

USA **TRIATHLON**



2025 Junior Program Guide



TABLE OF CONTENTS

2025 Series Races

Divisions and Distances

Registration

Series Participation by Foreign Nationals

Race Number Assignment and Starting Positions

Athlete Pre-Race Briefings and Competition Jury

USAT National Championship Qualification

Mixed Relay Registration

Awards and Rankings

Nationals “Team Championship”

Competition Rules

Uniforms

SafeSport

USADA

High Performance Teams

Draft-Legal Competencies

Frequently Asked Questions

Links

Appendix A: Series Points

Appendix B: National Ranking Points

[Appendix C: Race Director Guidance](#)

2025 USAT Junior Series Events

The 2025 USAT Junior Series (“Series”) is comprised of the events listed below, which include five (5) “Qualifiers” and “USAT Nationals”. Use the associated website link for each race to access details and registration. Additional Nationals qualification information is on page 7.

Texas Draft-Legal Festival Nationals Qualifier

Fort Worth, TX

April 13, 2025

<https://www.trisignup.com/Race/TX/FORTWORTH/TexasDraftLegalFestival>

*Registration Opens: January 12, 2025 at 12:00pm ET

East Coast Triathlon Festival Nationals Qualifier

Innsbrook [Richmond], VA

May 4, 2025

<https://livered.org/east-coast-triathlon-festival/>

*Registration Opens: January 19, 2025 at 12:00pm ET

Pleasant Prairie Cup Nationals Qualifier

RecPlex, Pleasant Prairie, WI

June 1, 2025

<https://www.trisignup.com/Race/WI/PleasantPrairie/PleasantPrairieCupTriathlon>

*Registration Opens: January 26, 2025 at 12:00pm ET

Jenny Lee Triathlon Cup Nationals Qualifier

Brady’s Run Park, Beaver Falls [Pittsburg], PA

June 13-15, 2025

<https://www.jennyleetri.com/>

*Trials/Finals format for Junior Elites

*Registration Opens: February 22, 2025 at 12:00PM ET

Flatland Cup Tri Nationals Qualifier

Raccoon River Park, West Des Moines, IA

July 13, 2025

<http://www.flatlandtri.com/>

*Registration Opens: March 8, 2025 at 12:00PM ET

USAT Youth & Junior Nationals

West Chester, Ohio

August 1-3, 2025

[website TBA]

*Athletes who qualify for Nationals are notified by USAT with registration instructions.

Competition Divisions and Distances

Youth Draft-Legal (aka “Youth Elite”): This division is open to athletes between the ages of 13-15 as of December 31, 2025. Athletes complete a super-sprint triathlon consisting of approximately a 375m swim, 10k bike, and 2.5k run.

Junior Draft-Legal (aka “Junior Elite”): This division is open to athletes between the ages of 16-19 as of December 31, 2025. Athletes complete a sprint triathlon consisting of approximately a 750m swim, 20k bike, and 5k run or a super sprint for Trials/Finals events.

Mixed Relay: A mixed relay team is composed of two (2) male and two (2) female athletes. Each athlete covers a complete triathlon before tagging the next athlete. Timing is continuous and does not stop between athletes. Youth Elites and Junior Elites may compete as part of the same team. Course distances may vary.

Division	Birth Years	Distances	Format
Youth Elite	2010, 2011, 2012	Super Sprint 375m/10k/2.5k	Multi-lap; Draft-Legal
Junior Elite	2006, 2007, 2008, 2009	Sprint 750m/20k/5k or Super Sprint Trials/Finals	Multi-lap; Draft-Legal
Mixed Relay	2006 - 2012	250-300m swim 5-8k bike 1.5-2k run	Multi-lap; Draft-Legal 2x Male, 2x Female

Registration and Wait Lists

Registration: For each Series race, 75 entries per division will be made available on the Registration Opens date. For events staged in the trials/finals format, 90 entries for the Junior Elite race will be made available on the Registration Opens date. If demand and timeline permit, the trials/finals Race Director may expand the field size to 120 by adding additional waves. Entries are claimed first-come, first-served by completing the online race registration provided by the Race Director. Final field sizes will be USAT's discretion in consultation with the Race Director.

Registration Wait List: Each Race Director will make available a Registration Wait List once all entries have been claimed via the Registration process. This wait list will generate a timestamp as athletes add their names and Race Directors may offer athletes entries when these become available according to the timestamped order of the list. Names added prior to the field size reaching full capacity will be removed. When notifying a wait-listed athlete of the opportunity to register, the Race Director will provide a deadline to claim the open spot. Priority *will* be given to U.S. athletes when rolling onto the start list from the wait list.

Refund Policy: Entry fee refunds for scratches will be at the discretion of the Race Director. Please consult the race website for their refund policy. To allow for space to open at sold out races and in the spirit of good sportsmanship and fair play among teams, athletes must promptly notify the Race Director of their intent to scratch and cc their personal coach and juniors@usatriathlon.org.

USAT Membership Number: Athletes are expected to use the identical USAT Membership Number when registering for all Series races, including Nationals. Failure to do so results in rankings errors. Before registering for the season, please check that your USAT membership will remain current at least until after Nationals, note your membership number, and use the same number when registering for all Series races.

Email Address: Athletes should use one (1) email address for all Series registrations. Use of a student's school email or parent's work email is not recommended due to tighter spam filters that may block important notices, such as earning a Nationals qualification. Use an email account that is monitored regularly throughout the season.

Youth Nationals Participation: Athletes who qualify for and choose to compete in the draft-legal divisions at USAT Youth & Junior Nationals are not allowed to compete in the non-draft Youth Age Group divisions held this same weekend at Nationals. Athletes may compete in "age group" divisions at other USAT championships if they are otherwise eligible.

