

TRI NZ NATIONAL TRACKING SQUAD

SELECTION POLICY 2024



HIGH PERFORMANCE

1. Introduction

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	Descriptor	Squad	HPSNZ Support
1	Performance: Probable & Convert	High Performance	TAPS Level 1
2	Development: Opportunity & Potential	High Performance	TAPS Level 2
3	Talent: Confirmation	National Tracking	TAPS Level 3
4	Talent: Identification	National Development	Non-TAPS

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 31 March 2024 by completing the online form available [here](#) with the following information: name, age, prognostic swim & run times (available to be verified if required), and any other relevant information.

Tri NZ will be holding a development camp the week following the Oceania Standard Distance Championships (April 14), there will be an opportunity to complete prognostic testing at this time however it is recommended to still complete your own testing prior to the nomination close date of March 31 and submit this data with your nomination 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 2024; 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 they 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 4.5.8 for 400m and run 10.15 for 3km you would get 90% for the swim + 86% for the run with a combined total of 176%. Athletes that achieve 176% 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
Swim times can be recorded from a dive start, in a long or short course pool, without a wetsuit.	Run times to be conducted on a 400m running track.
No drafting off other swimmers is allowed.	Mass start "race" situation is allowed.
Athletes must complete the swim with no other athlete in the lane.	Running events can be used for the purpose of achieving a time, please provide website.

6. Performance standards that count towards selection to the NTS

To be considered for selection to the NTS, Athletes should have evidence of (or show capability of) finishing with 3% of the winner in either sprint or standard distance Continental Cup races.

All results from Continental Cup and World Cup events between the period 1 April 2023 and 31 March 2024 will be used in the consideration for 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

