

Pleasant Prairie Cup - 1/14/2023 at 1:00pm EST

Jenny Lee Triathlon Cup - 1/14/2023 at 2:00PM EST

Flatland Triathlon Cup - 1/14/2023 at 3:00pm EST

There will be no refunds for any Series events or the National Championships. In order to allow for space to open at sold out races and in the spirit of good sportsmanship and fair play among teams, USAT highly encourages prompt notification of scratches to juniors@usatriathlon.org.

Series Participation by Foreign Nationals

USAT welcomes participation in USAT Youth & Junior Development Series races by representatives of other National Federations provided space is available. Priority registration will be given to USA citizens. Foreign nationals may earn podium medals and prizes based on their finish position, but are not scored in the USAT Junior Development National Rankings. Athletes must purchase a USAT membership to compete (one-day or annual).

USAT may, at its discretion, offer solidarity invitations to non-U.S. athletes to participate in the Youth and Junior National Championship. Foreign athletes will not be recognized with national champion podium awards, but may receive general recognition for outstanding performances by the race announcer.

Specifically for Juniors who have raced in World Triathlon events - To be eligible for awards at USAT Nationals, an athlete must be either a U.S. citizen or a US national (visa/green card) having resided in the U.S. for at least three (3) years, and have NOT competed in a World Triathlon event under a non-U.S. flag. For example, if an athlete has dual citizenship and competed in a World Triathlon Junior Continental Cup under the Mexican flag, they are not eligible to also compete under the U.S. flag in competition, and thus ineligible for awards at the USA Triathlon National Championships.

Race Number Assignment and Starting Positions

New this season - all race numbers will be assigned by ranking. For the first race of the season (East Coast Triathlon Festival in Richmond), race numbers will be assigned based on the final 2022 season rankings as follows:

Junior

- Junior athletes with a 2022 Junior ranking
- Junior athletes with a 2022 Youth ranking
- All remaining athletes without a 2022 season ranking

Youth

- Youth athletes with a 2022 Youth ranking
- All remaining athletes without a 2022 season ranking

For all races after Richmond, numbering will go according to 2023 rankings only. If an athlete does not have a 2023 ranking they will be seeded randomly after all the 2023 ranked athletes.

Race numbers will be posted on the event website 48 hours prior to the start of the first race of the event. Athletes will be called to the start line by order of assigned race number and then immediately select their starting positions. Once the athlete has chosen his or her starting position, he or she may not move from it. Athletes must move straight forward to the water from the start line after hearing the starter's signal.

Mandatory Race Meeting and Competition Jury

Consistent with all World Triathlon format races, the Lead Official will provide a formal briefing on the Competition Rules at the mandatory Athlete Meeting **held one day prior to each event**. At the discretion of the race director this briefing may be done virtually. If the briefing is in person, it is important that you plan your travel to the race so that you can attend this required meeting. The location of the briefing will be clearly posted on each of the event webpages. The Lead Official will provide the names of the Competition Jury and procedures for filing protests at the meeting. All race-specific officiating concerns must be brought to the attention of the Lead Official **at the race venue**. General questions or concerns about the officiating of the series must be directed to USA Triathlon National Events promptly following the event, however, all protests must be filed onsite with the Lead Official by the athlete.

USAT National Championship Qualification

The USAT Junior Development Race Series serves as the pathway to gain the necessary skills and competence for draft-legal racing, and to qualify to compete in the draft-legal youth and junior races at the USAT National Championship in Milwaukee August 4-6, 2023. There are only 75 spots per gender in the respective divisions at Nationals (Youth male, Youth female, Junior male, Junior female), so competition for these spots is steep.

Athletes qualify to compete at the National Championship by meeting one of the following criteria at one of these events (the “Qualifiers”):

- a) Finish in the top 18 among Juniors and top 18 among Youths at the **2023 East Coast Triathlon Festival in Richmond***;
- b) Finish in the top 18 among Juniors and top 18 among Youths at the **2023 Pleasant Prairie Cup***;
- c) Finish in the top 18 among Juniors and top 18 among Youths at the **2023 Jenny Lee Triathlon Cup***; or,
- d) Finish in the top 18 among Juniors and top 18 among Youths at the **2023 Flatland Triathlon Cup***.