Series Participation by Foreign National Athletes

USAT welcomes participation in the Series races by representatives of other National Federations if space is available. An athlete who has competed for a national federation other than the United States in World Triathlon events is considered a foreign national athlete for the purposes of this Series regardless of U.S. citizenship or residency status. Priority will be given to athletes representing the U.S. when rolling off the wait list. USAT and the Race Directors reserve the right to request proof of eligibility to represent the United States in competition. Foreign national athletes may earn podium medals and prizes based on their finish position at Series events but are not scored in the USAT Youth & Junior Series or National Rankings.

Foreign national athletes must purchase a USAT membership to compete (one-day or annual).

Foreign national athletes **cannot** earn a qualification spot to the USAT Youth & Junior Nationals but can request a solidarity spot. USAT may, at its discretion, offer solidarity invitations to foreign national athletes to participate in USAT Youth & Junior Nationals if space permits. Foreign national athletes will not be recognized with U.S. Nationals podium awards but may receive general recognition for outstanding performances by the race announcer.

To be eligible for awards at USAT Youth & Junior Nationals, an athlete must be either a U.S. citizen or lawful permanent U.S. resident and have NOT competed in a World Triathlon event under a foreign flag (e.g. Brazil). If an athlete has dual citizenship or dual residency status and has competed in World Triathlon events under the flag of another nation, they are not eligible to compete for the U.S. at the same time, and therefore are ineligible for awards at USAT Youth & Junior Nationals. Once an athlete has completed the World Triathlon prescribed process to change their national representation and satisfied the mandatory waiting period by racing under its neutral (World Triathlon) flag, typically one year, they then become eligible for Nationals awards, rankings and national team qualification provided they are otherwise eligible to represent the U.S. in international competition.

Race Number Assignment and Starting Positions

At qualification events, all race numbers are assigned randomly by the Race Director. Race numbers will be posted at the race venue prior to packet pick-up. Athletes will be called to the start line by order of their assigned race numbers and then will immediately select their starting positions. Once the athlete has chosen their starting position, they may not move from it. Athletes must move straight forward into the water from the start line after hearing the starter's signal.

At events using the trials/finals format, the Race Director will use the most current USAT Youth Elite and Junior Elite Nationals Rankings (draft-legal rankings) to divide the fields into heats to establish a competitive balance (e.g. highest ranked athletes distributed across the heats evenly). Once the heats are established, the Race Director will assign race numbers randomly. At the Race Director's discretion, race numbers for the A and B Finals and any consolation heats may be assigned randomly or by order of finish in the heats.

At USAT Youth and Junior Nationals, race numbers will be assigned according to the most current USAT Youth Elite and Junior Elite National Rankings (draft-legal rankings). After all ranked athletes have been assigned a race number, any unranked athletes will be assigned a random number.

Athlete Pre-Race Briefings and Competition Jury

A USAT Official will provide a pre-recorded briefing on the USAT Multisport Competition Rules prior to each event. This briefing will be posted online and shared by the Race Director by email to all registered athletes. Race Directors, at their discretion, may offer an optional in-person briefing prior to race day to review all pertinent details about the event.

The USAT Official will provide the names of the Competition Jury and procedures for filing protests either in the briefing or by announcement at the race venue. All race-specific officiating concerns must be brought to the attention of the USAT Official **at the race venue**. General questions or concerns about the officiating of the Series must be directed to USAT promptly after the event; however, all protests or questions about penalties must be presented onsite to the USAT Official by the athlete.

USAT Youth & Junior Nationals Qualification

The Series serves as the pathway to gain the necessary skills and competence for draft-legal racing, and to qualify to compete in the draft-legal Youth Elite and Junior Elite divisions at the 2025 USAT Youth & Junior Nationals. There are 75 spots per gender in the respective divisions at Nationals awarded through this Series. Competition for these spots is steep as demand will exceed the number of available spots.

Athletes qualify to compete at Nationals by meeting one of the following criteria at one of these events (“Qualifiers”):

- a) Finish in the top 15 overall among Junior Elites and top 15 overall among Youth Elites at the **2024 Texas Draft-Legal Festival (Ft Worth, TX)***;
- b) Finish in the top 15 overall among Junior Elites and top 15 overall among Youth Elites at the **2024 East Coast Triathlon Festival (Richmond, VA)***;
- c) Finish in the top 15 overall among Junior Elites and top 15 overall among Youth Elites the **2024 Pleasant Prairie Cup (Pleasant Prairie, WI)***;
- d) Finish in the top 15 overall in the A and B Finals among Junior Elites and top 15 overall among Youth Elites at the **2024 Jenny Lee Triathlon Cup (Beaver Falls, PA)***; or,
- e) Finish in the top 15 overall among Junior Elites and top 15 overall among Youth Elites at the **2025 Flatland Cup Triathlon (West Des Moines, IA)***

*Excluding athletes already qualified and/or athletes representing other National Federations (including Dual Citizens).

Spots earned are not held indefinitely. USAT will provide a registration deadline in the notification email sent to the email address provided by the athlete at the time of registration for the Qualifier. If registration is not completed by the deadline provided, the spot will be considered forfeited. Unclaimed spots will roll down to the 18th Junior Elite eligible finisher and the 18th Youth Elite eligible finisher in both male and female divisions (excluding athletes already qualified and/or athletes representing other National Federations) at each Qualifier. **Any unclaimed spots will be reserved as Wild Card spots.** Athletes are highly advised to use the same email address when registering for each Qualifier and to ensure that it is monitored regularly.

