



**TRI NZ HIGH PERFORMANCE**  
**2022 NORTH & SOUTH ISLAND DEVELOPMENT SQUADS**  
**SELECTION POLICY**

Tri NZ HP specifies a development pathway of three Squads that aims to support athletes to become World Class Triathletes.

**High Performance Athlete Development Pathway**



**Purpose;** Tri NZ North/South Development Squad (N/S DS) is set up to support athletes to bridge the gap into the National Tracking Squad. The N/S DS aims to identify, develop and prepare athletes for international racing. The squad consists of 16 – 20 year old males and 17 - 20 year old female athletes, as at 1<sup>st</sup> of January 2022, who have aspirations to race on the ITU circuit and qualify for the Olympics.

**Selection Date;** On or before 14<sup>th</sup> of April 2022

**Athlete Application process;** Athletes wishing to be considered for selection must apply in writing by **11th April 2022** to the Regional Youth Academy Leader Chris Willett [perimetercoaching@gmail.com](mailto:perimetercoaching@gmail.com), providing their name, Tri NZ number, age on 1<sup>st</sup> January 2022, results from the Oceania Triathlon Cup New Plymouth, Oceania Triathlon Cup Mount Maunganui, Oceania Triathlon Cup Taupo, Prognostic swim & run times signed by their witness with date and location, any other relevant information.

**Eligibility:** The N/S DS Selection Panel may only consider an Athlete for selection who is an Eligible Athlete as at the Selection Date. An Athlete will only be an Eligible Athlete if the Athlete:

- (a) is a member of Good Standing of Tri NZ; and
- (b) has demonstrated to the satisfaction of the Selection Panel they are not suffering any physical or mental impairment that would prevent them from competing to the best of their ability; and
- (c) Agrees to all the conditions within the Tri NZ HP Athlete Contract or Agreement (as applicable) or has confirmed that he or she will sign an Athlete Contract or Commit to the Athlete Code of Conduct(as applicable) if selected; and
- (d) has in the view of the Selectors not acted in such a manner so as to bring the Athlete, the sport, Tri NZ or the World Triathlon into public disrepute; and
- (e) to Tri NZ's knowledge, has not used or administered any substance which, if it had been detected as being present in the Athlete's body tissue or fluids, would have constituted doping, or used any prohibited method or committed any other doping offence as defined in Tri NZ's, World Triathlon's or WADA's regulations.

**Selection process:** Each year Tri NZ north South Selection Panel is not obliged to but can select, at its sole discretion, up to 12 athletes. Selection will be based on achieving the Aim of the this policy and subject to the final number of athletes who will receive TAPS, which will be known on or before the 15<sup>th</sup> April 2022, then based on performances at the following events at the Panel's discretion.

- (a) Oceania Triathlon Cup New Plymouth on the 27<sup>th</sup> of March 2022
- (b) Oceania Triathlon Cup Mount Maunganui on the 3<sup>rd</sup> of April 2022
- (c) Oceania Triathlon Cup Taupo on the 10<sup>th</sup> of April 2022
- (d) The athletes score on the TriNZ prognostic model
- (e) Any other information the Selection Panel consider relevant

**HP Prognostic Model for National Tracking Squad;** In combination with race results athletes must achieve a minimum combined swim (200m) + run (1.5km) % total of **170%** to be **considered** for the N/S DS As an example, if you are a female athlete and you swim 2.21 for 200m and run 4.49 for 1.5km you would get 89% for the swim + 83% for the run with a combined total of 172%. Athletes that achieve 170% **aren't** automatically selected to the squad. I haven't checked this

### TriNZ PROGNOSTIC MODEL

Select run distance from this dropdown list to change table **1.5**  
 Select swim distance from this dropdown list to change table **200**