*Excluding athletes already qualified and/or athletes representing other National Federations (including Dual Citizens).

Spots earned are not held indefinitely and a registration deadline will be provided in the notification email sent to the email address provided at the time of registration for the Qualifier. If registration is not completed by the deadline provided the spot will be considered forfeit. Unclaimed spots will roll down to the 20th Junior finisher and the 20th Youth finisher in both male and female divisions (excluding athletes already qualified and/or athletes representing other National Federations) at each Qualifier. There are no roll downs at the Flatland Qualifier. An athlete receiving a roll down will be provided a registration deadline with his/her notice. **On the 10th day after each qualifier, any unclaimed spots become Wild Card spots.**

Any spots not claimed per these criteria will be reserved as Wild Card spots. To receive a Wild Card invitation, if the athlete does not have a recent record of accomplishment in U.S. draft-legal racing he/she must receive a written nomination attesting to his/her proficiency in the *Draft-Legal Competencies* listed later in this document from a High Performance Team coach or a member of USAT’s High Performance staff. Wild Card requests are reviewed by USAT High Performance staff on a rolling basis with invitations made accordingly at USAT staff discretion. An athlete receiving a Wild Card invitation will be provided a registration deadline with the invitation.

Athletes who qualify and claim a spot, but who later decide not to race, are expected to notify the USAT High Performance Development Coordinator immediately to allow of prompt reassignment of the spot. Send email to juniors@usatriathlon.org.

The results of a Qualifier will count even if the swim is cancelled. Should a Qualifier be cancelled and is not rescheduled to take place at least two weekends prior to Nationals, then the spots may be redistributed to the other Qualifiers, retroactively via roll downs, if necessary.

Mixed Relay Registration

There are 60 “team spots” available for the Mixed Relay at the USAT National Championships, accommodating participation by 240 athletes. **Each team must be comprised of two (2) females and two (2) males.** Athletes must be between the age of 13 and 19 as of December 31st of the competition year and have earned an individual qualification to the youth or junior draft-legal race at the USAT National Championships.

In order to afford as many USAT Junior Development High Performance Teams and Registered Clubs as possible with the opportunity to participate in the Mixed Relay there will be two (2) registration periods.

First Registration Period: Following the final Series race (Flatlands) - beginning Tuesday July 19 and ending Sunday July 23, USAT will allocate team spots as follows:

- **Priority #1:** All teams designated as a Junior Development High Performance Team will be given one team spot per every two (2) girls and two (2) boys who have individually qualified for Nationals
- **Priority #2:** All USAT registered Club teams will be given one slot per every two (2) girls and two (2) boys who have individually qualified for Nationals

From July 19-23, Junior Development High Performance Teams must claim their allocated team spots by completing Step 1 of the online registration process. Step 1 involves naming the team and paying for the spot. Spots not claimed by July 23 will revert to the pool of team spots available in the Second Registration Period. There are no refunds if withdrawing a team.

Second Registration Period: A google sheet will be created for any remaining athletes that want to be on a team or for any teams that need more athletes. All remaining teams must be registered by Friday August 28th. Available team spots may be claimed by registering online on a first-come, first-served basis.

Composite/Foreign Teams: The organization of composite teams is allowed, provided they are associated with a Junior Development HPT. The names of combined HPTs must be identifiable in the team name, such as “HPT Name Composite 1”. *Composite teams will not earn team points but will stand in results and can earn podiums.* Teams comprised of athletes representing other countries may enter the Mixed Relay either during the Second Registration Period or earlier at the discretion of the USAT High Performance Department to further USAT’s solidarity initiatives or enhance the quality of field, however, these results will not factor into results or earn a podium.

