

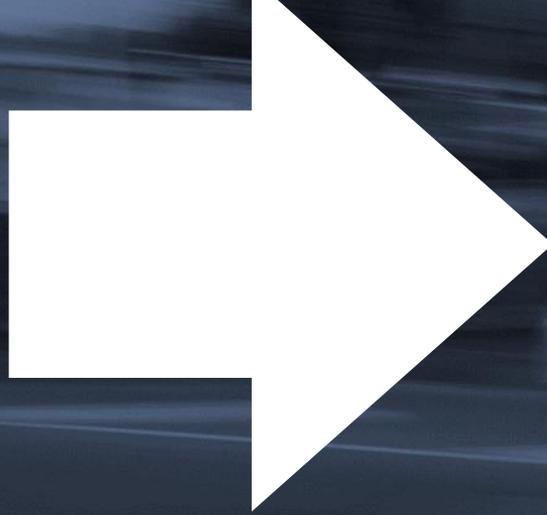


**BRITISH
TRIATHLON**

Moving the Super Series Forwards 2020



2019 REVIEW



In 2019 we made several changes to the Super Series. Before looking at how we are moving the 2020 Series forward, we felt it made sense first to review the 2019 changes.

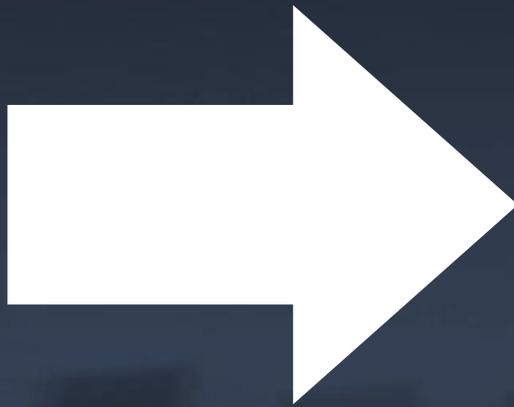
1.Re-introduction of the Senior Super Series

This worked well and fulfilled its objective of ensuring a complete domestic Elite pathway, allowing Juniors the opportunity to transition smoothly into U23 and then onto Senior racing. Good alignment with the Continental Cup Policy also made for clear progression to international racing.

2.Male Tier 2 Racing

Tier 2 racing worked well and led to some great ‘racing at’ competitive experiences along with allowing more opportunity and helping to grow the racing pool. To protect Tier 2 racing going forwards athlete’s do need to continue to commit to racing at this level. The promotion of draft legal racing is expensive and without full fields races become financially unsustainable.

2019 REVIEW



3. Increased female start numbers

Without the racing pool for a 2nd Tier the move to increase female start numbers worked well. A greater field spread by the first buoy means this can be done safely and allows more female athletes the chance to compete at Elite level.

4. Youth B

This was a positive and well received move to help support the transition of Youth athletes from Super Sprint to Sprint distance. It also aligned British age groups more closely with the standard ITU/ETU age groups and ensured we support Youth B's with their transition to racing against Senior athletes.

5. The Big Weekend

The re-introduction of Seniors to the Super Series, along with the Mixed Relay Cup meant that the Under 20's Festival became a much bigger event. The weekend also included Tier 2 events in both Youth and Junior/Senior races. Whilst this meant a very busy Saturday (individual events) all the feedback was very positive, and we will move forward again this year with a similar model.

