



EXPLAINED

The [British Triathlon Super Series](#) is designed to give our leading Youth and Junior athletes the best possible learning and development platform as well as to support the continued development of racing standards in Britain. Athletes in the Academy and Next Generation stages of the pathway, across all three Home Nations, focus their domestic Triathlon racing on the Super Series. Triathlon is a dynamic sport, and our leading athletes are expert decision makers and Intelligent Racers. [Intelligent Racing](#) is best developed when athlete's decision-making abilities are put under some pressure; ensuring Super Series races have the leading young athletes competing will support this. Similarly it will continue to drive performance standards forward, as well as provide the necessary [One Day One Race](#) experiences, to support development in that pillar of the [Athlete Development Framework](#).

We also recommend athletes read the [Racing Explained](#) resource to understand how Super Series racing may fit into their season.

SUPER SERIES QUALIFICATION

The Performance Assessments will be the first event of the Youth and Junior Super Series and the order of finish will create the first Super Series rankings of 2023. All subsequent Super Series start lists will be determined by the Super Series rankings at the relevant entry deadline, with start places rolling down the rankings list until the event is full. See the following sections [Populating Start Lists](#) and [Points and Rankings](#) for more detail. Senior athletes should visit their policy [here](#).

NB Any athlete selected to **2022 or 2023 Championship teams** or meeting **2023 ET Jnr Cup automatic selection standards** (2.6 of policy) will qualify for all further 2023 Super Series events.

DRAFT LEGAL BIKE ASSESSMENT

Any athlete who **HAS NOT** previously competed at the Performance Assessments **AND IS NOT** a member of an English Scottish or Welsh Academy **MUST** demonstrate their abilities to ride safely in/around others prior to the Performance Assessments. This is done via your local Academy – if you are unsure of how to contact your local Academy Lead, please email the Super Series inbox [here](#).

PERFORMANCE ASSESSMENTS

All British athletes wishing to compete in the Super Series must take part in the British Triathlon Performance Assessment weekend. This not only gives every Youth and Junior athlete an equal opportunity to compete for a place it also ensures athletes are ready to race at this level. For 2023, the [Performance Assessments](#) are on April 1/2 in Nottingham (swim) and Prestwold Hall (bike/run).

The Performance Assessments are over the following distances for the following age groups:

Youth A - (2007/2008 born) 400m swim / 10km bike / 2.5km run.

Youth B - (2006 born) 400m swim / 10km bike / 2.5km run.

Junior - (2004/2005 born) 800m swim / 20km bike / 5km run.

Like the Super Series, the bike is draft legal and subject to British Triathlon draft-legal [Wheel Regulations](#). [Gear restrictions](#) **WILL** be in place for **ALL** Youth events including the Assessments and any other event where the age groups are combined, as well as for **ALL** series events where Youth A athletes are racing as a single age group.

Athletes will complete a swim time-trial in the pool, on Saturday, followed by a bike-run race on Sunday. Athletes start the bike-run in pursuit format behind the fastest swimmer. Subsequent athletes will follow according to swim time behind the leader (E.g. if an athlete is 5 secs slower, they start 5 secs behind). Athletes start in bare feet, as if exiting the water, and run into and complete T1, before going onto complete the bike, T2 and run without a break, as per a standard Triathlon.

Some Senior athletes will also be invited to the Assessments to qualify for the Senior Super Series. In the Female category, Senior athletes will race with Juniors. A decision on whether to combine the Juniors and Seniors for the Open category will be made, depending on entry numbers, nearer the time. Youth B's will race Youth A's.

PERFORMANCE ASSESSMENT APPEALS

Athletes who are unable to compete and do not start (DNS) or do not finish (DNF) at the Performance Assessments may appeal.

DNS - The appeal will need a doctor's note or grounds for non-attendance (serious and immovable commitments only). DNS appeals need to be emailed to [Katie Parrish](#) prior to the entry deadline for the Performance Assessments.

DNF - The appeal will need to detail grounds for DNF and be emailed to [Katie Parrish](#) by 5pm on the 3rd of April.

