



SELECTION POLICY

2025 Elite Duathlon
World Championships



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IN ORDER TO BE CONSIDERED FOR SELECTION TO WORLD TRIATHLON EVENTS ATHLETES MUST APPLY TO VIA

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IT'S THE ATHLETES' RESPONSIBILITY TO APPLY FOR THE RELEVANT RACE BY THE RELEVANT DEADLINE.

OVERVIEW

This Selection Policy details the process by which Triathlon Ireland (TI) will determine its individual selections for elite representation at the following events:

Race	Location	Age Categories	Dates	Nomination Deadline	Athletes notified of decision
World Duathlon Championships	Pontevedra Spain	Junior, U23, Senior	21/06/25	09/05/25	12/05/25
World Duathlon Mixed Team Relay Championships	Pontevedra Spain	Junior, U23, Senior	22/06/25	09/05/25	12/05/25
World Long Distance Duathlon Championships	Zofingen, Switzerland	U23, Senior	07/09/25	11/07/25	18/07/25
European Middle Distance Duathlon Championships	TBC	U23, Senior	TBC	TBC	TBC

SECTION 1: ELIGIBILITY

To be considered for nomination to World Triathlon & Europe Triathlon 2025 Duathlon Championship event, athletes must:

- Be a member in good standing of a Home Nation Triathlon Association which is a member of TI and eligible to represent Ireland in international championships under the rules of WT.
- Nominate for the relevant race via completing the nomination form linked below by the stated nomination deadline date AND in so doing list the performances where they believe have met the policy in each section below.
- Have undergone the required World Triathlon pre-participation examination (PPE) and have a valid ECG (valid for 2 years). Have supplied both documents to TI before the nomination deadline.
- Have completed their Anti Doping certification and, uploaded the certificate to the World Triathlon Education Hub by the relevant nomination deadline outlined in the table below.
- Not be serving a period of ineligibility as a result of an anti-doping rule violation
- In respect of nomination for the female event, be an athlete who was registered as a female at birth.

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- In respect of age categories athletes must be the following age as of 31 December 2025.
 - Juniors 16, 17, 18 or 19 years old
 - Under 23 20, 21, 22 or 23 years old
 - Seniors 18¹ and over

1 When an event is senior only i.e., takes place with no junior and U23 race category.

2 COMPULSORY pre-participation evaluation (PPE) screening is mandatory for ALL athletes entered into any Europe World Triathlon races. Failure to undertake this evaluation, or to provide the necessary paperwork will result in athletes not being able to be selected or entered into any Europe/ World Triathlon events. This is to identify athletes at risk of sudden cardiac death due to an electrical or structural heart abnormality.

SECTION 2: SELECTION PROCESS

Athletes will be selected for nomination to World Triathlon no fewer than 6 weeks prior to the first competition day.

The Selection Panel ("the panel") shall convene the week following the nomination deadline for each listed event either via email or conference call and shall comprise:

a. Voting members:

- TI Performance Director,
- TI National Head Coach,

b. Non-voting members:

- TI High Performance Programme Manager.

Additional experts may be asked to provide advice to the Panel at their request.

At all listed events the Panel may but are not obliged to fill all available quota places if athletes do not satisfy the criteria outlined below. For the avoidance of doubt, NO additional athletes will be selected.

It is athletes' responsibility to inform TI immediately if any changes occur to the information that has been provided on their fit-to-compete form after it has been submitted.

If information disclosed by the fit-to-compete form suggests increased risk of racing, or if the Panel are made aware of any potentially significant medical conditions that were not disclosed by the athlete, the Panel reserves the right not to nominate the athlete to the relevant race or withdraw them from any start list that they are on.

N.B., In ALL events listed athletes moving up (e.g., Junior to U23 OR U23 to Senior) can carry a previous lower category performance forward.

SECTION 3: SELECTION CRITERIA

Senior and Under 23

Subject to confirmation of athlete places provided to TI by WT, TI predict a team of up to 8, comprising of a maximum 4 male and 4 female, athletes will be selected to each listed event. U23 category teams will always comprise of at least 1 Under 23 athlete (male and female), remaining quota places will then be made up according to who the panel believe are the best athletes irrespective of their age category.

Subject to the maximum athlete places available (as per 2.6 above), eligible athletes will be automatically selected if they: EITHER.

A. Competed at elite level in a Europe or World Triathlon event in either triathlon (Continental Cup level or higher) or duathlon (European or World Elite Championships).