At a Trials/Finals Qualifier, qualification spots are awarded first to eligible finishers in the “A” Final. If any spots remain unclaimed by athletes in the “A” Final, then spots will be awarded to eligible athletes by order of finish in the “B” Final (or consolation race). Any spots not claimed by eligible athletes in the “B” Final will be reserved as Wild Card spots.

If the 2025 World Triathlon Americas Junior Continental Championship is held prior to the USAT Youth & Junior Nationals, then USAT **may elect to award** three (3) qualification spots per gender to the first three (3) USA finishers provided they finish in the top 14 overall. These spots will not reduce the number of spots awarded through the Series.

Any spots not claimed per these criteria will be reserved as Wild Card spots. To receive a Wild Card invitation, if the athlete does not have a recent record of accomplishment in U.S. draft-legal racing, they must receive a written nomination attesting to their proficiency in the *Draft-Legal Competencies* listed later in this document from a High Performance Team coach or a member of USAT’s High Performance staff. Wild Card requests are reviewed by USAT High Performance staff on a rolling basis with invitations made accordingly at USAT HP’s sole discretion. An athlete receiving a Wild Card invitation will be provided with a registration deadline with the invitation. Most Wild Card spots are awarded after the last qualification race prior to Nationals.

Athletes who qualify and claim a spot, but who later decide not to race, are expected to notify USAT High Performance immediately to allow prompt reassignment of the spot. Send the email to juniors@usatriathlon.org.

The results of a Qualifier will count even if the swim is cancelled (creating a Duathlon), or if the bike or run distances are shortened from the advertised distance. Should a Qualifier be cancelled and not rescheduled at least two weekends prior to Nationals, the spots may be redistributed to the other Qualifiers, retroactively via roll down. [OBJ]

Mixed Relay Registration

There are approximately 55-60 “team spots” available for the Mixed Relay at Nationals, accommodating participation up to roughly 220 athletes. **Each team must be comprised of two (2) females and two (2) males.** Athletes must be between 13 and 19 as of December 31st of the competition year and have earned an individual qualification in the Youth Elite or Junior Elite divisions at Nationals. Youth Elites and Junior Elites may race on the same team.

Projected Male/Female Order of Start through Finish:

2025: Female/Male/Female/Male

2026: Male/Female/Male/Female

Registration: USAT will coordinate with the USAT Youth & Junior Nationals Race Director to provide a registration process for the Mixed Relay. Initial registration (Step 1) will consist of High Performance Team coaches entering their team(s) by name (e.g., Team A, Team B, etc.) and paying the entry fee. Prior to race day, HPT coaches will be asked to submit team rosters (Step 2). All athletes listed on team rosters must have been individual entrants in the Youth Elite and Junior Elite divisions at Nationals (i.e. in the Race Director/Timer’s database). The distribution of team spots is roughly proportionate to the number of individual entries an HPT or club has as of 30 days prior to Nationals (e.g. an HPT having qualified 30 individual athletes entered on the start list could be allocated as many as 5 mixed relay teams, or 10% of the field).

Composite/Foreign Teams: The organization of composite teams is allowed, provided they are associated with an HPT or USAT National Team. The names of associated HPTs must be identifiable in the composite team's name, such as “HPT/HPT Composite 1”. Composite teams may earn podium awards. Teams comprised of athletes representing other countries may enter the Mixed Relay at the discretion of the USAT High Performance to further USAT’s solidarity initiatives or enhance the quality of field, however, these teams may not earn a podium award at Nationals.

Injury/Illness Substitutions: Injury or illness substitutions must be communicated to the Race Director or his/her designee promptly after the finish of the final Youth Elite or Junior Elite competition of the day to assure that changes can be made in the timing system. Substitutions will be made at the sole discretion of the Race Director working with the Timer. Substitutes must have competed at Nationals and already be in the Race Director’s database. Youth and Junior Age Group (non-drafting) athletes racing on the same day as the Mixed Relay in their individual events are not eligible, however, age groupers who raced on Saturday may be used as substitutes if they meet the *Draft-Legal Competencies*.

Numbering: Each mixed relay team will be assigned a random number for the purpose of calling up the first athlete to the start line and rack assignments in transition.

Awards and National Ranking

Event Podium Awards

The top three (3) male and the top three (3) female finishers at each Series race, regardless of nationality, will receive podium medals provided by USA Triathlon. Race Directors may provide supplemental race awards or prizes at their discretion.

Series Individual Championship

Series Individual Champions are determined from the results of the six (6) Series races (TX, VA, WI, PA, IA and Nationals), in both the Youth Elite and Junior Elite divisions, based on the points table shown in **Appendix A**. An athlete's **best three (3) scores** will count toward their individual total score.

Any ties for the top three positions in the Series overall will be broken by comparison of head-to-head finishes in Series events. If there are no head-to-head finishes to compare, the athlete who raced the final event – Nationals – and has the highest finish place wins. If neither athlete raced Nationals, the athlete with the lowest total score by adding their best three finish positions (cross country-style scoring) wins. Head-to-head ties at Series events will be broken by the times provided by the timer in the official results or by photographic evidence, if available. Only athletes representing the United States are eligible to score points and be ranked in the Series. If a US athlete finishes in third place overall behind a non-US athlete who finishes in second place, the US athlete will be awarded the second place points (950) toward their Series ranking. In trials/finals events, points are awarded to the finishers in the A Finals only.