The average DNS/DNF percentage for a Super Series event is 12% of the field (Youths) and 15% (Juniors). For all races up to and including the June Mallory event, we will award up to a maximum of 12% or 15% (category dependent) of each start list to athletes with a successful appeal. After this, the percentage will fall to 8% or 10%, as most athletes will have a ranking. If there are more appeals than the percentage allows, appeals will be ranked by the Appeal Committee. All athletes with appeals will be added to the back of the field/start list.

NB Given the competition for places and high quality of field in the Super Series, athletes who live abroad and hold British passports are asked to come to the PAs to trial. Comparing results from foreign races and making an accurate assessment is extremely difficult as standards are significantly higher and fields deeper in Britain than all but one or two of the leading European nations.

EXPLAINED

REGISTERING INTEREST

Athletes must register their interest for the relevant Super Series event to be awarded a start - if you have not registered your interest, you will **NOT** receive a start. Click [HERE](#) and then navigate to the specific event to register your interest. You can register your interest for all 2023 Super Series events from the 1st of February 2023.

START NUMBERS AND TIERS

Start numbers in each event will vary according to athlete experience and distance to the first swim buoy. The further the distance and more experienced the athletes, the higher the start number in each event. Therefore, Junior waves will, in general, be bigger than Youth waves. The current racing pool for the Open category is significantly larger than that for the Female category and as a result we have enough numbers to race in two Tiers at events that have the capacity to facilitate this.

The two Aquathlons will split the national racing pool, between north and south venues, allowing a greater overall capacity. The Heats/Finals format at Mallory and Eliminator at Eton has larger start numbers than a standard single tier race.

Tiers - Super Series rankings will determine which Tier an athlete will race in, with the higher ranked athletes being in Tier 1. Both Tiers will race over the same course with results being combined and sorted by finish time. Ranking points will then be allocated by finish time – i.e. an athlete in Tier 2 with a faster time than an athlete in Tier 1 will be awarded more ranking points.

Female Start Numbers – As the racing pool is smaller for females and because field spread at the first buoy is greater than that in Open events we can safely add additional female start numbers (especially for Youth females) without compromising athlete safety and thereby ensure that the majority of female athletes get starts.

Competition Maps - These give athletes an idea of the events they should be focusing on through the season and can be found [here](#).

START NUMBERS, TIERS, AND AGE GROUPS BY RACE (for formats at each event please see Competition Maps)

			Youth A	Youth B	Junior	Senior
1	Performance Assessments	Female	96	30	50	50
		Open	120	50	100	50
2	Llanelli	Female	45	25	30	45
		Open	T1 30 / T2 45	T1 25 / T2 10	T1 25 / T2 35	T1 35 / T2 25
3	Junior World Trial Race	Female		TBC	TBC	TBC
		Open		TBC	TBC	TBC
4	Aquathlons	Female	60	20	40	By Invite
		Open	60	20	40	By Invite
5	Mallory	Female	55	25	40	40
		Open	55	25	40	40
6	Sunderland	Female	50	25	30	35
		Open	44	22	30	35
7	Eton Eliminator	Female	80	20	30	30
		Open	80	30	40	40
8	Grand Final	Female	70	20	30	30
		Open	T1 50 / T2 50	T1 10 / T2 20	T1 20 / T2 20	T1 30 / T2 15

The numbers above serve as the **GUIDE** that we will work to, however, **British Triathlon**, and the **race organisers** it works with, **reserve the right to adjust as needed** in line with the philosophy of the Super Series. While numbers are listed for PA's and Aquathlons we do not these events to reach capacity, so these events are effectively open to all athletes to enter. If either event is oversubscribed Pathway athletes will be prioritised.