Maximum Number of Teams: Any single HPT may enter a maximum of five (5) team relay squads (20 athletes), unless the event is undersubscribed at the end of the Second Registration Period, in which case there will be no limit and spots can be claimed first-come, first-served. Composite teams will not count toward a team’s maximum.

Deadline for Setting Team Composition: Coaches must complete Step 2 of the registration process by entering the names of the relay team athletes in the online registration system – in the exact order of the relay – no later than five (5) days prior to the event weekend or risk forfeiting the team spot. The order by which each athlete completes the relay may be altered only when replacing an injured or ill athlete.

Injury/Illness Substitutions: Injury or illness substitutions must be delivered to the Event Organizer or his/her designee immediately after the finish of the final Youth or Junior competition of the day to assure that a change can be made in the timing system. Substitutions will be made at the sole discretion of the Event Organizer working with the Timer. Substitutes must have competed in the youth or junior draft-legal race at the 2023 USAT National Championships.

Numbering: Each mixed relay team will be assigned a random number for the purpose of calling up the first athlete to the start line and rack assignments in transition.

Awards, Individual & HPT National Ranking

USAT Youth and Junior Development Series Race Podium Awards

The top three male and female finishers at each Youth and Junior Development Series race, regardless of nationality, will receive podium medals provided by USA Triathlon. Event organizers may provide supplemental race awards at their discretion.

USAT Youth & Junior Development Series National Ranking

An athlete's National Ranking is determined by the sum of up to his/her **three (3) best scores at a USAT Youth & Junior Development Series race plus the National Championship** based on the Points Table shown on [Appendix A](#). *NEW FOR 2023* - Junior division athletes will be able to use ONE of the following race results if they are unable to participate in three (3) USAT Junior Development Series races to accommodate for international World Triathlon race opportunities and as long as the race has 40 or more participants and occurs prior to the 2023 USAT National Championships: 2023 World Triathlon Junior World Championship (Hamburg, Germany), 2023 Americas Triathlon Junior Americas Triathlon Championship (TBD), 2023 World Triathlon designated Continental Cups & Junior Continental Cups (worldwide). This race result will only be counted if an athlete is unable to compete in three (3) USAT Youth & Junior Development Series races. Points for substitution race will be the same as a Junior Development Series race, listed in [Appendix A](#).

For all Youth & Junior Developmental Series races and the USAT Nationals, points are awarded based on finish position against U.S. athletes in the field only. For example, if the first U.S. athlete finished 2nd to a Canadian athlete at the Jenny Lee Triathlon Cup, he or she would be awarded 1000 rankings points. ***For all other races***, points are awarded based on actual finish place irrespective of other U.S. athletes, age divisions or other international athletes. For example, if the first U.S. athlete finishes third at the World Triathlon Junior World Championships, she would earn 903 points toward her ranking, not 1000 points.

Only athletes representing the United States will receive a USAT Junior Development National Ranking. Dual-citizens competing in the Ranked Events must NOT have competed in a World Triathlon event under a non-U.S. flag (in accordance with World Triathlon rules) to be eligible for inclusion in the USAT Junior Development National Ranking.

USAT Youth & Junior Development Series Individual Championship

The 2023 season rankings will be finalized following the individual races the 2023 USAT National Championships. The top three male and female athletes, in both Youth and Junior divisions, will receive special recognition by USA Triathlon at the conclusion of the National Championships.

Any ties for the top three positions in the Series overall will be broken by comparison of head-to-head finishes in series events. If there are no head-to-head finishes to compare, the athlete who raced the final event – the national championship – and has the highest finish place wins. If neither athlete raced Nationals, the athlete with the fastest cumulative time wins. Ties at Series events will be broken by the times provided by the timer in the official results or by photographic evidence, if available. Only athletes representing the United States are eligible to score points and be ranked in the series.

USAT Youth & Junior Development High Performance Team Championship

Teams are ranked based on the **average of their top three (3) scoring athletes** in each race division of the draft-legal race the USAT National Championship (Youth male, Youth female, Junior male, Junior female) **PLUS their top finishing Mixed Relay team**. *NOTE – only Mixed Relay teams comprised of four (4) US athletes from the same team may earn points for their team*. Composite teams made up of athletes from more than one team will not earn points for any team. See [Appendix A](#) for the points table.