%Prog	Females				Males			
	Swim Distance	200	Run Distance	1.5	Swim Distance	200	Run Distance	1.5
	Female Swim	FSwimPace	Female Run	FRunPace	Male Swim	MSwimPace	Male Run	MRunPace
100.0%	02:07.0	01:03.5	0:04:07	02:44.7	01:59.0	00:59.5	0:03:38	02:25.3
99.5%	02:07.6	01:03.8	0:04:08	02:45.5	01:59.6	00:59.8	0:03:39	02:26.1
99.0%	02:08.3	01:04.1	0:04:09	02:46.3	02:00.2	01:00.1	0:03:40	02:26.8
98.5%	02:08.9	01:04.5	0:04:11	02:47.1	02:00.8	01:00.4	0:03:41	02:27.5
98.0%	02:09.5	01:04.8	0:04:12	02:48.0	02:01.4	01:00.7	0:03:42	02:28.2
97.5%	02:10.2	01:05.1	0:04:13	02:48.8	02:02.0	01:01.0	0:03:43	02:29.0
97.0%	02:10.8	01:05.4	0:04:14	02:49.6	02:02.6	01:01.3	0:03:45	02:29.7
96.5%	02:11.4	01:05.7	0:04:16	02:50.4	02:03.2	01:01.6	0:03:46	02:30.4
96.0%	02:12.1	01:06.0	0:04:17	02:51.3	02:03.8	01:01.9	0:03:47	02:31.1
95.5%	02:12.7	01:06.4	0:04:18	02:52.1	02:04.4	01:02.2	0:03:48	02:31.9
95.0%	02:13.4	01:06.7	0:04:19	02:52.9	02:05.0	01:02.5	0:03:49	02:32.6
94.5%	02:14.0	01:07.0	0:04:21	02:53.7	02:05.5	01:02.8	0:03:50	02:33.3
94.0%	02:14.6	01:07.3	0:04:22	02:54.5	02:06.1	01:03.1	0:03:51	02:34.1
93.5%	02:15.3	01:07.6	0:04:23	02:55.4	02:06.7	01:03.4	0:03:52	02:34.8
93.0%	02:15.9	01:07.9	0:04:24	02:56.2	02:07.3	01:03.7	0:03:53	02:35.5
92.5%	02:16.5	01:08.3	0:04:26	02:57.0	02:07.9	01:04.0	0:03:54	02:36.2
92.0%	02:17.2	01:08.6	0:04:27	02:57.8	02:08.5	01:04.3	0:03:55	02:37.0
91.5%	02:17.8	01:08.9	0:04:28	02:58.7	02:09.1	01:04.6	0:03:57	02:37.7
91.0%	02:18.4	01:09.2	0:04:29	02:59.5	02:09.7	01:04.9	0:03:58	02:38.4
90.5%	02:19.1	01:09.5	0:04:30	03:00.3	02:10.3	01:05.2	0:03:59	02:39.1
90.0%	02:19.7	01:09.9	0:04:32	03:01.1	02:10.9	01:05.4	0:04:00	02:39.9
89.5%	02:20.3	01:10.2	0:04:33	03:02.0	02:11.5	01:05.7	0:04:01	02:40.6
89.0%	02:21.0	01:10.5	0:04:34	03:02.8	02:12.1	01:06.0	0:04:02	02:41.3
88.5%	02:21.6	01:10.8	0:04:35	03:03.6	02:12.7	01:06.3	0:04:03	02:42.0
88.0%	02:22.2	01:11.1	0:04:37	03:04.4	02:13.3	01:06.6	0:04:04	02:42.8
87.5%	02:22.9	01:11.4	0:04:38	03:05.2	02:13.9	01:06.9	0:04:05	02:43.5
87.0%	02:23.5	01:11.8	0:04:39	03:06.1	02:14.5	01:07.2	0:04:06	02:44.2
86.5%	02:24.1	01:12.1	0:04:40	03:06.9	02:15.1	01:07.5	0:04:07	02:45.0
86.0%	02:24.8	01:12.4	0:04:42	03:07.7	02:15.7	01:07.8	0:04:09	02:45.7
85.5%	02:25.4	01:12.7	0:04:43	03:08.5	02:16.3	01:08.1	0:04:10	02:46.4
85.0%	02:26.1	01:13.0	0:04:44	03:09.4	02:16.9	01:08.4	0:04:11	02:47.1
84.5%	02:26.7	01:13.3	0:04:45	03:10.2	02:17.4	01:08.7	0:04:12	02:47.9
84.0%	02:27.3	01:13.7	0:04:47	03:11.0	02:18.0	01:09.0	0:04:13	02:48.6
83.5%	02:28.0	01:14.0	0:04:48	03:11.8	02:18.6	01:09.3	0:04:14	02:49.3
83.0%	02:28.6	01:14.3	0:04:49	03:12.7	02:19.2	01:09.6	0:04:15	02:50.0
82.5%	02:29.2	01:14.6	0:04:50	03:13.5	02:19.8	01:09.9	0:04:16	02:50.8
82.0%	02:29.9	01:14.9	0:04:51	03:14.3	02:20.4	01:10.2	0:04:17	02:51.5
81.5%	02:30.5	01:15.2	0:04:53	03:15.1	02:21.0	01:10.5	0:04:18	02:52.2
81.0%	02:31.1	01:15.6	0:04:54	03:16.0	02:21.6	01:10.8	0:04:19	02:52.9
80.5%	02:31.8	01:15.9	0:04:55	03:16.8	02:22.2	01:11.1	0:04:21	02:53.7
80.0%	02:32.4	01:16.2	0:04:56	03:17.6	02:22.8	01:11.4	0:04:22	02:54.4
79.5%	02:33.0	01:16.5	0:04:58	03:18.4	02:23.4	01:11.7	0:04:23	02:55.1
79.0%	02:33.7	01:16.8	0:04:59	03:19.2	02:24.0	01:12.0	0:04:24	02:55.9
78.5%	02:34.3	01:17.2	0:05:00	03:20.1	02:24.6	01:12.3	0:04:25	02:56.6
78.0%	02:34.9	01:17.5	0:05:01	03:20.9	02:25.2	01:12.6	0:04:26	02:57.3
77.5%	02:35.6	01:17.8	0:05:03	03:21.7	02:25.8	01:12.9	0:04:27	02:58.0
77.0%	02:36.2	01:18.1	0:05:04	03:22.5	02:26.4	01:13.2	0:04:28	02:58.8
76.5%	02:36.8	01:18.4	0:05:05	03:23.4	02:27.0	01:13.5	0:04:29	02:59.5
76.0%	02:37.5	01:18.7	0:05:06	03:24.2	02:27.6	01:13.8	0:04:30	03:00.2
75.5%	02:38.1	01:19.1	0:05:08	03:25.0	02:28.2	01:14.1	0:04:31	03:00.9
75.0%	02:38.8	01:19.4	0:05:09	03:25.8	02:28.8	01:14.4	0:04:33	03:01.7