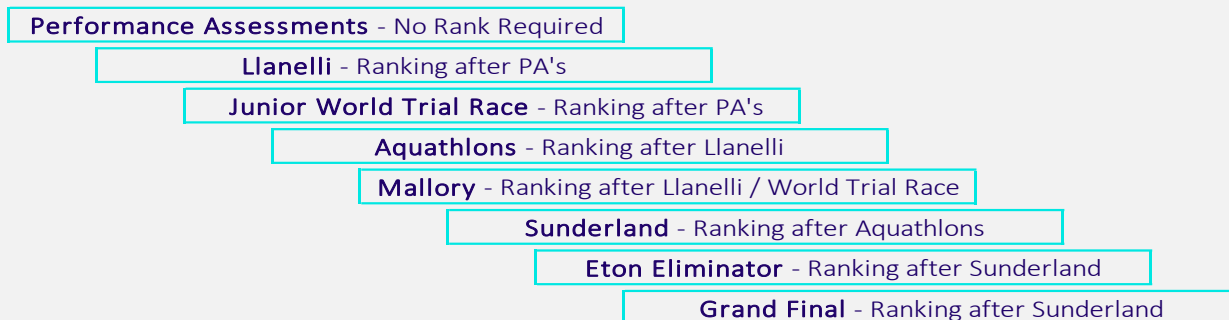
ENTERING AN EVENT

Athletes who have both registered their interest and are high enough on the rankings (if relevant) to be allocated a start will receive an email inviting them to enter the event. This email will include the details of the race in which they have been allocated a start (E.g., Tier 1 Youth Open) and a code which will allow the athlete to access the event's entry system. Athletes will need to access the system and enter the event prior to the entry deadline to guarantee entry. Failure to enter the event **WILL** mean the athlete will lose their start.

EXPLAINED

POPULATING START LISTS

Start lists for each Super Series event will be populated by rank order as follows.



Starts for Mallory will be determined by ranking after Llanelli for Yth A's and the Jnr World Trial race for Yth B's and Juniors. For more information on Aquathlon format please read 'Racing Explained'

WAIT LIST

Given the competition for places, British Triathlon is committed to ensuring full start lists. To enable this, we operate a wait list, in a similar fashion to World Triathlon events, and **expect all athletes who are unable to start to notify the Super Series of this as soon as possible**. Athletes who do not start and have not notified us risk being penalised; this will normally mean not starting the next Super Series event. If a place is vacated, it will fall to the first athlete on the wait list who will be contacted immediately.

All athletes who have not received an entry code will automatically be placed on the wait list (in Super Series rank order). **The wait list will close on the Wednesday before each event.** Thereafter no changes will be made to start lists. It is expected that there will still be a small number of dropouts right up to the event – again the [Super Series](#) must be contacted immediately in such cases to avoid any penalty.

Some Super Series events will accept a very small number of entries on the day if the field size is below the set limit. If you would like to enquire about on the day entry, please contact us via superseries@britishtriathlon.org at least 72 hours prior. Please **DO NOT** travel to a race specifically to enter on the day as you **WILL NOT** be able to enter without having contacted us prior.

POINTS AND RANKINGS

Rankings will be calculated as quickly as possible after each event and published [here](#). Our workload, and that of the race organiser, in the days before, during, and after each race is very heavy so this may mean a slight delay – if this is the case, please be patient! By the end of the season, an athlete's best four (Youth A) or five (Youth B and Junior) race results will determine their final points total. We phase how rankings are totalled throughout the season to support each athlete to get the best possible ranking. - this will work as follows:



There will be six separate ranking tables across the three age groups and the Female and Open categories. To help us get rankings right please ensure that you **always spell your name the same way** when entering each race (e.g., if you enter the PAs as Katie, don't change to Kate or Katherine for Llanelli). Any differences in spelling will mean the spreadsheet creates another version of you to award your points to.

The British Triathlon Super Series Grand Final, like the WCTS Grand Final each year, is the biggest and most important Super Series event of the season and will carry Super Series ranking points plus an additional quarter. All other Super Series events will carry the standard number of points. In the Aquathlon an athlete's best two results across the three races will count towards Super Series points – see [Racing Explained](#) for more information and at Mallory (heat/final format) - all athletes making the A Final will be ranked higher than any athletes in the B Final **IRRESPECTIVE** of finishing times in either final, this is similar in the Eliminator format at Eton with the results from the highest ranked final race taking the points over the next final.

QUESTIONS

Questions and communication about rankings, appeals, athletes not starting/withdrawing, entry codes and issues activating them should be directed to superseries@britishtriathlon.org. Questions that relate to the event itself should be directed to the relevant race organiser.