Competition Rules Summary

The USAT Youth & Junior Development Series is officiated by USAT National Technical Officials (NTO). NTO's apply international rules for draft-legal racing, as defined by World Triathlon:

https://www.triathlon.org/uploads/docs/World_Triathlon_Competition_Rules_2022_20220128.pdf

Athletes, coaches and parents must be familiar with the rules. Direct your questions about rules enforcement to USAT at paul.brandt@usatriathlon.org **not World Triathlon**.

Uniform Rules

To remove a potential financial barrier to participants new to developmental draft-legal racing, the USAT Youth & Junior Development Series does not require full compliance with the World Triathlon Junior Uniform Rule. The following elements of the Competition and Uniform Rules do apply:

- At all USAT Youth & Junior Development Series races, the athlete's torso must be covered from the start of the swim until the finish of the run - no midriff showing and the front zipper closed.
- At USAT Youth & Junior Development Series races, athletes are not required to have their last name and country code on their suit.
- At the USAT National Championships, athletes are highly encouraged to have their **last name** and **country code** on their suit. If and when applying one's name and country code, athletes must follow the layout and dimensions specified in the Uniforms Rules (see Appendix F of the World Triathlon Competition Rules http://www.triathlon.org/about/downloads/category/competition_rules).
- Rear zippered tri suits are highly recommended for male competitors. Female competitors may wear a one piece swim suit or a tri suit (with or without rear zipper).
- While logo dimensions and locations are not enforced in the USAT Youth & Junior Development Series as a way to reduce costs incurred when starting the sport, USAT highly recommends that athletes and teams use the World Triathlon Uniform Rules template when designing their suits. This may allow athletes to use the same suit at World Triathlon events officiated by World Triathlon Technical Officials. Not following these templates will require the purchase of a separate uniform for World Triathlon events.
- Athlete representing other National Federations must display their country code on their uniform (e.g. CAN, MEX, BER).
- number body marking decals may not be covered, except as allowed by World Triathlon Competition Race Rules.

Note: With respect to appropriate team uniforms, athletes have three options: (1) wear a uniform clearly identifying their team affiliation through unique logos and design; (2) wear a Team USA-provided uniform; or (3) wear a neutral, non-logo'd uniform. Athletes representing one team should not wear the uniform of another team or personal sponsor.

International Event Rules

Athletes planning to race a World Triathlon Event (e.g. Americas Triathlon Junior North Americas Championship, Junior Continental Cups, Continental Cups, Junior World Championship) are advised that their wheels must comply with World Triathlon Rule 5.2(e)(vi) and be on the current **UCI Wheel List**. Furthermore, athletes must comply with World Triathlon Rule 2.4(c) and Appendix Q requiring a pre-participation physical examination (PPE) that includes a 12-lead at rest electrocardiogram test. See <http://www.triathlon.org/about/downloads/category/medical> and the Junior page of the USAT website for instructions in certifying compliance to USAT. USAT cannot nominate a Junior athlete to participate in World Triathlon events without certification that the PPE has been satisfactorily completed.

SafeSport

USA Triathlon participates in the USOC's SafeSport program. SafeSport addresses the issues of child sexual abuse, bullying, hazing, harassment, and emotional, physical, and sexual abuse. These issues extend to online (cyber) behavior. All participants in the Series – athletes, coaches, parents, volunteers, and event organizers – are encouraged to take advantage of the free SafeSport training and resources offered by USOC. Participants are reminded that USAT's Competition Rules, as well as its Athlete Code of Conduct, address unacceptable conduct toward fellow USAT members on and off the field of play (including online). All athletes and coaches should review USAT's SafeSport policies and reporting procedures prior to the start of the season.