USAT Youth Elite & Junior Elite National Ranking

An athlete's Youth Elite or Junior Elite National Ranking is determined by the sum of up to their **four (4) best scores based** on the Points Table shown on **Appendix B** at USAT-designated Ranked Events in a calendar year. For 2025, Ranked Events include: World Triathlon Junior World Championship; Americas Triathlon Junior Championship; World Triathlon Junior Continental Cups (worldwide); USAT Junior Nationals; and USAT Junior Series Events (TX, VA, WI, PA, and IA). **For all Series races and the USAT Nationals**, points are awarded based on finish position against U.S. athletes in the field only. For example, if the first U.S. athlete finished 2nd to a Canadian athlete at the Jenny Lee Triathlon Cup, they would be awarded 400 rankings points. **For all other international races**, points are awarded based on actual finish place regardless of other U.S. athletes, age divisions or other international athletes. For example, if the first U.S. athlete finishes third at the World Triathlon Junior World Championships, they would earn 856 points toward their ranking, not 1000 points. In trials/finals events, points are awarded to the finishers in the A Finals only.

Only athletes representing the United States will receive a USAT Junior Elite National Ranking. See page 5 for eligibility to earn awards, and thereby points, in the Series and at Nationals. Athletes become eligible to earn ranking points upon completing the World Triathlon waiting period when changing their national representation, but points are not awarded retroactively for events completed prior to the conclusion of the waiting period. Coaches are expected to notify USAT High Performance when they become aware of their athlete's dual status and help ensure that the athlete is properly advised as to their future race and support opportunities, whether in the U.S. or abroad.

Nationals “Team Championship”

A team champion is recognized at USAT Youth and Junior Nationals using results from the individual draft-legal events (Saturday) and the mixed relay (Sunday). Scoring is as follows:

- The top three (3) finishers from each team in each individual draft-legal race will earn points for their respective teams.
- When scoring the team championship, all non-US athletes and all non-team affiliated athletes will be removed from the results and points will roll to the next team-affiliated athlete.
- The top finishing mixed relay squad representing each team will earn points for their team.
- Subsequent finishing mixed relay squads representing a team will withhold the points from that finish position from other teams, but those points will not be added to the withholding team’s score.
- All composite mixed relay squads and squads with non-US members will be removed from results and points will roll to the next eligible team.
- Points will be allocated using the table at **Appendix A**.
- All team affiliations, national federation representation, or composite mixed relay status, and any challenges thereto, must be recorded in the official timing database no later than the conclusion of the athlete briefing on Friday. Mixed relay substitutions that change the team's composition to race start that include ineligible athletes will result in removal of said team from team champion scoring.

USAT Competition Rules

The Series will be officiated according to the most current USAT Multisport Competition Rules. The goal of USAT Officials is to assist Race Directors in facilitating a safe and fair competitive environment for every athlete. Officials will apply the USA Triathlon Multisport Competition Rules together with the USAT Draft Legal Amendments. The USA Triathlon Multisport Rules of Competition can be found at www.usatriathlon.org. Athletes must familiarize themselves with the rules before arriving at the venue and observe all applicable rules while at the venue and during competition. Direct your questions about rules enforcement to USAT at mark.turner@usatriathlon.org.

International Competition Rules

Athletes planning to compete in World Triathlon events are advised to familiarize themselves with the World Triathlon Competition Rules, Uniforms Rules, Eligibility Guidelines, Anti-Doping Education, medical guidelines, and equipment rules. Your extra attention is called to sections 2.4 Health, 2.7(b) Pre-Race Briefings, 2.8 Uniforms, and 5.2 Equipment. You will find these rules [here](#).

Uniforms

With respect to appropriate race suits and/or team uniforms, athletes have three options: (1) wear a suit/uniform clearly identifying their team affiliation through unique logos and design; (2) wear a Team USA-provided suit/uniform; or (3) wear a neutral, non-logo'd suit compliant with the competition rules. Athletes representing one team should not wear the uniform of another team (except USAT National Team, if so desired) or that of individual sponsor (Note: an exception may be allowed by the USAT Official in the event of a demonstrable equipment malfunction such as a broken zipper or tear). Per USAT Multisport Competition Rules and the USAT Draft Legal Amendments, the uniform must cover the whole torso front. The back may be uncovered from the waist up. Sleeves are not allowed, except for reasons of religion. USAT requests that athletes representing another National Federation wear a uniform with their internationally recognized national designation.

SafeSport

USA Triathlon participates in the U.S. Center for SafeSport program. [SafeSport](#) addresses the issues of child sexual abuse, bullying, hazing, harassment, and emotional, physical, and sexual abuse. These issues extend to online (cyber) behavior. All participants in the Series – athletes, coaches, parents, volunteers, and event organizers – are encouraged to take advantage of the free SafeSport training and resources offered by the Center. All athletes and coaches should review [USAT's SafeSport policies](#) and reporting procedures prior to the start of the season. Additional compliance requirements are expected of athletes participating on USAT National Teams. Junior athletes 18 and over must complete SafeSport training prior to USAT entering them in any World Triathlon events.

SafeSport – Coaches Sign-In

Coaches must be SafeSport trained to serve in a coaching capacity at a USAT sanctioned event with minor athletes. Before each Series race, the Race Director must prepare a list of coaches who intend to be present at the venue in a coaching capacity. For convenience, coaches' names may be collected during the registration process. The Race Director will submit this list to USAT about two weeks before the event, and USAT will confirm each coach's Safe Sport Training currency. At the event, the Race Director will provide a "check-in" location for coaches. Coaches who were not pre-cleared by USA Triathlon will have their SafeSport credentials checked against the Safe Sport Banned List. International coaches do not need to complete SafeSport training if they will be in the US for less than 14 days. HPT parent-volunteers/coaches are expected to complete SafeSport training. USAT will help them access the training through their membership account.