# As this prognostic model increases by 0.5% it does not go up every second, therefore to achieve a higher percentage you are required to do that time. As an example, if you are a female who swims 2.19.4 for 200m you would still be 90%, not 90.5%.

An athlete's times must be observed and recorded by a Tri NZ staff member, RYA coach, Tri NZ HP coach, or at a last resort, their personal coach. Organised events can also be used as long as evidence of results are provided.

**Swim:**

- Swim times can be recorded from a dive start, in a long or short course pool, without a wetsuit.
- No drafting off other swimmers is allowed.
- Maximum 2 swimmers per lane, spaced a minimum of 15seconds apart at the start with the fastest swimmer going first whenever possible.
- Where lapping occurs, the lapped swimmer should keep to their left to allow the overtaking swimmer to pass freely.
- Organised swim events can be used for the purpose of achieving a time, please provide website evidence.

**Run:**

- Run times to be conducted on a 400m running track.
- Mass start "race" situation is allowed.
- Running events can be used for the purpose of achieving a time, please provide website evidence.

**Tri NZ N/S DC Selection Panel;** Chris Willett (Chair), Brude Hunter, Tess Matern, Nathan Richmond, Tammy Reed.

**Selected Athletes:** Athletes will be selected to the N/S DS for a 12-month period. Due to the uncertainty of COVID-19 in 2021 & 2022, the details of what the athletes can expect will be determined once the squad has been selected and will be based on a user pays model.

**Replacement Athlete:** If the selection panel deems it necessary to add and/or remove athletes to/from the N/S DS, it can do so at any time at its sole discretion.