OR in the 12 months prior to the nomination deadline, they have:

B. Been a previous elite medallist at a Europe or World Triathlon Duathlon Championship OR

C. Achieved the minimum swim AND run standards listed in the table below*; OR

D. Returned from taking a break from sport due to childbirth and met any of the above criteria [a-e] in the 12 months prior to giving birth. This performance level will then be available for use by the athlete for nomination for any WT event covered under this policy for two years after becoming a mother or two years after a loss during pregnancy (provided that pregnancy lasted longer than 20 weeks - in line with the World Triathlon pregnancy policy).

	5km Time	10km Time	Half Marathon Time
Senior Men	15.29	32.11	1:11:00
U23 Men	15.45	32.35	1:11:56
Senior Women	17.33	36.24	1:20:30
U23 Women	18.05	37.31	1:23:00

* 2 Run times will ONLY be considered valid if achieved over an accurate and verified course and at an official TI/Athletics Ireland/Athletics NI sanctioned event; OR a Park Run; OR timed by a TI coach.

If there are more athletes that meet the automatic selection criteria than there are places available, the Selection Panel ("the Panel") will use the following discretionary process to determine which athletes to select:

A. The Panel will determine what they consider to be each eligible athlete's single best performance from their listed results (considering finishing position, race format, and quality of field). All other performances will be disregarded.

B. The Panel will then compare the eligible athletes' single best performance OR their set of run times and select to the team the athlete(s) deemed to have the best overall performance or run times.

C. TI will nominate all athletes to World Triathlon in the order in which they are selected to the team, however, WT will add any athletes with a WT Duathlon Ranking to the start list in front of all unranked athletes irrespective of our nomination order. Once all WT ranked athletes (from all nations) have been added to the start list WT will then add unranked athletes in the order of nomination by their National Federation, adding first ranked athletes from all nations, before then adding second ranked athletes, etc.

JUNIOR

Where a junior event takes place, except for Mixed Relay events (see 2.12 - 2.17 and following notes) and subject to confirmation of athlete places provided to TI predicts a junior team of up to 2 teams consisting of 4 athletes (2 male and 2 female) will be selected.

The Panel may fill up to the quota allocated to TI, but they are not obliged to fill all available spaces if athletes do not satisfy the criteria outlined below. NO additional athletes will be selected.

Subject to the maximum athlete places available (as per 2.8 above), eligible athletes will be automatically selected if they have EITHER;

A. Competed at Elite European or World Junior/Youth level in a Europe Triathlon or World Triathlon event in either Triathlon (Europe Triathlon Junior Cup level or higher) or Duathlon (European or World Junior Championships); OR

a. Have achieved the minimum run standards listed in the table below OR

	5km Run ¹
Junior Men	15:50
Junior Women	18:45/19:00

¹ Run times will ONLY be considered valid if achieved over an accurate and verified course and at an official TI/Athletics Ireland/Athletics NI sanctioned event; OR a Park Run; OR timed by a TI coach.

If there are more athletes that meet the automatic selection criteria than there are places available, the Panel will use the following discretionary process to determine which athletes to select:

A. The Panel will determine what they consider to be each eligible athlete's single best performance from their listed results (considering finishing position, race format and quality of field). All other performances will be disregarded.

B. The Panel will then compare the eligible athletes' single best performance OR their set of swim and run times and select to the team the athlete(s) deemed to have the best overall performance or swim/run times.

C. TI will nominate all athletes to World Triathlon in the order in which they are selected to the team, however, WT will add any athletes with a WT Duathlon Ranking to the start list in front of all unranked athletes irrespective of our nomination order. Once all WT ranked athletes (from all nations) have been added to the start list WT will then add unranked athletes in the order of nomination by their National Federation, adding first ranked athletes from all nations, before then adding second ranked athletes, etc.

MIXED TEAM RELAY

For those events with a Mixed Relay athletes MUST specify at point of nomination their wish to be considered in the mixed relay.

Unless otherwise stated by the relevant event TI expects that Mixed Relay teams will consist of 1 male and 1 female athlete.

Athletes will be selected into a Mixed Relay team according to their order of selection to the relevant Championship. The number of teams selected will be dependent on the number of nominations received.

Athletes will be informed if they have been selected for the Mixed Relay at the same time they are informed if they have been selected for the relevant Championship.

Athletes must pay the race entry fee within the specified deadline to ensure their place in the Mixed Relay team. The financial risk of paying the race entry fee and another athlete withdrawing and not being replaced is carried by the athlete and NOT TI.