USADA

USA Triathlon expects strict adherence by athletes participating in the Series with all anti-doping protocols. Participants in the Series may be subject to in-competition drug testing. Drug testing is routine at international junior competitions. Athletes, coaches, and parents are encouraged to avail themselves of the resources provided by the U.S. Anti Doping Agency (<http://www.usada.org/>) and to clear all medications or supplements in advance of competition.

World Triathlon Youth Anti-Doping Education

Junior athletes who intend to race in World Triathlon events (for example, Junior Worlds, Junior Continental Championships, Junior Cups) must complete the World Triathlon Youth Anti-Doping Course before USAT can add them to the wait list for the event. Information and login instruction are posted at https://triathlon.org/anti-doping/education_course_details. Athletes should complete the Youth course no later than 48 hours prior to requesting nomination to the event and should keep a copy of their certification of completion. Athletes must register for the course with the same name and spelling as they used for their World Triathlon member account (e.g. Bill vs. William). If you are not certain, search your name under Athletes on the World Triathlon website.

High Performance Teams (HPT)

USAT-designated High Performance Teams are the backbone of our development of athletes across the country. In addition to providing in-person and remote coaching, HPTs are a conduit for information and advice. More information can be found on this webpage: <https://www.usatriathlon.org/our-community/elite-development/youth-jr-u23>

USAT High Performance Teams		Updated 6/30/2024
Team Name	City/State	Website
Barracuda Tri	Tuckahoe, NY	www.barracudatri.com
Bolt Tri Team	Southlake, TX	Boltriteam.com
Caliber Endurance	Richardson, TX	www.caliberendurance.com
Dynamo	Atlanta, GA	dynamoswimclub.com
E3 Endurance	Greensboro, NC	Www.E3endure.com
Endorphin Fitness	Richmond, VA	https://endorphinfitness.com
Endurance 2 Perform	Rockville, MD	www.endurance2perform.com
FIREFLY TRI	Allentown, PA	www.fireflytri.org
Fury Tri Team	Katy, TX	Www.furyriteam.com
Get Fit Families	Harmony, PA	www.getfitfamilies.com
iCAN Junior Triathlon Club	Fresno, CA	icantriclub.com

Impact Multisport	Granville, OH	www.impactmultisport.org
Lightning Warriors	Long Island, NY	www.lightningwarriors.org
MC Elite	Maryland	teammcelite.com
MMTT Elite Triathlon Team	St. Charles, IL	https://www.mmtt3.org/
Multisport Explosion	Alpharetta, GA	teamexplosion.org
OtterTriTeam	Houston, TX	https://ottertriteam.com
Palmetto TRlbe, LLC	Charleston, SC	www.palmettoTRlbe.com
Playtri	McKinney, TX	www.playtri.com/team-playtri-elite
Podium Junior Development Team	New Braunfels, TX	podiumcoachinggroup.com
Roots Racing	Stony Point, NY	rootstri.com
SelecTri	The Woodlands, TX	selectri.org
SLAP Tri Team	Clermont, FL	swim-like-a-pro.com
TeamE Multi Sport	Bentonville, AR	https://www.temultisport.com/
TriProject	Tempe, AZ	www.triproject.org
Triton Elite Multisport	Florida	Facebook Page
Z3 Triathlon Team	Des Moines, IA	www.teamunify.com/triz3

Draft-Legal Competencies

Athletes seeking to compete in the Series should possess the following minimum knowledge and skills.

Knowledge Competencies: An athlete must be able to identify or describe –

- the multi-lap, draft-legal format, and race distances;
- the type of swim start and the start commands;
- the flow-through style transition and proper set-up of transition space;
- the rules applicable to draft-legal racing, including uniform and bicycle set-up;
- mount/dismount line;
- the requirement to attend the pre-race briefing and morning-of check-in;
- proper application of race number decals;
- age and skill-appropriate racing distances for youth and juniors;
- location of athlete development information on USAT website;
- USAT Athlete Code of Conduct;
- where to find SafeSport information; and,
- where to find anti-doping information (USADA).

Skill Competencies: An athlete should be able to –

- take his/her starting position on a mass start line without hesitation;
- perform a dive start from a pontoon (pool's edge) on starter's command;
- perform running beach entry/exit;
- set up his/her transition area and demonstrate correct use of rack and basket;
- use elastic bands to secure cycling shoes (race day optional);
- locate the mount/dismount lines/zones;
- handle bike while running at speed;
- perform bicycle mounts and dismounts without impeding the forward progress of other athletes;
- ride in single-file paceline and two and three-abreast;
- rotate positions within a paceline in race setting;
- use hand signals to communicate within a paceline;
- use proper hand positions on the handlebars;
- apply proper cornering techniques at speed in a group;
- apply seated and standing climbing techniques;
- remove, drink, and replace water bottle while riding in a paceline;
- place bike on transition rack during T2;
- monitor the penalty board and serve penalties in the penalty box or transition; and,
- demonstrate competency in draft-legal rules while performing these skills.

Frequently Asked Questions

What is a Youth Elite and Junior Elite race? Youth Elite and Junior Elite races are USAT-designated, draft-legal triathlons organized as part of a Series culminating in a Nationals exclusively for athletes between 13 and 19 years of age. Each year, USAT designates a small number of these events to serve as national-level racing opportunities. **Use of the term “elite” is meant to differentiate the format and rules of competition from non-drafting, age group racing and to signify the similarities with international draft-legal competition, not necessarily to indicate the performance-level of all participants. The purpose of these events is to prepare athletes for international draft-legal competition and possibly to enter the elite ranks as an adult.**

What does “draft-legal” mean? During a draft-legal triathlon, athletes may ride their bike directly behind or close to other athletes to save energy or join in team tactics. This is often referred to as riding in a “pack” or “peloton.” Drafting in this format of triathlon adds another dimension to race tactics and skill.

