



TRIATHLON IRELAND SUPER SERIES ATHLETE GUIDE 2017

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Dear Athlete,
Welcome to the third season of the Triathlon Ireland Super Series.

The Super Series is a really big part of the development of our domestic racing scene, our top athletes and the sport in Ireland. It provides an opportunity for draft legal, top end, head to head racing.

The series has given us some fantastic racing and has the promise to be so much better. Triathlon Ireland is delighted to announce Cat 2 - a new category of triathlete to participate in the Super Series alongside Cat1 athletes.

Cat2 athletes are eligible to score points in the Triathlon Ireland National Series while also competing in the Super Series.

2017 will provide some high quality events in fantastic locations and we hope to make the athlete experience better.

We have made all the Super Series events draft legal sprint distance with now a separate standard distance championships and I believe we will have some fantastic racing.

We are particularly keen to develop the women's racing - I firmly believe that we have some talented females in the Cat 1 division and would encourage all of you to get involved.

Congratulations once again on your qualification and we wish you a fantastic 2017 season's racing.

Kind regards
Chris Kitchen
CEO Triathlon Ireland

2017 SUPER SERIES OVERVIEW



The Triathlon Ireland (TI) Super Series consists of five events, one of which is assigned the Sprint National Championship. All five events are draft legal and ITU rules for AG draft legal bike set up will apply.

Triathlon Ireland launched the Super Series in 2015, modelled on the British Super Series, French GP Series and USAT Super Series and thanks to the support of athletes, clubs and race organisers it was a fantastic spectacle during its first year.

The series caters for the top male and female athletes in the country providing the most competitive environment for athletes to race head to head. These athletes are known as Category 1 athletes.

As part of our commitment to constantly improve domestic competition, Triathlon Ireland is launching a new Category 2 initiative for the 2017 Super Series. Category 2 (Cat 2) is an athlete classification that will allow National Series athletes compete in existing Super Series events without having to forgo their National Series status or points.

2017 SUPER SERIES RACES

ROUND 1 / Lough Cutra Castle Triathlon / May 27th

ROUND 2 / Firmus City of Derry Triathlon (NC) / June 11th

ROUND 3 / Two Provinces Triathlon / July 15th

ROUND 4 / Dublin City Triathlon / August 27th

ROUND 5 / Pulse Port Beach Triathlon / September 9th



SELECTION CRITERIA - CAT1

Criteria	Male Placing	Female Placing
Percentage of winners time as used by ITU for points scoring	ITU for points scoring +5%	ITU for points scoring +8%
High Performance Development Team		
Pro Licence Holders		
Assessed Applications		
Selected National Federation Programme Athletes		

SELECTION CRITERIA - CAT2

Criteria	Male Placing	Female Placing
2016 Sprint National Championships	Top 20	Top 10
2016 Standard National Championships		
2016 Vodafone National Series Overall		
Assessed Applications		
Selected National Federation Programme Athletes		



SCORING

2017

Individual Super Series Scoring

Super Series scoring for both Cat1 and Cat2 will be based off an athlete's three best results.

A separate points table will be maintained for Cat 1 and Cat 2 athletes.

1000 points will be awarded to the best Cat 1 and best Cat 2 athlete in the Sprint National Championships.

700 points will be awarded for the best Cat 1 and best Cat 2 athlete in every other race.

Scoring for the second and subsequent positions will be based on a 7.5% reduction per position from the best Cat 1 and best Cat 2 athlete respectively.

Club Super Series Scoring

The Club Super Series will be scored separately and will be based on a club's top three athletes with at least one male and one female per team.

Athletes will be allocated points by finishing position in each race with regardless of Cat 1 or Cat 2 status. The club series will be a running calculation and published after each Super Series event.



National Championship Super Series Prize Fund

€2,550 cash minimum monetary prize fund, see table below for breakdown or prize money.

National Championship Super Series Prize Fund - €2550		
Placing	Male	Female
1st Place	€467	€467
2nd Place	€361	€361
3d Place	€234	€234
4th Place	€128	€128
5th Place	€85	€85

Non National Championships Super Series Prize Fund

€1,700 cash minimum monetary prize fund to be distributed among Super Series athletes, equally among top 5 male and top 5 female competitors. See table below for breakdown.

Placing	Male	Female
1st Place	30% = €255	30% = €255
2nd Place	25% = €212	25% = €212
3d Place	20% = €170	20% = €170
4th Place	15% = €128	15% = €128
5th Place	10% = €85	10% = €85



Cat2 Prizes

Cat1 and Cat2 athletes are competing for the overall Super Series prize fund on the day of the event.

