



SELECTION FOR EVENTS

ELITE & u23
2025

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1.INTRODUCTION AND BACKGROUND

Triathlon Ireland's approach to competition is to develop and prepare athletes in the performance pathway to realise potential, develop their race craft and deliver international performances. Participation in and performing at international championships (World and European Championships), as well as other international races (World Triathlon Cups and European Triathlon Cups), are a key part of the athletes' development of race craft, experience and race day delivery, whilst contributing to the development of attaining a higher international level of performance.

Currently, international racing reflects an emerging trend towards shorter distance racing and the standard distance race may not have the same importance post-Paris Olympics 2024. There is a clear shift in the importance of the Mixed Team Relay in racing at the highest level. The Mixed Team Relay has gained importance and there are Olympic and World Triathlon Championships medals awarded for this discipline. Triathlon Ireland will re-focus on the development of athletes through racing domestically and internationally in MTR competitions.

We are looking to develop a 'Team Ireland' approach and culminate in racing for Ireland Internationally. We believe that the Mixed Team relay can showcase triathlon in Ireland and inspire the next generation of triathletes.

LEGEND

WTCS – World Triathlon Championship Series
WTC – World Triathlon Cup
ETC – European Triathlon Cup
ETJC – European Triathlon Junior Cup
CC – Continental Cup

2. REGISTRATION PROCEDURE

Athletes to be registered for World Triathlon International Events, the following conditions must be met:

- Must hold an Irish Passport.
- Be a Triathlon Ireland member for 2025.
- Have undergone the required World Triathlon Pre-Participation Examination and submitted it to laura@triathlonireland.com before the required deadline.
- Championships: notify laura@triathlonireland.com 8 weeks prior to the race if you wish to be considered, Other international races, 6 weeks prior.
- Any athlete receiving treatment for an injury or illness MUST have a sign-off by the medical practitioner before a race entry can be made. This should be confirmed to the PD and HP Operations Manager in writing.
- All athletes must have signed and agreed to the Athlete Agreement and submitted before the required deadline to laura@triathlonireland.com
- Must comply with national and international anti-doping requirements. Completion of the Sport Ireland e-learning course.
- Be in possession of a competition kit that conforms to the rules (the new World Triathlon logo must be on it).
- The rules of Triathlon Ireland, World Triathlon and the ethics charter are followed.

3. RACE ELIGIBILITY

The criteria for race eligibility for the 2025 season set out by Triathlon Ireland is detailed below. Criteria must have been achieved in the previous season (2024) or current season (2025) to be considered.

CONTINENTAL CUP (CC) AFRICA, ASIA AND AMERICAS

- National Squad member; OR
- Previous Top 10 at a Continental Cup; OR
- Non-National Squad members must demonstrate performance in draft legal racing domestically.

EUROPEAN TRIATHLON CUP (ETC)

- National Squad members can get nominated for 1 x Euro Cup start per year with agreed performance targets set by the PD and National Coach, Elite/U23.
- The priority for ETC entry will be prioritised as – A and B level athletes then the highest ranked athletes on the World Triathlon points rankings will get priority and must be entered at a specific date prior to the race as stated by the HP Programmes Manager .
- 2 or more starts will be given to those that achieve a top 25 in a European Cup in that season, if the performance has been achieved earlier in the season a demonstration of fitness should be provided. Consideration will be given to those who achieved a performance in the previous season.

WORLD TRIATHLON CUP (WTC)

- Men / Women – Top 10 at ETC; OR
- World Ranking Top 100

WORLD TRIATHLON CHAMPIONSHIP SERIES (WTCS)

- Men / Women – Top 10 at World Triathlon Cup; OR
- World Ranking Top 60
- WTCS MTR members at the discretion of the PD and National Coach, Elite/U23

NOTES

1. Athletes will be required to make the start list in their own right in case there isn't a substitution available.
2. The PD and National Programme Coach will encourage athletes to race at the level/distance they are currently performing at based on age and stage of development.
3. Injury/illness/ maternity/ significant life event clause, athletes will have the opportunity to stay on the national squad and this will be discussed on a case-by-case basis by the PD and the National Coach, Elite/U23.
4. At any point the PD and National Coach, Elite/U23 can adjust the criteria if they feel this is in the interest of the wider programme direction. This can include such allowances as:
 - a) Athletes returning from injury,
 - b) Carded athletes preparing for major championships,
 - c) Highly ranked athletes that we require to keep their points total up.
 - d) Athletes coming through the pathway that has shown an ability to race at the next level
 - e) Athletes that can support the racing of carded athletes.

4. CHAMPIONSHIP SELECTION

EUROPEAN CHAMPIONSHIPS SPRINT & MTR – MELILLA, SPAIN

Date: 19 – 20th July

Selection date: on or around 7 – 8th June 2025

Selection Criteria

Elite – Carded athletes are priority on demonstration of race fitness; OR

World Ranking Top 100 in 2025 OR

European Rankings Top 60 in 2025

U23 – Top 10 in a Continental Cup (within 5% of the winner); OR Top 15 in an ETC (within 5% of the winner); OR Significant performance in French Grand Prix, Bundesliga or British Super Series

MTR Discretionary and could lead to an individual start if selected

EUROPEAN TRIATHLON CHAMPIONSHIPS STANDARD – ISTANBUL, TURKEY

Date 30 – 31st August

Selection date: on or around 20th July 2025

Selection Criteria

A and B level athletes are a priority on demonstration of race fitness; OR

World Ranking Top 100 in 2025 OR

European Rankings Top 60 in 2025

WORLD TRIATHLON GRAND FINAL – WOLLONGONG – TBC

Date: 15 – 19th October

Selection date: on or around 1st September 2025

Selection Criteria

Elite able to make the start list based on their World Triathlon ranking – Top 65 male and females.

Consideration will be given if an athlete is injured/ill to replace with a name change, based on current ranking and potential to perform.

U/23 Continental Cup Top 8 (5% of the winners); OR

Finish Top 35 in Melilla (overall), 2025.

5. MIXED TEAM RELAYS

WORLD TRIATHLON CHAMPIONSHIP SERIES ABU DHABI

14-15 Feb, 2025 • Abu Dhabi, United Arab Emirates
World Championship Series Triathlon Sprint Mixed Relay

WORLD TRIATHLON CHAMPIONSHIP SERIES HAMBURG

12 - 13 Jul, 2025 • Hamburg, Germany
World Championship Series Triathlon Sprint Mixed Relay

EUROPEAN SPRINT AND MTR CHAMPIONSHIPS

Melilla, Spain 19-20th July



IRELAND