What is the purpose of these types of events? Because the Junior, Collegiate (FISU/NCAA), Under-23, Armed Forces championships, Youth Olympic Games and World Triathlon Elite competitions all are draft-legal triathlons, Series races provide America’s young athletes an opportunity to develop the skills and experience necessary for international-caliber racing as they progress through the development pipeline. They also serve as a stepping-stone toward becoming an elite/professional triathlete competing in the World Triathlon events or even the Olympic Games.

What are the race distances and format? A Youth Elite race is comprised of a 375 meter swim, a 10 kilometer bike, and a 2.5 kilometer run. Junior Elite races are comprised of a 750 meter swim, 20 kilometer bike, and a 5 kilometer run. The swim starts from either a platform (dive from a floating pontoon, pier, or riverwalk) or a beach start. An in-water start may be used where no other suitable option is available. The bike course is typically multi-lap (e.g., 4 x 5k). The run is also multi-lap (e.g., 2 x 2.5k). As with any triathlon, distances may vary slightly from venue to venue. Some events may use a trials/finals format for the Junior Elites with varied distances and field sizes.

Why are these races so short? I thought triathlon was an endurance event? The distances for the Series mirror that of the World Triathlon Junior World Championship. Since Series races combine the usual elements of a sprint triathlon with the dynamics and required skill level of draft-legal racing, reasonably short distances are most advisable. At age 13 or 14, an athlete is transitioning from the very short Youth distance races to the dynamics of draft-legal racing. Physiologically, these athletes are in a very dynamic stage of development where coordination, balance and an athlete’s center of gravity are changing rapidly. The Youth events provide a safe, age-appropriate distance upon which to build a foundation for success in the junior ranks.

How old must I be to compete? For Youth, eligible racing ages are 13, 14, or 15 years old as of December 31st of the competition year. For Junior, eligible racing ages are 16, 17, 18, or 19 years old as of December 31st of the competition year.

May I “race up” a division? No. Athletes must compete according to their age as of December 31st of the competition year. For example, a 12 year old who does not turn 13 by December 31st may not compete in a Youth Elite division. Likewise, a 15 year old who does not turn 16 by December 31st may not compete in the Junior Elite division. In the same spirit, an older athlete may not “race down” a division.

Do I need to join a team to compete? No. While there are many development teams that focus on preparing Youth and Junior athletes, being a member of such a team is not required to compete at a Series race.

How do I register for these events? Registration is handled separately by each Race Director. Because some Series races are held with other age group races, be sure you register for the Youth Elite (13-15) or Junior Elite (16-19) event. Use the website links at the front of this document to locate registration instructions for each event.

Do I need to be a USAT member to compete? Yes. Because the Series is a pathway to selection for international championship teams, USAT's High Performance Department expects all participants in the series to be annual members. Junior athletes may hold a USAT Elite License and still compete in the Series.

What type of bike do I need to participate? For Series races, you must ride a "traditional road bike," as opposed to a "tri bike," "time trial bike," or "mountain bike." Please review the USAT Multisport Competition Rules and the Draft Legal Events Amendments for specific guidance on equipment.

Does that mean I need to own two bikes? Certainly not. A few minor modifications to your "traditional road bike" will make it race-ready for any non-drafting triathlon. A road bike will provide the versatility to do both styles of triathlon at the lowest cost.

Can I use aerobars on my bike? No. No aero bars of any style are allowed during draft-legal races.

What is the "no bare torso" rule? An athlete must have his/her torso (upper body) covered for the full duration of the race...from swim start to run finish. Please review the Competition Rules section for specific guidance on race uniforms.

Should I put my name on my race suit? The Series is a talent identification program for USAT. The best way for our talent scouts to learn who you are while you are racing is to put your name on the front and back of your suit. Please review the competition rules section for specific guidance on race uniforms.

Why is there a pre-race briefing and do I need to watch it? The pre-race briefing is necessary to inform and educate athletes about the competition rules and course specifics. A race briefing may be held in-person or offered virtually. Given these events' developmental nature, reviewing this information in advance is very important.

Are wetsuits allowed? The use of wetsuits depends on the water temperature. Please review the competition rules section for specific guidance on the use of wetsuits.

Are three-person relay teams allowed to compete? No. All participants must do the swim, bike, and run.

May parents assist their children in the transition area? No. Parents and coaches are never allowed inside the transition area before, during, or after the event.

Where can I watch videos of this style of racing? World Triathlon offers a collection of recent event videos on its Multimedia page at www.triathlon.org.

Where can I get coaching for this type of racing? One of the best places to learn the art of draft-legal triathlon is by joining an HPT or working with a skilled USAT Certified Coach.

