



# TRIATHLON IRELAND SUPER SERIES ATHLETE GUIDE 2018

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Dear Athlete,

Welcome to the fourth season of the Triathlon Ireland Super Series.

The Super Series is an integral 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. 2017 saw some fantastic performances, with Ailbhe Carroll and Alastair Rogers both taking the overall title in the women's and men's series respectively.

Last season also saw the introduction of Cat 2 racing, offering top age groupers the opportunity to race in the draft legal format, while retaining the ability to compete in the National Series.

2018 promises to be another exciting season for the Super Series, as some of our top Cat 2 Juniors from 2017 now move in to Cat 1 and aim to make their mark at the top level of triathlon racing in Ireland.

One of the key priorities of Triathlon Ireland is to protect the integrity of the Super Series and our sport as a whole through the promotion of Clean Sport.

The World Anti Doping Code continues to be the cornerstone of the the world wide fight against doping in Sport. In Ireland, this code is reflected in the Irish Anti Doping Rules and implemented by Sport Ireland. Sport Ireland conducted 989 tests in 2017 with 21 of these tests conducted on triathletes.

Triathlon Ireland strives to promote clean sport through a process of communication and education for all athletes and coaches.

In a step towards achieving this, Triathlon Ireland asks that Super Series athletes complete the Sport Ireland online Anti Doping module and would encourage both athletes and coaches of all levels to seek advice with any concerns or questions from the TI Anti Doping Officer.

We want to be leaders in clean sport and your action to fulfil our requirements will be a positive statement for Triathlon in Ireland and thank you for your time to ensure compliance.

Congratulations once again on your qualification and we wish you a fantastic 2018 season's racing.

Kind Regards,



Chris Kitchen  
CEO Triathlon Ireland



## 2017 SUPER SERIES

\*Lough Cutra Castle Triathlon\*Firmus City of Derry Triathlon\*Two Provinces Triathlon\*Vodafone Dublin City Triathlon\*Pulse Port Beach Triathlon

# 104

**Athletes raced at least one Super Series race in 2017.**

19.5%



**That's a 19.5% increase on the number of athletes that raced in 2016 and a 108% increase on 2015.**

# 42

**Athletes raced both the 2017 & 2016 Super Series.**

# 55

**Athletes competed in the Super Series for the first time in 2017.**

## Cat 1 / 2 Breakdown



**Men**



**Women**

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## REGISTRATION FOR EVENTS

Registration for all Super Series events are done through the Triathlon Ireland Race Calendar. Super Series races are listed on the Triathlon Ireland calendar as 'Super Series....name of event'.

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 groups to allow consistent timing and race entry lists to be obtained.

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.

## 2018 SUPER SERIES RACES

**ROUND 1** / Lough Cutra Castle Triathlon / Standard Distance / May 26th

**ROUND 2** / Two Provinces Triathlon / Sprint Distance / July 14th

**ROUND 3** / Mourne Triathlon / Sprint Distance / August 25th

**ROUND 4** / Dublin City Triathlon (NC) / Sprint Distance / September 8th

**ROUND 5** / Pulse Port Beach Triathlon / Sprint Distance / September 22nd



# RULES

## MANDATORY RULES

To be eligible for prize money and scoring points 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 (Gold) and Category 2 (Gold & Green) race licence.

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.

For your Super Series points to be valid in 2018, you must complete the Sport Ireland anti doping certificate before the first Super Series Event on 26th May 2018.

Athletes who do not complete the Sport Ireland anti doping certificate will be allowed to continue racing but their points will not be valid towards the competition.

(Athletes who completed the certificate within the last three years do not need to do this again)

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

Any Anti-Doping questions can be directed to [niamh@triathlonireland.com](mailto:niamh@triathlonireland.com), 01 2741032.

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

Super Series competitors MUST display the provided race number body tattoos in the designated areas and the provided race numbers 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.





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 and the Triathlon Ireland derogation sheet.

## **ATHLETE BRIEFING AT SUPER SERIES EVENTS**

All athletes competing in the Super Series will receive a separate race briefing one hour before the start of their event.

Failure to attend the briefing without notifying a technical official; will result in that competitor being disqualified and removed from the start line.

If competitor is late or had advised they will not be at briefing, they will receive a delayed start, according to the time penalty applicable to the specific distance.

Sprint Distance Delayed Start Penalty – 10 seconds

Standard Distance Delayed Start Penalty – 15 seconds

Please refer and comply to the ITU Competition Rules and the Triathlon Ireland derogation sheet.



## INDIVIDUAL SUPER SERIES SCORING

Super Series Scoring will be based off an athlete's best 3 results overall with 1000 points on offer for the winner of the Sprint National Championship and 700 for the winner of another Super Series event.

Scoring for the second and subsequent positions will be based on a 7.5% reduction per position.

## CLUB SUPER SERIES SCORING

The Club Super Series is based on a club's top three athletes in total with a mix of both two males and one female or vice versa. The teams are allocated points by each athlete's finishing position.

The athletes with the greatest number of points will be awarded the Super Series overall winner titles at the Triathlon Ireland Annual Awards.

