



**TRIATHLON NZ HIGH PERFORMANCE  
NATIONAL TRACKING SQUAD (NTS)  
SELECTION POLICY  
2023**

**1. Triathlon NZ (Tri NZ) High Performance (HP) provides a development pathway comprised of four tiers that aims to support athletes to become World Class Triathletes.**

<b>TIER</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>Descriptor</b>	<b>Talent: Identification</b>	<b>Talent: Confirmation</b>	<b>Development: Opportunity &amp; Potential</b>	<b>Performance: Probable &amp; Convert</b>
<b>Squad</b>	North / South	National Tracking	High Performance	High Performance
<b>HPSNZ Support</b>	Non-supported or regional support if available	TAPS Level 3	TAPS Level 2	TAPS Level 1

**2. Purpose**

The primary aim of selecting athletes to the National Tracking Squad (NTS) is to identify, develop and prepare athletes for World Triathlon Series racing with the long-term potential to compete at the Olympics within the next 8 years.

**3. Nomination Process**

Athletes wishing to be considered for selection must submit a completed nomination form by **5 April 2023** by completing the online form available on the [Tri NZ website](#) with the following information: name, age, results from continental and world cup events, prognostic swim & run times (available to be verified if required), and any other relevant information.

**4. Eligibility**

The NTS Selection Panel will only consider an athlete for selection who is eligible as at the selection date. Eligibility requirements for selection are:

- Athlete is 19-24 years old as of the 1st of January 2023; and
- Athlete is a member of- and in good standing with Tri NZ; and
- Athlete 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
- Athlete agrees to all 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
- 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 or WADA's regulations.

## 5. Selection Process

Each year the Tri NZ NTS Selection Panel will select up to 12 athletes at its sole discretion. In combination with race results, using the Tri NZ Prognostic Model (appendix 1), athletes must achieve a minimum combined swim (400m) + run (3km) % total of 176% to be considered for NTS.

As an example, if you are a female athlete and you swim 4.54 for 400m and run 10.33 for 3km you would get 89% for the swim + 83% for the run with a combined total of 172%. Athletes that achieve 172% are not automatically selected to the squad.

An athlete's times must be observed and recorded by a Tri NZ staff member, Tri NZ HP coach, or at a last resort, their personal coach.

Swim	Run
<ul style="list-style-type: none"><li>Swim times can be recorded from a dive start, in a long or short course pool, without a wetsuit.</li><li>No drafting off other swimmers is allowed.</li><li>Athletes must complete the swim with no other athlete in the lane.</li></ul>	<ul style="list-style-type: none"><li>Run times to be conducted on a 400m running track.</li><li>Mass start "race" situation is allowed.</li><li>Running events can be used for the purpose of achieving a time, please provide website.</li></ul>

## 6. Races that count towards selection to NTS

All Continental Cup (including Junior Conti Cups) and World Cup events between the period 1 April 2022 and 31 March 2023 will be used as selection into the NTS.

## 7. Tri NZ NTS Selection Panel

Travis White (chair), Bruce Hunter, Stephen Sheldrake, Chris Willett, Katherine Oberlin-Brown (HPSNZ)

## 8. Support for Selected Athletes

The NTS is primarily a camps-based squad with selection being for a period of 12-months. Selected athletes will receive access to domestic race connections, camps including performance-based testing and Oceania and Continental Cup race exposure. NTS athletes will also receive access to performance support services, the basis of which will be confirmed upon agreement with High Performance Sport NZ.

## 9. Replacement Athlete

If the selection panel deems it necessary to add and/or remove athletes to/from the NTS, it can do so at any time at its sole discretion.

## APPENDIX 1: TRI NZ PROGNISTIC MODEL

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

**Note:** This prognostic model increases by increments of 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%.