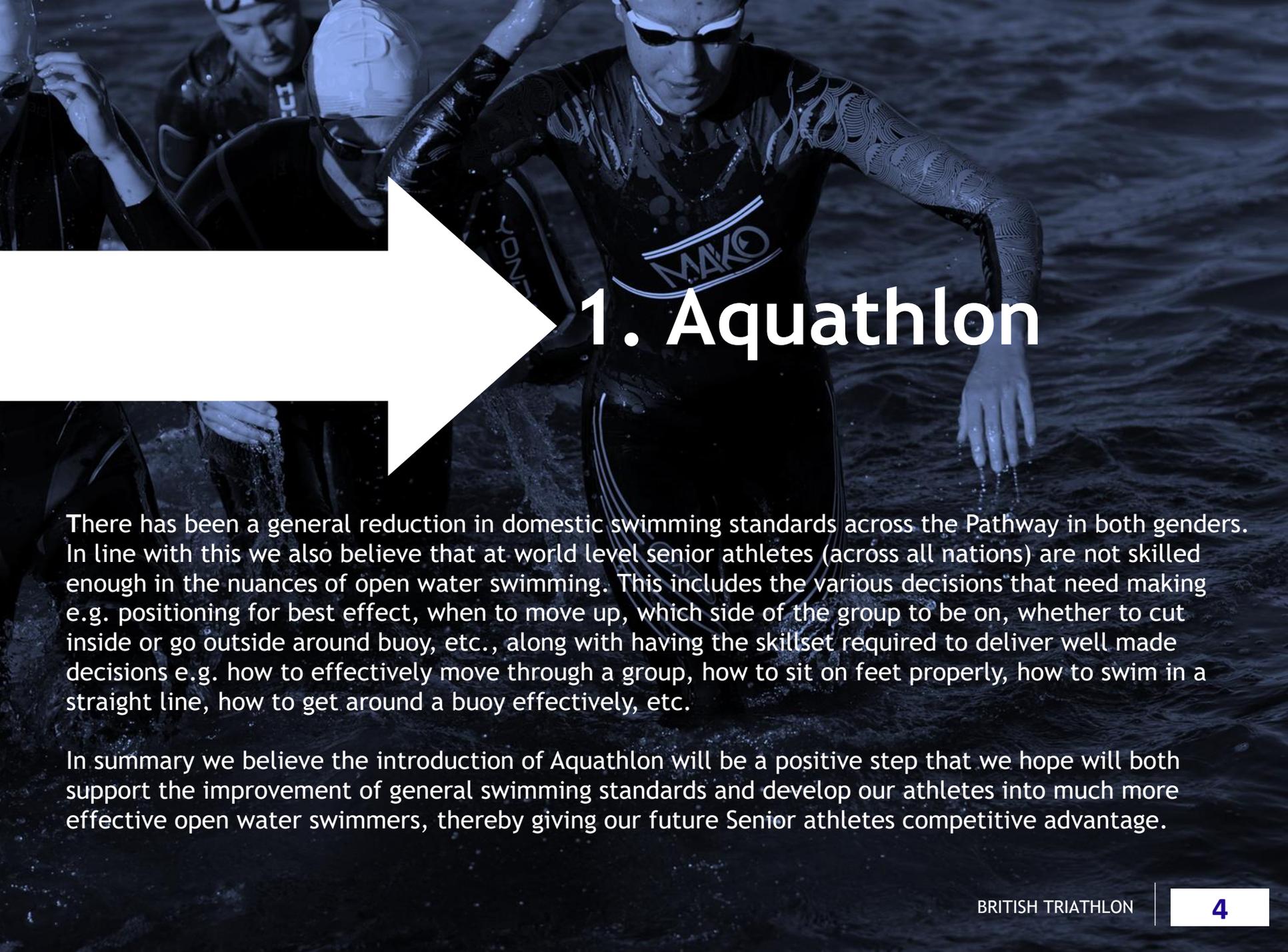




2020 MOVING FORWARDS

There will be 3 main changes for 2020, these are;

1. Aquathlon
2. Youth Swim Distances
3. Youth B modifications



1. Aquathlon

There has been a general reduction in domestic swimming standards across the Pathway in both genders. In line with this we also believe that at world level senior athletes (across all nations) are not skilled enough in the nuances of open water swimming. This includes the various decisions that need making e.g. positioning for best effect, when to move up, which side of the group to be on, whether to cut inside or go outside around buoy, etc., along with having the skillset required to deliver well made decisions e.g. how to effectively move through a group, how to sit on feet properly, how to swim in a straight line, how to get around a buoy effectively, etc.

In summary we believe the introduction of Aquathlon will be a positive step that we hope will both support the improvement of general swimming standards and develop our athletes into much more effective open water swimmers, thereby giving our future Senior athletes competitive advantage.

1. Aquathlon



How will this work?

Aquathlons will be raced as a North heat or a South heat. We hope this will mean a reduction in travel time for most athletes compared to staging one National event. Events will be over the following multi-race, multi-distance format;

700-800m swim / 1km run (junior) - 1km run (youth)
400-500m swim / 2km run (junior) - 1.5km run (youth)
200-300m swim / 3km run (junior) - 2km run (youth)

