

# SENIOR SUPER SERIES CHANGES

The [Super Series](#) is designed to give our leading Senior, Junior and Youth athletes the best possible learning and development platform as well as to support the continued development of racing standards in Britain. At its core the Series seeks to ensure we give the best British athletes regular opportunities to race each other in competitive events over varied courses spread around the country. Aligned to this we are always looking at ways the Series can improve and 2022 sees some key changes, notably a new selection policy.

## CHANGES FOR 2022

With ever increasing numbers of athletes wanting to compete in the Super Series and that driving more competition for starts we have completely changed how athletes will be given starts for the Series. Our intention in doing so is to put more control into the hands of athletes and in so doing support our key principle of having the best athletes on the start line.

While athletes should consult the selection policy [here](#) for all the detail, some of the key elements are highlighted below.

## AUTOMATIC SELECTION

The following athletes will have a start in all events *please consult the policy for more detail*

- i All athletes with a World Triathlon rank of between 1 and 300
- ii All athletes who finished in the Top 10 overall<sup>1</sup> in a 2021 British Super Series event
- iii Any athlete in the Top 5 (seniors) at the Performance Assessments OR (later season) Top 5 ranked in the Senior Super Series

## INVITES

In order to support the best athletes being on the start line British Triathlon will be able to award up to 5 invites for each event BUT is under no obligation to award all invites at every event. For more detail on how these will be awarded please see the policy [here](#)

## PERFORMANCE ASSESSMENTS

To this point British Triathlon has relied on a largely discretionary process to award starts, however, improved standards means greater competition, particularly between positions 10 and 30 in races in order to award starts fairly and to ensure all athletes have a chance to compete for those starts, much the same as for the Youth and Junior Pathway, Senior athletes will be asked to attend the British Triathlon Performance Assessment (PA) weekend. The results of the PA's will create a roll down list for the first 2 races of the season from which starts can be awarded before Super Series ranking takes over for the second half of the season (see the policy for more detail).

## WHO SHOULD ATTEND THE PERFORMANCE ASSESSMENTS?

The following athletes MUST attend the Assessment weekend

- i Any athlete without a Top 20 overall<sup>1</sup> in a 2021 British Super Series event OR who did not compete in the 2021 Series

The following athletes are ADVISED to attend the Assessment weekend

- i Any athlete without a Top 10 overall<sup>1</sup> (i.e., between 10<sup>th</sup> and 20<sup>th</sup> overall<sup>1</sup>) in the 2021 British Super Series<sup>2</sup>

A list of athletes who have achieved Top 10 and Top 20 overall 2021 results is posted [here](#).

**Note 1** All results are considered as overall in the race – events often contain a mix of Junior/Senior and sometimes Youth B athletes and your result is considered as your position across the line in the race overall NOT your position in your respective age category.

**Note 2** Athletes finishing between 10 and 20<sup>th</sup> overall in any 2021 event may get a start in races BUT they are NOT guaranteed and therefore ADVISED to attend the PA's – please see the policy

## AM I AT THE RIGHT LEVEL TO ATTEND?

If you have raced previously at Youth, Junior or Senior level in the British Super Series you may compete at the Performance Assessments. If you have not raced in the British Super Series as Youth, Junior or Senior you might still be able to attend the PA's, the event giving you an opportunity to see if you are at the right level, and you should see [here](#) for more information.

Any athlete who is NOT training at one of the eight British Triathlon Training Centres<sup>3</sup> AND did not finish in the Top 20 (overall) in a 2021 British Super Series event (including anyone who did not compete in the 2021 Series) will be asked to attend a pre-Performance Assessment Intelligent Race Day (IRD) for the more experienced to dial back into bunch riding ahead of the PA and for those with less experience to assess if your riding skills are at a level to ride safely in a draft legal event. More information on these IRD's can be found [here](#). **Note 3** Bath, Birmingham, Cardiff, Eastbourne, Leeds, Loughborough, Nottingham, Stirling

## WHERE, WHEN & WHAT IS THE PERFORMANCE ASSESSMENTS?

For 2022, the [Performance Assessments](#) are on April 2/3 in Nottingham (swim) and Prestwold Hall (bike/run). Seniors will compete over the following distances - 800m (pool) swim / 20km bike (draft legal) / 5km run. Being held at the beginning of April, when open water temperatures are almost certainly too low, the swim is pool based, and due to logistics, it is held separately from the bike and run. Athletes start the bike/run in pursuit format. The fastest swimmer starts first, and subsequent athletes follow according to swim time. If an athlete is 5 secs slower, they start 5 secs behind, 10 secs slower, 10 secs behind, etc. 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. As per all other Super Series events elite rulings such as lapping and wheel regulations will be applied.

**FOR MORE INFORMATION**, please contact [superseries@britishtriathlon.org](mailto:superseries@britishtriathlon.org)