

COMPETITION MAP EXPLAINED

Putting a race schedule together can be complicated for the relevant athlete age and stage of development. The Competition Map seeks to make that simpler by outlining all the relevant available opportunities. This map should be used as a **guide only**, it details available and relevant events for the listed athlete groups, **we wouldn't necessarily expect** athletes to race **all** events.

STAGES OF DEVELOPMENT

Each stage of development follows a different coloured route through the map:

Championship Juniors - Athletes capable of meeting Championship selection standards

ETU Cup Juniors and Youth B's - Athletes capable of meeting ETU Cup selection standards

Championship Youths - Youth A and B athletes capable of meeting Championship selection standards

Super Series Juniors/Youths - Athletes capable of qualifying for all Super Series events

Regional Juniors/Youths - Athletes who are either do not qualify for, OR who get irregular Super Series starts

Please see the [Racing Explained](#) document to understand how British and World Triathlon (WT) age groups overlap and fit together. The selection policies for the World/European Championships and ET Junior Cup races referred to in this document are available in the '[Junior Selection Policies](#)' section of the British Triathlon website.

ONE DAY ONE RACE

Is one of the six pillars of the [Athlete Development Framework](#). It relates to athletes developing towards being able to deliver their best performance when it matters most. For our Podium athletes this is one race every four years - the Olympics. For developing athletes, [One Day One Race](#) (ODOR) is age and stage appropriate. ODOR events for all ages should be the focus '**A**' races an athlete seeks to do each year. It is important here to **differentiate between performance and outcome**. The focus here is on performance exposure and development which may not always correlate with outcome. We would recommend around four ODOR triathlons per year at Youth/Junior level along with some other ODOR events in single disciplines. All other races should afford athletes the chance to explore their abilities, tactics and performance development. Such races should provide a 'safe to explore' opportunity with **much reduced expectation** - the Super Series is primarily about **learning and development**. To maximise development, athletes should have a plan that is reviewed for all races they compete in.

RACING UP, RACING AT, AND RACING BELOW

Consideration should be given to the level of challenge each race represents. Developing athletes should be exposed to **differing levels of challenge** through the season as each level represents different learning opportunities. For all athletes, and especially Youth age and younger, we would expect a significant proportion of competition to come from the **single disciplines**. Critically, if the prerequisite spread of Racing Up/At/Below cannot come from Triathlon it should be topped up by single discipline opportunities. For example, for some athletes (those racing in the rear half of the field) Super Series events will present a Racing Up experience, and Racing At, or Below experiences may need to come from single disciplines or Regional/Age Group triathlons.

Racing Up – This is where the athlete is stretched and is out of their normal comfort zone. The level of racing is one step above them, they are not in control much, if at all, and are forced to race reactively while under constant pressure, both physically and mentally. The consequence of a poor decision will likely mean the athlete being dropped. There is a very high level of challenge and consequent risk of failure, learning at this level can be stark and powerful. Ideally, athletes should look to race at this level no more than 15-25% of each season and have clear process (not outcome) targets to measure their performance against.

Racing At – This is where the athlete is racing at their level, they are more comfortable and have greater control over the flow of the race and the decisions made. Athletes are under moderate pressure in such races and so the consequences of poor decisions are less impactful, and the athlete should, on most occasions, be able to recover any time lost from a poor decision. This is a relatively safe learning environment. Ideally athletes should look to race at this level for 50-70% of each season and have clear process targets to measure performance against.

Racing Below – This is where the athlete is racing at a level below their standard – they are generally in control physically and mentally and have plenty of time to make decisions. There is very little risk of failure and consequently a lot of opportunity to try different or new approaches that would not be possible at a higher level. Ideally, athletes should look to race at this level no more than 15-25% of each season and have clear process targets to measure performance against.