Eg If a Cat2 athlete places ahead of a Cat1 athlete they can claim the prize money as per the above table.

Cat2 will be also be awarded separate prizes on the day, both top three male and female; this will coincide with the age group prizes. Please refer to the table below.

Category 2 overall prizes will be awarded at the Triathlon Ireland Annual Awards.

Category 2 Event Prizes		
Placing	Male	Female
1st Place	As per NS Age Group Prize	As per NS Age Group Prize
2nd Place	As per NS Age Group Prize	As per NS Age Group Prize
3d Place	As per NS Age Group Prize	As per NS Age Group Prize



PRIZES

2017

National Series Prizes

Cat2 athletes are eligible for all prizes and points in the National Series.

Cat 1 athletes are not eligible to score points in the National Series.

Cat1 athletes are eligible for overall and age group prizes while competing on the day in a National Series event however they are not eligible for end of season Triathlon Ireland award age group prizes.

The 2017 Standard and Middle Distance National Championships are standalone championships but also form part of the 2017 National Series. This will allow all Super Series and Age Group athletes race head to head for the titles. While Cat 2 athletes will be eligible to score National Series points in these races, Cat1 athletes will not.

Non National Series Prizes

Cat1 and Cat 2 athletes are eligible for all prizes and age group prizes in all non-National Series events.



Automatic Qualification

As a Cat1 or Cat2 athlete you automatically qualify to represent Ireland at any ITU/ETU Age Group Championship event. For more information please contact selection@triathlonireland.com or visit: <http://www.triathlonireland.com/Participation/Age-Group-Selection/>

Registration for Events

In 2017 there will be 100 male and 70 female places reserved for Super Series competitors, these places are only reserved for Cat 1 & Cat 2 athletes.

Places have been reserved in each race to ensure all Cat 1 & Cat 2 athletes have an opportunity to register in advance of the event. Each race will have a dedicated entry system through the Triathlon Ireland website separate to Age Group entrants to allow consistent timing and race entry lists to be obtained.

Registration must be complete before the cut off dates which are emailed through correspondence from events@triathlonireland.com

If a Super Series competitor cannot attend an event they have registered for, it is the responsibility of the athlete to inform the Triathlon Ireland office to ensure their place can be released.

Transferring or swapping of entries risks that the insurance will be voided or subject to limitations and conditions.

Any participants and other involved individuals who are found to have swapped their entries will be disqualified unless approved by the event organiser



To be eligible you must hold a current Triathlon Ireland race licence or a race licence for any National Federation. You must be prepared to show your up to date membership card at any of the events upon the request of the event organiser. There is a specific Category 1 race licence, which is gold for 2017. A new membership card for Cat 2 will be introduced in 2018.

Please upload a passport photo of yourself while following the passport guidelines here for acceptable photos. This can be uploaded through your Triathlon Ireland membership account and select "Upload a document" function.

Clean Green Sport

For your Cat 1 Super Series points to be valid in 2017, you must complete the Real Winner online certificate before the third Super Series Event on 15th July 2017. Athletes who do not complete the Real Winner online certificate by this date will be allowed to continue racing but their points will not be valid towards the competition.

(Athletes who completed the certificate previously do not need to do this again)

Click to Complete: [cleangreensport e-learning course](#).

Any Anti-Doping questions can be directed to mary@triathlonireland.com, 01 2741032 or 0833575348

Race Briefings

All Super Series competitors will receive a separate race briefing 1 hr before the start of their event. Failure to show will result in that competitor being disqualified and removed from the start line.

If a competitor informs the race organiser or TO before the Super Series race briefing that they are unable to make the start line due to unforeseen circumstances then TI will review the above rulings.



Race Day

Only CAT 1 & CAT 2 athletes are eligible to race the Super Series.

Super Series competitors MUST have their race number clearly displayed on their swim hats, they MUST be body marked (race number) and their race number should be clearly visible on their back and front during the cycle and run section of the event. This is the responsibility of the athlete.

Super Series competitors are not permitted the use of disc brakes on their bikes during a draft legal event.

Time Trial bikes are not permitted. Please refer to bike setup in section 8.

Competitors are reminded that it is their responsibility to know the competition rules of the race they are taking part in, and this extends to ensuring your bike setup conforms to the rules.

Compliance with the bike setup rules should be checked well in advance of competition, and not left to the day of the race.