Athletes should report to TI any withdrawals from a Mixed Relay team immediately. In the event of a withdrawal TI will facilitate changing athletes (in their order of selection to the Championship) wherever possible, HOWEVER, this is NOT guaranteed at any point prior to the race.

SECTION 4: CONDITIONS

Selected athletes must complete the following within the set relevant deadlines to maintain their place on the team, failure to do so will lead to immediate deselection and prevent further selection for other TI multisport events within the same calendar year.

A. Confirm acceptance of their place on the team via email to hpadmin@triathlonireland.com within 5 working days of their selection notification. B. Pay their entry fee by the deadline detailed in their selection email. Only when an athlete has paid their entry fee will they be added to the World Triathlon wait list.

Upon payment of entry fees athletes will be contacted about kit.

A. If an athlete has been sent items of kit or an elite tri-suit in the previous 3 years they are expected to wear those items.

B. Selected athletes must adhere to the TI sponsorship guidelines and wear the provided (unaltered) TI race suit.

If an athlete withdraws after paying their entry fee, they must contact World Triathlon direct to request refund.

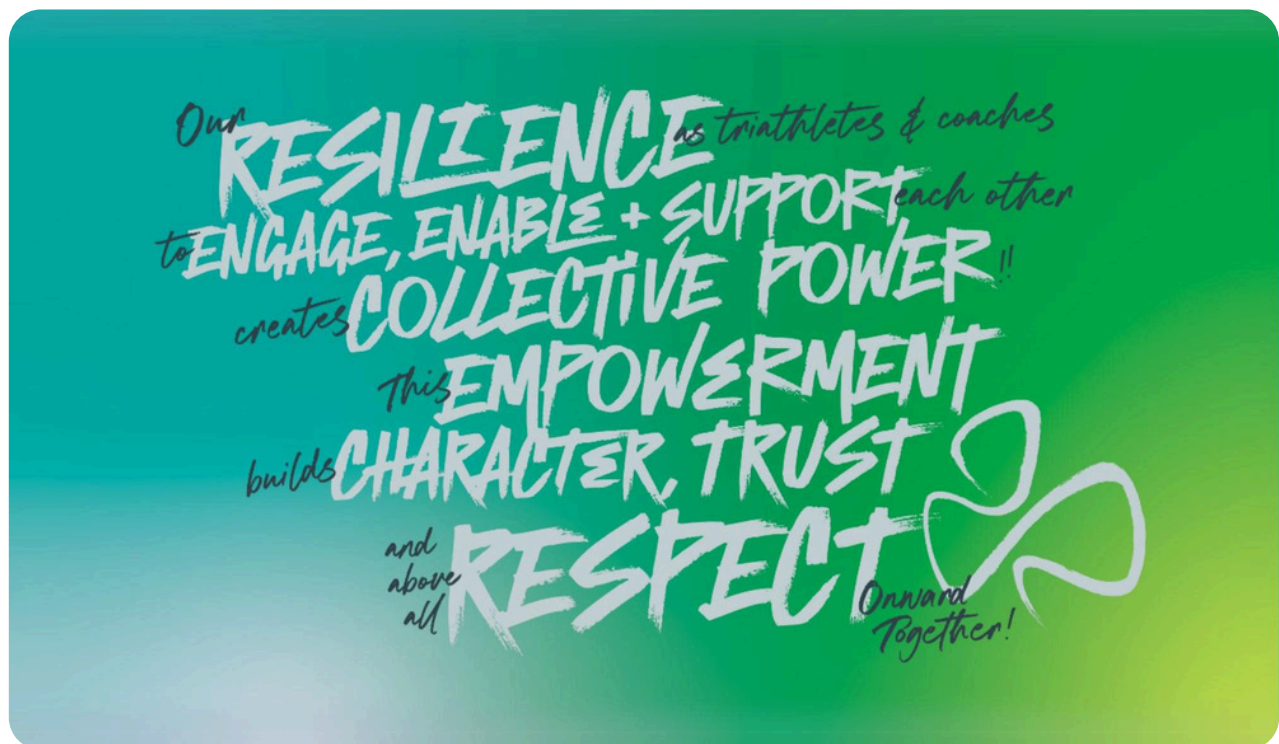
SECTION 5: APPEALS

Athletes may appeal their non-nomination under this Selection Policy, but only after provision of written confirmation of the relevant decision.

SECTION 6: AMENDMENT

Should any unforeseen circumstance make any provision of this Policy unworkable or ineffective to promote the aims of the Policy, TI will be entitled to amend this Policy so that the aims can be secured. Any amended version will be made available

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