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NUMBER OF RACES

All athletes develop at different rates physically, emotionally and mentally so it is difficult to be precise with how many races each age and stage should do. Racing schedules also have to be balanced with academic and other sporting commitments too. This next section seeks to guide season planning as much as is possible and but please remember it is just a guide. As such we would recommend all race planning is done with an experienced coach who knows the athlete, their training history, season goals, academic and additional sporting workload well.

CHAMPIONSHIP JUNIORS

Athletes should aim to complete between eight and twelve races in total with no more than one or two Duathlons, one Aquathlon, one or two Mixed Relays, one to three Super Sprints with the rest made of Sprint distance events. **ODOR** focus will be on World and European Championships along with the selection races. Other events in their race plan could include ET Junior Cups and Super League along with the Super Series.

ET CUP JUNIORS OR YOUTH B'S

Athletes should aim to complete between seven and ten races in total with no more than one or two Duathlons, one Aquathlon, one or two Mixed Relays, one to three Super Sprints with the rest made of Sprint distance events. **ODOR** focus will be on one to three ET Junior Cups and/or Super League along with one or two Super Series events (normally the championship selection events).

CHAMPIONSHIP YOUTHS (Youth A and B)

Athletes should aim to complete between seven and ten races in total with no more than one to three Duathlons, one Aquathlon, one or two Mixed Relays, and the rest Super Sprint (Youth A) or three or four Super Sprints and three to five Sprint distance events (Youth B). Final year Youth athletes might seek to race one or two local non-drafting sprint events to prepare for Junior racing. **ODOR** focus will be on four or five events including the European Youths along with the selection event and either Championship Duathlons, and/or ET Junior Cup(s) and/or Super League and/or key Super Series events.

SUPER SERIES JUNIORS AND YOUTHS

Athletes should aim to complete between six and ten races in total with no more than one to two Duathlons, one Aquathlon, one or two Mixed Relays, with the rest made of Sprint/Super Sprint distance events (Juniors) or Super Sprints (Youths). Final year Youth athletes might seek to race one or two local non-drafting sprint events to prepare for Junior racing. **ODOR** focus will be on four or five events including the relevant Championship selection events and one or two other Super Series events. Whilst the Super Series affords excellent racing opportunities, athletes shouldn't focus on all events as **ODOR** opportunities instead aim to use one or two as development opportunities and overtly explore different strategies.

REGIONAL JUNIORS AND YOUTHS

Athletes should aim to complete between six and nine races in total with no more than one to three Duathlons and the rest made of Sprint/Super Sprint distance events (Juniors) or Super Sprints (Youths). Final year Youth athletes might seek to race one or two Sprints either local non-drafting events or AG Draft Legal Qualifiers to prepare for Junior racing. First year Youths should look to their Regional Junior Series for additional races. **ODOR** focus should be on four or five events that are definite 'Racing At' experiences. At this level there should be a good mix of drafting and non-drafting races.

WHAT ARE THE PERFORMANCE ASSESSMENTS?

The Performance Assessments offer the opportunity for all the Youth and Junior athletes to come together at the start of the season to trial for Super Series starts. They are also the first event of the Youth and Junior Super Series, and the finish order determines the first set of Super Series Rankings, which then sets start positions for the next Series race at Llanelli. It also important to be aware that competing in the Performance Assessments is required to continue forward into all other triathlons in the Super Series.

The Assessment weekend does offer more than trialling for Super Series starts. It gives parents and athletes the chance to engage with National and British staff and coaches along with receiving updates on National and British strategies and policies. We normally deliver online educational sessions on selection policies (for athletes/coaches and parents) as well as an induction session for any parents who are new to the Super Series. There is also an opportunity to meet the coaches and staff of the various British Triathlon aligned training centres (Saturday). We also aim to provide CRY (Cardiac Screening for the Young) testing every other year (odd years) for athletes that race internationally which provides the backbone of the World Triathlon's Pre-Performance Evaluation, a mandatory requirement for any entrant into a World Triathlon elite event.

For more information on the Performance Assessments please read the Super Series Explained which is found on the [Super Series Resources](#) page.