Links

World Triathlon

www.triathlon.org

USA Triathlon Junior Programs

<https://www.usatriathlon.org/our-community/elite-development/youth-jr-u23>

USA Triathlon Elite Programs

<https://www.teamusa.org/USA-Triathlon/Elite/Development>

USA Triathlon Talent ID Programs

<https://www.usatriathlon.org/our-community/elite-development/talent-id>

USA Triathlon's Project Podium

<https://www.usatriathlon.org/our-community/elite-development/project-podium>

USA Triathlon High School Program

<https://www.teamusa.org/USA-Triathlon/About/Multisport/High-School-Program>

USA Triathlon Collegiate Clubs

<https://www.teamusa.org/USA-Triathlon/USAT-for-Me/Clubs/Collegiate-Clubs>

Womens NCAA Triathlon

<https://www.teamusa.org/usa-triathlon/about/multisport/ncaa-triathlon>

APPEXDIX A

Points Table for Calculating Junior Series Standings

Place	Jr Nationals	Jr Cup	Place	Jr Nationals	Jr Cup
1	1250	1000	38	187	150
2	1188	950	39	178	142
3	1128	903	40	169	135
4	1072	857	41	161	129
5	1018	815	42	153	122
6	967	774	43	145	116
7	919	735	44	138	110
8	873	698	45	131	105
9	829	663	46	124	99
10	788	630	47	118	94
11	748	599	48	112	90
12	711	569	49	107	85
13	675	540	50	101	81
14	642	513	51	96	77
15	610	488	52	91	73
16	579	463	53	87	69
17	550	440	54	82	66
18	523	418	55	78	63
19	497	397	56	74	60
20	472	377	57	71	57
21	448	358	58	67	54
22	426	341	59	64	51
23	404	324	60	61	48
24	384	307	61	58	46
25	365	292	62	55	44
26	347	277	63	52	42
27	329	264	64	49	39
28	313	250	65	47	38
29	297	238	66	45	36
30	282	226	67	42	34
31	268	215	68	40	32
32	255	204	69	38	31
33	242	194	70	36	29
34	230	184	71	34	28
35	219	175	72	33	26
36	208	166	73	31	25
37	197	158	74	30	24
			75	28	22

5% drop off

APPENDIX B

Youth Elite/Junior Elite National Rankings Points Table

Finish Place	World Championship/ YOG	Continental Championship/ YOG Qualifier	Junior Nationals	Junior Series Race/ WT Junior Continental Cup
1	1000	750	500	400
2	925	694	463	370
3	856	642	428	342
4	791	594	396	317
5	732	549	366	293
6	677	508	339	271
7	626	470	313	251
8	579	435	290	232
9	536	402	268	214
10	496	372	248	198
11	459	344	229	183
12	424	318	212	170
13	392	294	196	157
14	363	272	181	145
15	336	252	168	134
16	311	233	155	124
17	287	215	144	115
18	266	199	133	106
19	246	184	123	98
20	227	171	114	91
21	210	158	105	84

22	195	146	97	78
23	180	135	90	72
24	166	125	83	68
25	154	116	77	62
26	142	107	71	57
27	132	99	66	53
28	122	92	61	49
29	113	85	56	45
30	105	79	52	42
31	97	73		
32	89	68		
33	83	63		
34	77	58		
35	71	54		

7.5% drop off

APPENDIX C

Race Director Guidance

Required Timing Data for Rankings Portal

The Race Director will request that the Timer provide a .csv file with the following data columns and formatted as shown below. Results for all four race divisions (JEF, JEM, YEF, YEM) must be in a single .csv file...not a separate file or worksheet for each division. Numerical times must be set as Number/Custom/**h:mm:ss**.

Last Name

First Name

Gender

DOB

USAT Member #

School Name (leave blank if not collected)

Year of Graduation (leave blank if not collected)

Country Code (needs to be a three-letter code, e.g. USA, CAN, BER)

Email

City

State

Zip Code

Swim

T1

Bike

T2

Run

Final Time

Place

Team Affiliation (must match the registration drop down menu)

Category (JEF, JEM, YEF, YEM)

The Race Director, or the Timer at the RD's direction, must send the results file as soon as possible at the conclusion of competition to expedite Nationals qualification notification and updated rankings. Delays in sending the file or incorrect file formats result in significant delays.

Registration Fees / Refunds Policies

Registration fees will be at the discretion of the individual Race Director. Qualification Races will offer a 50% refund outside 30 days before the event. There are no refunds 30 days or less before the event.

Identification of National Federation Representation

At the time of registration, the Race Director must collect the athlete's National Federation in the form of a three-letter country code (e.g. USA, CAN, BER). Any athlete who has been entered into a World Triathlon international event by a federation other than USA Triathlon must list that federation in their registration, regardless of whether they live in the US or have US citizenship or legal resident status. Athletes who wish to race for the USA after representing another World Triathlon federation should contact juniors@usatriathlon.org to initiate the transfer process. This typically takes one year, which is why USAT advises Youth Elite athletes to carefully consider their options before age 16.

USAT Membership Numbers

Athletes must use one (1) USAT membership number for the entire season. Failure to do so results in ranking errors and delays in publishing accurate national rankings. Race Directors will take care to collect numbers accurately and athletes are advised to confirm their current number before registering for any Series race.

Start Lists/Wait Lists

Registration: For each Series race, 75 entries per division will be made available on the Registration Opens date. For events staged in the trials/finals format, 90 entries for the Junior Elite race will be made available on the Registration Opens date. If demand and timeline permit, the trials/finals Race Director may expand the field size to 120 by adding additional waves. Entries are claimed first-come, first-served by completing the online race registration provided by the Race Director. Final field sizes will be USAT's discretion in consultation with the Race Director.

Registration Wait List: Each Race Director will make available a Registration Wait List once all entries have been claimed via the Registration process. This wait list will generate a timestamp as athletes add their names and Race Directors may offer athletes entries when these become available according to the timestamped order of the list. Names added prior to the field size reaching full capacity will be removed. When notifying a wait-listed athlete of the opportunity to register, the Race Director will provide a deadline to claim the open spot. Priority *will* be given to U.S. athletes when rolling onto the start list from the wait list.

Refund Policy: Entry fee refunds for scratches will be at the discretion of the Race Director. Please consult the race website for their refund policy. To allow for space to open at sold out races and in the spirit of good sportsmanship and fair play among teams, athletes must promptly notify the Race Director of their intent to scratch and cc their personal coach and juniors@usatriathlon.org.