- a) Cat 1 athletes are only eligible to score points in the Super Series.
- b) Cat 1 athletes are not eligible to score points in a BMW National Series event but can win overall and age Group prizes at any BMW National Series event.
- c) If a Cat 1 athlete wins the overall race at a BMW National Series event, National Series points are awarded to the next placed eligible Cat 2 or Age Group athlete.
- d) Cat 2 athletes are eligible to score points in the BMW National Series and can earn points in the Super Series which are recorded in the Cat 2 points table.
- e) The Super Series and BMW National Series are separate competitions. Points earned in one competition do not carry across to the other competition.
- f) Pre-approved athletes from other ITU National Federations competing in a Super Series events are eligible to score points in the Super Series and are eligible to win the overall prizes.





## SUPER SERIES PRIZE FUND (PER RACE)

€1700 cash minimum monetary prize fund to be distributed among Super Series athletes, equally among top five male and top five female competitors. See table below for breakdown.

Placing	Male	Female
1st Place	30% = €255	30% = €255
2nd Place	25% = €212.50	25% = €212.50
3d Place	20% = €170	20% = €170
4th Place	15% = €127.50	15% = €127.50
5th Place	10% = €85	10% = €85

## SUPER SERIES PRIZE FUND - NATIONAL CHAMPIONSHIPS

€2,550 cash minimum monetary prize fund.

National Championship Super Series Prize Fund - €2550		
Placing	Male	Female
1st Place	30% = €382.50	30% = €382.50
2nd Place	25% = €318.75	25% = €318.75
3d Place	20% = €255	20% = €255
4th Place	15% = €191.25	15% = €191.25
5th Place	10% = €127.50	10% = €127.50





## CAT 2 PRIZES

Cat 1 and Cat 2 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 Cat 1 athlete in any position they can claim the prize money as per the above table.

Cat 2 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



## BMW NATIONAL SERIES PRIZES FOR SUPER SERIES ATHLETES

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

Cat 1 athletes are eligible for overall and age group prizes while competing on the day in a BMW National Series event however are not eligible for end of season Triathlon Ireland award age group prizes.

The 2018 Standard Distance National Championship is a stand-alone Championship but will be also form part of the BMW National Series. This will allow all Super Series and Age Group athletes race head to head for the BMW National Series title. Cat1 athletes will not be awarded points for this event.

Cat 2 athletes are eligible for all prizes as normal in the BMW National Series and the Standard Distance National Championships.

## NON BMW NATIONAL SERIES PRIZES

Super Series athletes are eligible for all prizes and age group prizes on the day of the event.





## PROMOTION RELEGATION BETWEEN CAT 1 AND CAT 2

At the end of each season, an automatic relegation/promotion shall take place according to the following formula:

1. The top 15 male and top 10 female Super Series athletes (as per a combined Cat 1 and Cat 2 points table) will become/remain Cat 1 athletes.
2. All other Super Series athletes will become or remain Cat 2 athletes (ie Cat 1 athletes outside the top 15 men or top 10 women on the combined points table will be relegated).
3. The top 20 male and 10 female National Series athletes will be promoted to Cat 2 status.
4. There is currently no relegation from Cat 2 status. However such a system may be implemented in future years.

## SUPER SERIES PRIZE FUND 2018 - TRIATHLON IRELAND ANNUAL AWARDS

Triathlon Ireland will be awarding cash prizes to the top men and top women for the overall standings at the conclusion of the Super Series. This will be confirmed and the Annual Awards and will be transferred to your allocated bank account on conclusion of the Annual Awards.

Male and female athletes will earn equal prize money. The amounts below are for each male and female athlete.

### SUPER SERIES CAT 1 €3,700 PRIZE FUND

- 1ST €800
- 2ND €600
- 3RD €450

### SUPER SERIES CAT 2 €1,300 PRIZE FUND

- 1ST €300
- 2ND €200
- 3RD €150

## 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](mailto:selection@triathlonireland.com) or visit: <http://www.triathlonireland.com/Get-Involved/Age-Group-Selection/>

## PHOTOGRAPHY

### Cameras & Video Cameras

Any equipment or devices carried during the bike segment or added to the bike are subject to approval by the Technical Delegate before the race. Non approved devices are forbidden and may result in the disqualification of the athlete.

For cameras and video cameras, in addition to requiring approval from the Technical Delegate, all the images and footage must be submitted to TI. The use of those images for commercial purpose is subject to approval by TI.

## DRAFT LEGAL - BIKE SET UP

Please refer to age group race in the ITU rules and the Triathlon Ireland derogation sheet.

## RACE WAVES

For the draft legal events, CAT 1 & CAT 2 male will start first followed by CAT 1 & CAT 2 female.  
ITU rules

## APPEALS PROCEDURE

If you are unhappy with a decision made by the Triathlon Ireland concerning your entitlement to race as a Category 1 or Category 2 athlete, you have the right of appeal to the decision.

How do I appeal?

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](mailto:events@triathlonireland.com) setting out the grounds of the appeal. 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 2018*