

# COMPETITION MAP EXPLAINED

## WHY?

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 the relevant available opportunities. This map should be used as a guide only and we wouldn't necessarily expect athletes at a particular stage of development to race all relevant events. This pdf is interactive - please hover over and click on all [blue text](#).

## WHICH STAGE OF DEVELOPMENT?

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

### Championship Juniors

Junior athletes capable of meeting Championship selection standards [See here](#) for selection policy

### ETU Cup Juniors

Junior athletes capable of meeting ETU Cup selection standards [See here](#) for selection policy

### Championship Youths

Youths (A and B) capable of meeting Championship selection standards [See here](#) for selection policy

### Super Series Juniors/Youths

Athletes capable of qualifying for all Super Series events NB Not all athletes in a Super Series are at the same level of development - refer to Racing Up/At/Below

### Regional Juniors/Youths

Athletes who are either unable to or who get irregular Super Series starts

## 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 main focus 'A' races an athlete seeks to do each year. It is important to differentiate between performance and outcome. The focus here is on performance delivery which may not always correlate with outcome. We would recommend around 4 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 delivery. Such races should provide a 'safe to explore' opportunity with much reduced expectation - the Super Series primarily is about learning and development. To maximise development athletes should have a plan, that is reviewed, for all races they compete in.

## RACING UP/AT/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 outside the top 15-20) all Super Series events will present a Racing Up experience and Racing At and Below experiences will likely need to come from single disciplines or Regional 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. 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 loss from a poor decision. This is a relatively safe learning environment. Athletes should look to race at this level no more than 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. 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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## HOW MANY 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, this also has to be balanced with academic and other sporting commitments too. This next section seeks to guide this as much as is possible, and is just that a guide only. 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 8 and 12 races in total with no more than 1-2 Duathlons, 1 Aquathlon, 1-2 Mixed Relays, 1-3 Super Sprints with the rest made of Sprint distance events. **ODOR** focus will be on World and Europeans along with the selection races. Other events in the plan could include Junior/Senior ETU Cups and Super League along with the Super Series

### ETU Cup Juniors

Athletes should aim to complete between 7 and 10 races in total with no more than 1-2 Duathlons, 1 Aquathlon, 1-2 Mixed Relays, 1-3 Super Sprints with the rest made of Sprint distance events. **ODOR** focus will be on 1-3 European (ETU) Jnr Cups and/or Super League along with 1-2 Super Series events (normally the championship selection events).

### Championship Youths

Athletes should aim to complete between 7 and 10 races in total with no more than 1-3 Duathlons, 1 Aquathlon, 1-2 Mixed Relays, and the rest Super Sprint (Youth A) or 3-4 Super Sprints and 3-5 Sprint distance events (Youth B). Final year Youth A athletes might seek to race 1-2 local non-drafting events to prepare for Junior racing. **ODOR** focus will be on 4-5 events including the European Youths along with the selection event and either Championship Duathlons, and/or an ETU Jnr Cup(s) and/or Super League and/or key Super Series events

### Super Series Juniors/Youths

Athletes should aim to complete between 6 and 10 races in total with no more than 1-2 Duathlons, 1 Aquathlon, 1-2 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 1-2 local non-drafting events to prepare for Junior racing. **ODOR** focus will be on 4-5 events including the relevant Championship selection events and 1-2 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 1-2 as development opportunities and overtly explore different strategies.

### Regional Juniors/Youths

Athletes should aim to complete between 6 and 9 races in total with no more than 1-3 Duathlons and the rest made of Sprint/Super Sprint distance events (Juniors) or Super Sprints (Youths). Final year Youth athletes might seek to race 1-2 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 4-5 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. This year the Assessments will be the first event of the Youth and Junior Super Series, the finish order will determine the first set of Super Series Rankings. Start lists for Llanelli, Blenheim (TBC) and Leeds will all be set from this ranking.

The Assessment weekend offers a lot more than trialing 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. Various educational sessions are delivered by the teams that support Home Nation and World Class Programme delivery for both athletes and parents and there is an opportunity to meet coaches and staff of the various Universities that have triathlon programmes. We also provide CRY (Cardiac Screening for the Young) every 2nd year (even years) for athletes that race internationally which provides the backbone of the ITU's Pre Performance Evaluation, a mandatory requirement for any entrant into an ITU elite event.

For more information on the Performance Assessments please read the Super Series explained PDF which like this document is found on the [Youth and Junior Competition](#) page