



**TRIATHLON NZ HIGH PERFORMANCE
NORTH / SOUTH DEVELOPMENT SQUAD (NSDS)
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.

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

2. Purpose

The Tri NZ North South Development Squad (NSDS) is set up to support athletes to bridge the gap into the National Tracking Squad. The NSDS 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 1st of January 2023, who have aspirations to race on the World Triathlon circuit and qualify for the Olympics.

3. Key Principles

- Accountability to performance conversations (program, athlete, coach)
- Connection and engagement
- Create a value based program

4. 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 on 1 Jan 2023, results from the Tri NZ Junior Race Series, Oceania U19 Champs, Wanaka Conti Cup race, prognostic swim & run times (available to be verified if required), and any other relevant information.

5. Selection Process

Each year Tri NZ North South Development Squad Selection Panel is not obliged to but can select, at its sole discretion, up to 16 athletes. Selection will be based on the following.

- a. Oceania U19 Championships, Taupo, 25 February 2023,
- b. Tri NZ Junior Series Races for the 22/23 Season,
- c. The athletes score on the Tri NZ prognostic model (see below),
- d. Wanaka Oceania Cup Race, Wanaka, 17th February 2023,

- e. Any other information the Selection Panel consider relevant.

6. HP Prognostic Model (appendix 1) for the North South Development 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 NSDS 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% 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. Organised events can also be used as long as evidence of results are provided.

Swim	Run
<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • 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.

7. Tri NZ NSDS Selection Panel

Travis White (Chair), Chris Willett, Bruce Hunter, Tamara Reed

8. Support for Selected Athletes

Athletes will be selected to the NSDS for a 12-month period and will be based on a user pays model.

9. Replacement Athlete

If the selection panel deems it necessary to add and/or remove athletes to/from the NSDS, 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%.