Course Preview

At USAT Youth & Junior Nationals, the Race Director will make best efforts to make available the Swim, Transition(s), Bike and Run courses the day prior to the first race to allow athletes to preview the courses, provided this is allowed by local permitting agencies. Coaches have indicated a preferred start time for Course Preview of 7:30AM - 8:30AM.

Athletes/teams should be divided into groups by size of team/number of athletes into four (4) groups, preferably close to the same size for all four (4) groups. Group Number rotation shown here:

	Swim	Bike	Transition	Run/Team Meeting
30 min	1	2	3	4
30 min	4	1	2	3
30 min	3	4	1	2
30 min	2	3	4	1

When assigning 30-minute time slots allow 15 minutes to rotate between disciplines as some will change clothes, need to get shoes and other equipment for the next segment.

Example:

- 7:30 - 8:00 - Discipline
- 8:00 - 8:15 - Rotation
- 8:15 - 8:45 - Discipline
- 8:45 - 9:00 - Rotation
- 9:00 - 9:30 - Discipline
- 9:30 - 9:45 - Rotation
- 9:45 - 10:15 - Discipline

This allows each team or athlete 30 minutes at each course discipline and time to rotate from one to the other and clear out the teams in each station.

Coaches prefer a two-loop bike course preview if being led by a lead vehicle. If it's possible to have the bike course preview without the lead vehicle and allow the athletes to ride the course in groups, that is preferred.

Coaches must ensure that their team and athletes access the course previews **only during their assigned times.**

Opportunities for organized course previews at other Series races will be at the Race Directors discretion.

Team Tent Areas

At USAT Youth and Junior Nationals, the Race Director will develop a plan for the safe and appropriate location for team tents. Coaches have requested that team areas be assigned based on the approximate size of each team, with larger teams receiving more space to accommodate additional bike racks and tents. Tent sizes are typically 12'x12' and large teams will erect multiple tents and racks to store over 35 bikes.

The Race Director should provide a map of the tent areas and either (a) distribute locations based on the number of registered athletes for each team or (b) provide a mechanism for coaches to select their preferred location.

Coaches have requested the ability to set up their assigned team space by 12pm (noon) on the day prior to the Course Preview (i.e. two (2) days prior to the first race). However, if this is not possible, coaches have requested the opportunity to drop off team area equipment (tents, tables, chairs, bike racks) in their assigned space by 5pm the night prior to the Course Preview.

Team tent areas should have an 8-foot set-back from any portion of the race course for athlete and spectator safety.

Coaches will lower their tents at night and secure them adequately with stakes, tie-downs, and weights to reduce the risk of wind damage.

Coaches will ensure that assigned areas are cleaned upon departure, removing all trash and waste and properly disposing of it or taking with them.

Use of Drones (small Unmanned Aircraft Systems)

The operation of small Unmanned Aircraft Systems (sUAS), or “drones,” at Series events is governed by the Federal Aviation Administration, [14 CFR Part 107](#) (“Part 107”). Operating a drone at a race venue must be done in accordance with Part 107. Drone operators may discover additional state and local operating rules and are expected to comply fully. Operating a drone over athletes and spectators is highly discouraged. Drone operators should designate a safe and appropriate takeoff and landing area away from athletes and spectators. Operators are expected to coordinate flights with the Race Director and notify USAT Officials when they intend to conduct a flight at the venue. Drones must comply with FAA registration and Remote ID requirements. Drone Operators should be adequately insured. Any interference with the conduct of the race conduct or the safety of the athletes or spectators will be addressed according to the USAT Multisport Competition Rules.

Team Name Drop Down Menu for Registration

Race Directors will include the following team name drop down menu in their registration site:

All In Multisport
All Out MultiSport
Alpha Multisport
BAM Juniors
Barracuda Tri
Bergen County Multisport - BCM
Bolt Tri Team
Caliber Endurance
Central Florida Tri Club
Duke Triathlon Team
Dynamo Multisport
E3 Endurance
Edge Triathlon
Endorphin Fitness
Endurance 2 Perform
Evolve Multisport
Firefly Tri
Fletcher Racing
Fly Tri Racing
Formula Endurance
Fury Tri Team
Get Fit Families
Hawaii Triathlon Center
iCAN Junior Triathlon Team
Impact Multisport
Insight Performance
Kyle Pease Foundation
Lennox Fitness Tri
Lightning Warriors
MC Elite

Multisport Explosion
Multisport Madness Triathlon Team
Northside Youth and Junior Tri
NYTT
Oasis Rogue Rage
Omni Kids Tri
Otter Tri Team
PacWest Endurance
Palmetto Tribe
Playtri
Roots Racing
Sanford Triathlon Team
SelectTri
SLAP Tri Team
SLM Youth Endurance
TAF Racing
TeamE Multi Sport
TriProject
TriEMAC
Triton Elite Multisport
Triumph Today Triathlon Team
True Performance
Turnagain Training
Twin Lakes Tri Club
USAT Mallow Junior National Team
USAT Project Podium
Wolfpack
Yoder Performance
Z3 Triathlon Team

Safe Sport Coach Registration / Communications

Race Directors will take steps to collect the name, email, and team affiliation of each coach who intends to be present at the race venue and shall comply with USAT Safe Sport requirements with respect to providing a pre-clearance list and a race weekend sign-in list to USAT.

Race Directors will provide a clearly identifiable coaches sign-in location for Safe Sport compliance.

Race Directors should "cc" the coaches and race officials on important communications leading up to their events.

Additional Terms and Conditions

The Race Director's contractual relationship with USAT is governed by the terms and conditions of the *Host Agreement for 2025 USA Triathlon Youth & Junior Triathlon Development Race Series*.