<https://www.teamusa.org/USA-Triathlon/USAT-for-Me/Clubs/SafeSport-Compliance>

US athletes competing in international events are required to complete the SafeSport training course and submit their certificate of completion prior to being nominated for the event. Email certificates to juniors@usatriathlon.org

USADA

USA Triathlon expects strict adherence by athletes participating in the Series with all anti-doping protocols. Participants in the Series may be subject to in-competition drug testing. Drug testing is routine at international junior competitions. Athletes, coaches and parents are encouraged to avail themselves of the resources provided by the U.S. Anti Doping Agency (<http://www.usada.org/>) and to clear all medications or supplements in advance of competition.

High Performance Teams

USAT-designated High Performance Teams are the backbone of our development of athletes across the country. In addition to providing in-person and remote coaching, HPTs are a conduit for information and advice. Current Roster: <https://www.teamusa.org/USA-Triathlon/Elite/Junior-Elite/Teams>

Qualifying for International Championships

U.S. junior athletes, ages 16 to 19, have the opportunity to earn starts at a number of international championships each year. USA Triathlon is responsible for selecting the athletes and naming them to the teams that represent the United States at these events. The official criteria to qualify for these events will be posted at www.usatriathlon.org/juniors as it becomes available.

Draft-Legal Competencies

Athletes seeking to compete in the Series should possess the following minimum knowledge and skills.

Knowledge Competencies: An athlete must be able to identify or describe –

- the multi-lap, draft-legal format, and race distances;
- the type of swim start and the start commands;
- the flow-through style transition and proper set-up of transition space;
- the rules applicable to draft-legal racing, including uniform and bicycle set-up;
- mount/dismount line rules in draft-legal racing;
- the requirement to attend the pre-race briefing and morning-of check-in;
- proper application of race number decals;
- age and skill-appropriate racing distances for youth and juniors;
- location of athlete development information on USAT website;
- USAT Athlete Code of Conduct;
- where to find USOPC SafeSport information; and,
- where to find anti-doping information (USADA).

Skill Competencies: An athlete must be able to –

- take his/her starting position on a WT-style start line without hesitation;
- perform a dive start from a pontoon (pool's edge) on starter's command;
- perform running beach entry/exit;
- set up his/her transition area and demonstrate correct use of rack and basket per World Triathlon;
- use elastic bands to secure cycling shoes;
- locate the mount/dismount lines/zones;
- handle bike while running at speed;
- perform flying mount and dismount (i.e. without stopping) and enter shoes;
- ride in single-file paceline and two and three-abreast;
- rotate positions within a paceline in race setting;
- use hand/signals to communicate within a paceline;
- use proper hand positions on the handlebars;
- apply proper cornering techniques at speed in a group;
- apply seated and standing climbing techniques;
- remove, drink, and replace water bottle while riding in a paceline;
- place bike on transition rack during T2;
- monitor the penalty board and serve penalties in the penalty box or transition; and,
- demonstrate competency in draft-legal rules while performing these skills.

Frequently Asked Questions

What is a Youth and Junior Development Cup? Youth and Junior Development Cups are USAT-designated, draft-legal triathlons organized exclusively for athletes between 13 and 19 years of age. Each year, USAT designates a small number of these events to serve as national-level racing opportunities. The purpose of these events is to prepare athletes for international competition and to prepare athletes to enter the elite ranks.

What does “draft-legal” mean? The term “draft-legal” refers to the competition rules that are followed in the World Triathlon/Olympic short-course triathlon format. During a draft-legal triathlon, athletes may ride their bike directly behind or in close proximity of other athletes to save energy or join in team tactics. This is often referred to as riding in a “pack” or “peloton.” Under USAT Age Group Competition Rules, being within the draft zone of another athlete on the bike would result in a penalty. Under international draft-legal competition rules, there is no penalty for drafting...in fact, it is encouraged. Drafting in this format of triathlon adds another dimension to race tactics and skill.

Where do I learn about international competition rules? The World Triathlon Competition Rules are at https://www.triathlon.org/uploads/docs/World_Triathlon_Competition_Rules_2022_20220128.pdf Because these rules are written more specifically for major international events, there are some rules or interpretations that may not be applicable or enforceable in developmental junior races. If you have a question about the rules, be sure to raise it with the Lead Official prior to your event.