Please note competition rules are the ITU rules.

Cameras & Video Cameras

Any equipment or devices carried during the bike segment or added to the bike are subject to approval by the Chief Technical Official before the race. Non approved devices are forbidden and may result in the disqualification of the athlete. 7.1.2) For cameras and video cameras, in addition to requiring approval from the Chief Technical Official, all the images and footage must be submitted to TI. The use of those images for commercial purpose is subject to approval by TI.

Images

Permission and consent to the taking and use of photographs and/or video footage in which you the athlete feature at sporting events, the athlete understands that these may be used in the promotion of the activities of Triathlon Ireland and related companies, clubs, societies and selected third parties.

These photographs will only be used in keeping with Triathlon Ireland Safeguarding Code's "Guidelines on use of Photographic and Filming Equipment" which is available at www.triathlonireland.com.



Draft Legal - Bike Set Up

Frames

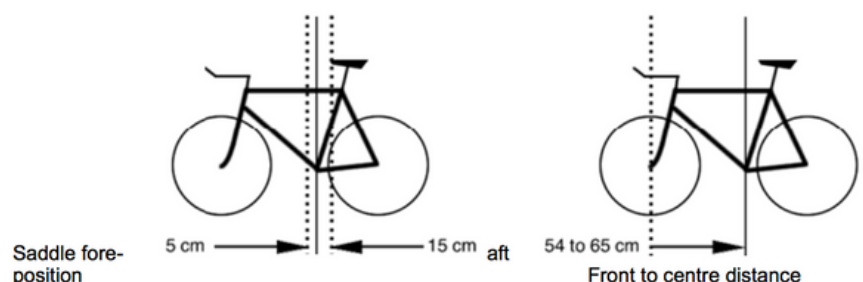
The basis for these rules is the same as Cycle Road Racing, therefore Time Trial bikes are not permitted.

Often, time trial bikes are easily identifiable as the model description is described as xxxTT as opposed to a road race bike xxxR.

ITU Rules – 5.2 b). These rules provide further details on what constitutes legal bike frames.

The frame of the bike shall be of a traditional pattern, i.e., built around a closed frame of straight or tapered tubular elements, (which may be round, oval, flattened, teardrop shaped or otherwise in cross-section)

ITEM	Min. DIMENSIONS	Max DIMENSIONS
Bike size (long)		185 cm
Bike width		50 cm
Ground to chain axel	24 cm	30 cm
Front wheel axel to chain axel	54 cm	65 cm
Saddle Fore-Aft position (measured from the centre of chain axel)	5 cm (in front of vertical line)	15 cm (behind vertical line)
Wheel diameter	55 cm	70 cm
Brake pad surface		25 mm
Handlebar --- high point to lowest point		10 cm





Wheels

ITU wheel rules mean that legal wheels fall into two general categories, standard wheels and nonstandard wheels. In summary, they are defined as follows:

- Brake on each wheel
- Competitors are not permitted the use of disc brakes on their bikes during a draft legal event
- Wheels must be of equal diameter
- Wheels must have at least 12 metal spokes
- Spokes can be round, flattened or oval (but must not exceed 10 mm)
- Max. rim width dimensions will be 25 mm (this is the area where the brake pads make contact)

Handlebars

- Only traditional drop handlebars are permitted
- Clip on bars are not permitted
- Bars must be plugged
- No water bottle holders on the handlebars

Saddles

There will be a vertical line touching the front-most point of the saddle, which will be no less than 5 centimetres for the men and 2 centimetres for the women, behind a vertical line passing through the centre of the chain wheel axle, and an athlete must not have the capability of adjusting the saddle beyond these lines during competition.



Appeals Procedure

If you are unhappy with a decision made by the Triathlon Ireland concerning your entitlement to race as a Cat1 or Cat2 athlete, you have the right of appeal to the decision.

Please note: If you wish to appeal a decision made, you have 14 days from the date of the decision to lodge the appeal.

You can appeal by sending an email to events@triathlonireland.com setting out the grounds of the appeal.

NOTE: It is important that you set out your case fully and provide grounds for the appeal.

DISCLAIMER

The information contained within the document is believed to be correct at the time of publication. Every effort has been made to ensure the accuracy of the information. The rules referenced within this document were correct at the time of publication, however Triathlon Ireland cannot guarantee that the rules published by the ITU or UCI will not change without notice and potentially affect the accuracy of the guidance of provided by this document. Publication date – April 2017