Run distance 3,000m

Swim distance 400m

%Prog	Female				Male			
	Swim	400m	Run	3,000m	Swim	400m	Run	3,000m
	Female	FswimPace	Female	FRunPace	Male	MSwimPace	Male	MRunPace
100.0%	04:25.0	01:06.2	0:09:01	03:00.3	04:10.0	01:02.5	0:07:45	02:35.0
99.5%	04:26.3	01:06.6	0:09:04	03:01.2	04:11.3	01:02.8	0:07:47	02:35.8
99.0%	04:27.7	01:06.9	0:09:06	03:02.1	04:12.5	01:03.1	0:07:50	02:36.6
98.5%	04:29.0	01:07.2	0:09:09	03:03.0	04:13.8	01:03.4	0:07:52	02:37.3
98.0%	04:30.3	01:07.6	0:09:12	03:03.9	04:15.0	01:03.8	0:07:54	02:38.1
97.5%	04:31.6	01:07.9	0:09:15	03:04.8	04:16.2	01:04.1	0:07:57	02:38.9
97.0%	04:32.9	01:08.2	0:09:17	03:05.7	04:17.5	01:04.4	0:07:59	02:39.7
96.5%	04:34.3	01:08.6	0:09:20	03:06.6	04:18.8	01:04.7	0:08:01	02:40.4
96.0%	04:35.6	01:08.9	0:09:23	03:07.5	04:20.0	01:05.0	0:08:04	02:41.2
95.5%	04:36.9	01:09.2	0:09:25	03:08.4	04:21.3	01:05.3	0:08:06	02:42.0
95.0%	04:38.3	01:09.6	0:09:28	03:09.4	04:22.5	01:05.6	0:08:08	02:42.8
94.5%	04:39.6	01:09.9	0:09:31	03:10.3	04:23.8	01:05.9	0:08:11	02:43.5
94.0%	04:40.9	01:10.2	0:09:33	03:11.2	04:25.0	01:06.3	0:08:13	02:44.3
93.5%	04:42.2	01:10.6	0:09:36	03:12.1	04:26.3	01:06.6	0:08:15	02:45.1
93.0%	04:43.5	01:10.9	0:09:39	03:13.0	04:27.5	01:06.9	0:08:18	02:45.9
92.5%	04:44.9	01:11.2	0:09:42	03:13.9	04:28.8	01:07.2	0:08:20	02:46.6
92.0%	04:46.2	01:11.6	0:09:44	03:14.8	04:30.0	01:07.5	0:08:22	02:47.4
91.5%	04:47.5	01:11.9	0:09:47	03:15.7	04:31.2	01:07.8	0:08:25	02:48.2
91.0%	04:48.9	01:12.2	0:09:50	03:16.6	04:32.5	01:08.1	0:08:27	02:49.0
90.5%	04:50.2	01:12.5	0:09:52	03:17.5	04:33.8	01:08.4	0:08:29	02:49.7
90.0%	04:51.5	01:12.9	0:09:55	03:18.4	04:35.0	01:08.8	0:08:32	02:50.5
89.5%	04:52.8	01:13.2	0:09:58	03:19.3	04:36.2	01:09.1	0:08:34	02:51.3
89.0%	04:54.2	01:13.5	0:10:01	03:20.2	04:37.5	01:09.4	0:08:36	02:52.1
88.5%	04:55.5	01:13.9	0:10:03	03:21.1	04:38.8	01:09.7	0:08:38	02:52.8
88.0%	04:56.8	01:14.2	0:10:06	03:22.0	04:40.0	01:10.0	0:08:41	02:53.6
87.5%	04:58.1	01:14.5	0:10:09	03:22.9	04:41.3	01:10.3	0:08:43	02:54.4
87.0%	04:59.5	01:14.9	0:10:11	03:23.8	04:42.5	01:10.6	0:08:45	02:55.2
86.5%	05:00.8	01:15.2	0:10:14	03:24.7	04:43.8	01:10.9	0:08:48	02:55.9
86.0%	05:02.1	01:15.5	0:10:17	03:25.6	04:45.0	01:11.3	0:08:50	02:56.7
85.5%	05:03.4	01:15.9	0:10:19	03:26.5	04:46.2	01:11.6	0:08:52	02:57.5
85.0%	05:04.8	01:16.2	0:10:22	03:27.4	04:47.5	01:11.9	0:08:55	02:58.2
84.5%	05:06.1	01:16.5	0:10:25	03:28.3	04:48.8	01:12.2	0:08:57	02:59.0
84.0%	05:07.4	01:16.9	0:10:28	03:29.2	04:50.0	01:12.5	0:08:59	02:59.8
83.5%	05:08.7	01:17.2	0:10:30	03:30.1	04:51.2	01:12.8	0:09:02	03:00.6
83.0%	05:10.1	01:17.5	0:10:33	03:31.0	04:52.5	01:13.1	0:09:04	03:01.4
82.5%	05:11.4	01:17.8	0:10:36	03:31.9	04:53.8	01:13.4	0:09:06	03:02.1
82.0%	05:12.7	01:18.2	0:10:38	03:32.8	04:55.0	01:13.8	0:09:09	03:02.9
81.5%	05:14.0	01:18.5	0:10:41	03:33.7	04:56.3	01:14.1	0:09:11	03:03.7
81.0%	05:15.4	01:18.8	0:10:44	03:34.6	04:57.5	01:14.4	0:09:13	03:04.5
80.5%	05:16.7	01:19.2	0:10:46	03:35.5	04:58.8	01:14.7	0:09:16	03:05.2
80.0%	05:18.0	01:19.5	0:10:49	03:36.4	05:00.0	01:15.0	0:09:18	03:06.0
79.5%	05:19.3	01:19.8	0:10:52	03:37.3	05:01.3	01:15.3	0:09:20	03:06.8
79.0%	05:20.7	01:20.2	0:10:55	03:38.2	05:02.5	01:15.6	0:09:23	03:07.6
78.5%	05:22.0	01:20.5	0:10:57	03:39.1	05:03.8	01:15.9	0:09:25	03:08.3
78.0%	05:23.3	01:20.8	0:11:00	03:40.0	05:05.0	01:16.3	0:09:27	03:09.1
77.5%	05:24.6	01:21.2	0:11:03	03:40.9	05:06.3	01:16.6	0:09:30	03:09.9
77.0%	05:26.0	01:21.5	0:11:05	03:41.8	05:07.5	01:16.9	0:09:32	03:10.7
76.5%	05:27.3	01:21.8	0:11:08	03:42.7	05:08.8	01:17.2	0:09:34	03:11.4
76.0%	05:28.6	01:22.2	0:11:11	03:43.6	05:10.0	01:17.5	0:09:37	03:12.2
75.5%	05:29.9	01:22.5	0:11:14	03:44.5	05:11.3	01:17.8	0:09:39	03:13.0
75.0%	05:31.3	01:22.8	0:11:16	03:45.4	05:12.5	01:18.1	0:09:41	03:13.8

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 4.50.8 for 400m you would still be 90%, not 90.5%.