What is the purpose of these types of events? Because the Junior, Collegiate Elite (FISU/NCAA), Under-23, and Armed Forces championships all are draft-legal triathlons, Youth and Junior Development Cups provide America’s young athletes an opportunity to develop the skills and experience necessary for international-caliber racing as they progress through the development pipeline. They also serve as a stepping-stone toward becoming an elite/professional triathlete competing in the World Triathlon Series or even the Olympic Games.

What are the race distances and format? A Youth Development Series race is comprised of a 375 meter swim, a 10 kilometer bike, and a 2.5 kilometer run. Junior Development Series races are comprised of a 750 meter swim, 20 kilometer bike, and a 5 kilometer run. The swim starts from either a platform (dive from a floating pontoon, pier, or riverwalk) or a beach start. An in-water start may be used where no other suitable option is available. The bike course is typically multi-lap (e.g. 4 x 5k). The run is also multi-lap (e.g. 2 x 2.5k). As with any triathlon, distances may vary slightly from venue to venue.

Why are these races so short? I thought triathlon was an endurance event? The distances for Junior Development Cups mirror that of the World Triathlon Junior World Championship and the Youth Olympic Games. Since Junior Development Cups combine the usual elements of a sprint triathlon with the dynamics and required skill level of draft-legal racing, reasonably short distances are most advisable. At age 13 or 14, an athlete is transitioning from the very short Youth distance races to the dynamics of draft-legal racing. Physiologically, these athletes are in a very dynamic stage of development where coordination, balance and an athlete’s center of gravity are changing rapidly. The Youth events provide a safe, age-appropriate distance upon which to build a foundation for success in the junior ranks.

How old must I be to compete? For Youth, eligible racing ages are 13, 14, or 15 years old as of December 31st of the competition year. For Junior, eligible racing ages are 16, 17, 18, or 19 years old as of December 31st of the competition year.

May I “race up” a division? No. Athletes must compete according to their age as of December 31st of the competition year. For example, a 12 year old who does not turn 13 by December 31st may not compete in a Youth Cup. Likewise, a 15 year old who does not turn 16 by December 31st may not compete in a Junior Cup. In the same spirit, an older athlete may not “race down” a division.

What is a High Performance Team? USAT has recognized a number of developmentally-focused teams around the country as USAT High Performance Teams. These teams are led by experienced junior development coaches and share a common mission with USAT’s High Performance Department: *identify, recruit, develop and support rising talent in the practice of elite-level triathlon*. HPTs focus their seasons around the USAT Junior Development Series and qualifying athletes for international competition. If you are interested in learning more about USAT High Performance Teams, visit <https://www.teamusa.org/USA-Triathlon/Elite/Development/Teams>

Do I need to be on a High Performance Team to compete? No. While there are many development teams that focus on preparing Youth and Junior athletes, being a member of such a team is not required in order to compete at a Youth or Junior Development Series race.

How do I register for these events? Registration is handled separately by each race director. Because many Youth and Junior Development Cups are held in conjunction with age group races, be certain you are registering for the Youth Development Cup (13-15) or Junior Development Cup (16-19) event. Use the website link on page 4 of this document to locate registration instructions.

Do I need to be a USAT member to compete? Yes. Because the Junior Development Series is a pathway to selection for international championship teams, USAT’s High Performance Department expects all participants in the series to be annual members. Junior athletes may hold a USAT Elite License and still compete in the Series.

What type of bike do I need in order to participate? For Youth and Junior Development Cups, you must ride a “traditional road bike,” as opposed to a “tri bike,” “time trial bike,” or “mountain bike.” For exact specifications, please consult sections 5.2 of the World Triathlon Competition Rules (referenced above). Any exceptions to these rules will be briefed by the Lead Official prior to each race.

Does that mean I need to own two bikes? Certainly not. A few minor modifications to your “traditional road bike” will make it race-ready for any non-drafting triathlon. A road bike will provide the versatility to do both styles of triathlon at the lowest cost.

Can I use aerobars on my bike? **No. No aero bars of any style are allowed to be used during draft-legal races.**

What is the “no bare torso” rule? An athlete must have his/her torso (upper body) covered for the full duration of the race...from swim start to run finish. Many male athletes choose to compete in a form-fitting tri-suit that does not inhibit their swim stroke and is hydrodynamic. This rule is strictly enforced.

Should I put my name on my race suit? The Junior Development Series is a talent identification program for USAT. The best way for our talent scouts to learn who you are while you are racing is to put your name on the front and back of your suit. Please review the competition rules section for specific guidance on race uniforms.

Why is there a mandatory pre-race meeting? The mandatory pre-race meeting is necessary to inform athletes of the competition rules and course specifics. This meeting may be held in-person or virtually, at the discretion of the race director. Given the developmental nature of these events, these meetings serve as a critical part of the educational process.

How long are these mandatory meetings? Approximately 45 minutes.

Are wetsuits allowed? Yes, provided the water temperature is below 20° C (approximately 68F). Variations in this limit may be enforced by the Lead Official depending ratio of water-to-air temperature. If the water temperature is at or below 22°C and the air temperature is at or below 15° C (approximately 59° F) an adjusted value will be used to decrease the measured water temperature according to World Triathlon Competition Rules.

Are three-person relay teams allowed to compete? No. All participants must do the swim, bike and run.

May parents assist their children in the transition area? No. Parents and coaches are never allowed inside the transition area before, during, or after the event.

Where can I watch video of this style of racing? The World offers a collection of recent event videos on its Multimedia page at www.triathlon.org.

Where can I get coaching for this type of racing? One of the best places to learn the art of draft-legal triathlon is by joining a High Performance Team or working with a skilled USAT Certified Coach.

THIS DOCUMENT IS SUBJECT TO CHANGE

Links

World Triathlon (WT)

www.triathlon.org

USA Triathlon (USAT)

www.usatriathlon.org

USA Triathlon Development Webpage

<https://www.teamusa.org/usa-triathlon/elite/development>

USA Triathlon High School Program

<https://www.teamusa.org/USA-Triathlon/About/Multisport/High-School-Program>

USA Triathlon Collegiate Clubs

<https://www.teamusa.org/USA-Triathlon/USAT-for-Me/Clubs/Collegiate-Clubs>

Womens NCAA Triathlon

<https://www.teamusa.org/usa-triathlon/about/multisport/ncaa-triathlon>

UCI Approved Wheel List

<https://www.uci.org/equipment/bh2JJzw1eB0n876rX2iB1>

APPEXDIX A

Points Table for Calculating Junior Development National Ranking

Place	Nationals	Jr Dev Series
1	1250	1000
2	1188	950
3	1128	903
4	1072	857
5	1018	815
6	967	774
7	919	735
8	873	698
9	829	663
10	788	630
11	748	599
12	711	569
13	675	540
14	642	513
15	610	488
16	579	463
17	550	440
18	523	418
19	497	397
20	472	377
21	448	358
22	426	341
23	404	324
24	384	307
25	365	292
26	347	277
27	329	264
28	313	250
29	297	238
30	282	226
31	268	215
32	255	204
33	242	194
34	230	184
35	219	175
36	208	166
37	197	158

Place	Nationals	Jr Dev Series
38	187	150
39	178	142
40	169	135
41	161	129
42	153	122
43	145	116
44	138	110
45	131	105
46	124	99
47	118	94
48	112	90
49	107	85
50	101	81
51	96	77
52	91	73
53	87	69
54	82	66
55	78	63
56	74	60
57	71	57
58	67	54
59	64	51
60	61	48
61	58	46
62	55	44
63	52	42
64	49	39
65	47	38
66	45	36
67	42	34
68	40	32
69	38	31
70	36	29
71	34	28
72	33	26
73	31	25
74	30	24
75	28	22

5% drop off