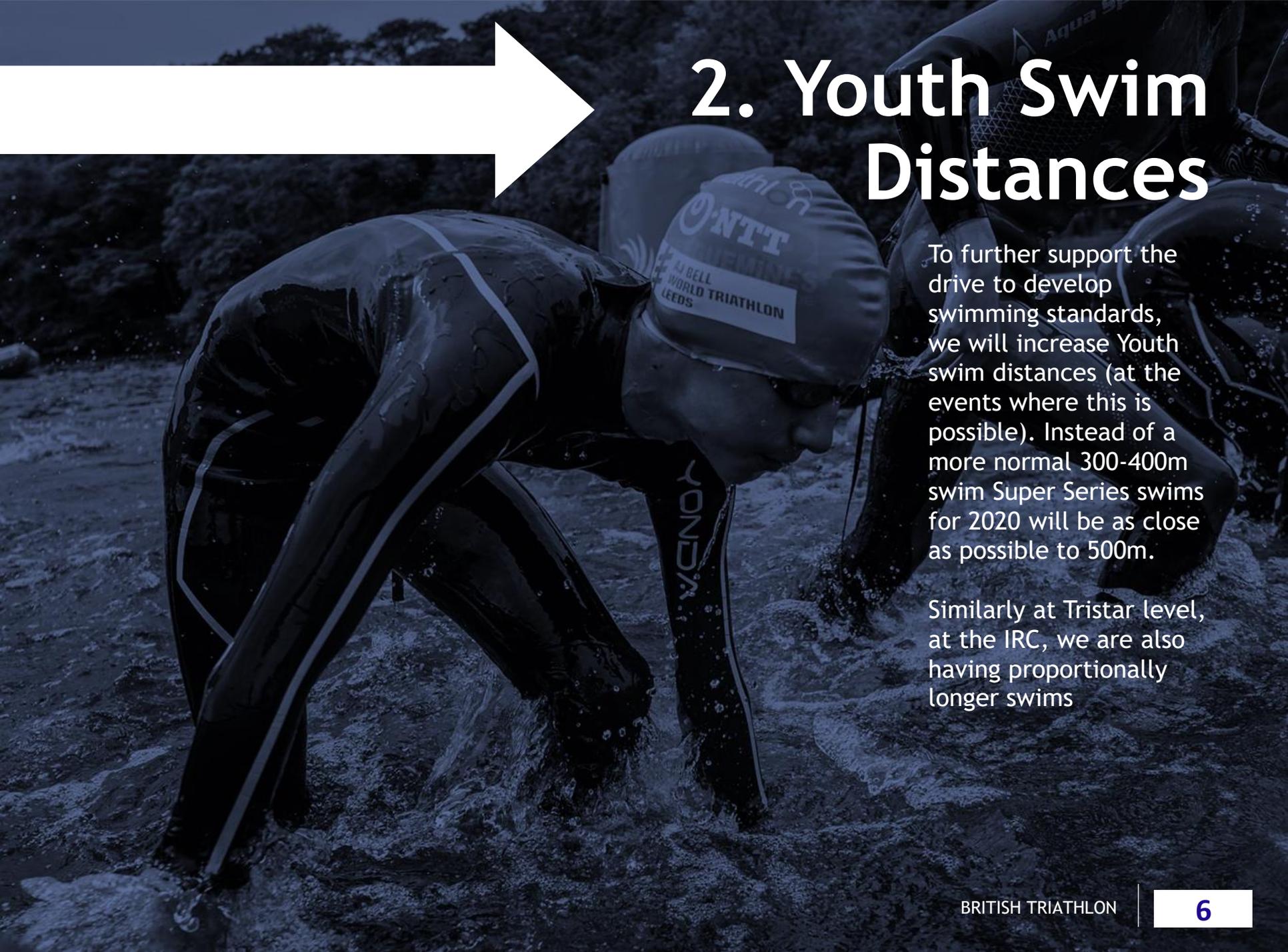
Racing over different distances will create different racing scenarios, especially in the water, and with that require different tactics to be employed/decisions to be made. This will in turn promote the skill development we are looking for. A multi-race format also ensures athletes are given an opportunity to go through 3 separate learning cycles (plan/do/review). The combined impact of all of this is a much richer and more rounded learning experience.

How will this fit into the Super Series?

Given the development impact of Aquathlon in our Pathway going forwards each heat will carry normal Super Series points and to feature in final Series standings athletes will require an Aquathlon score. The following Regions will attend the following heats;

North - Scotland, North West, North East, Yorkshire
South - South West, South Central, South East, London

The central regions - Wales, East, East Midlands, West Midlands - will have a choice of either going to the North or South event as best fits. If space allows athletes can compete in both races if they so wish

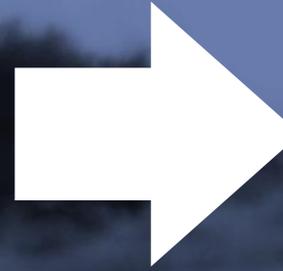


2. Youth Swim Distances

To further support the drive to develop swimming standards, we will increase Youth swim distances (at the events where this is possible). Instead of a more normal 300-400m swim Super Series swims for 2020 will be as close as possible to 500m.

Similarly at Tristar level, at the IRC, we are also having proportionally longer swims

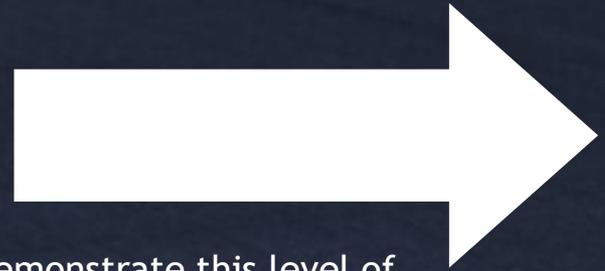
3. Youth B



To take the 2019 changes one step further we are going to add a greater level of flexibility to the Youth/Junior transition. The move from super sprint to sprint distance racing is significant and we want to support athletes in 'racing' over sprint distance and not just 'surviving'. Building the capacities, both physical (fitness) and mechanical (holding run form), to properly race a sprint distance event takes time and some athletes will arrive there quicker than others.



2. Youth B



Athletes will have the chance to demonstrate this level of physical readiness at the Performance Assessments by achieving a higher-level result that will be aligned to opportunities to race in the Junior/Senior race at Blenheim should they wish. Similarly at the Bryn Bach Parc race when the majority of Youth B's will compete over the sprint distance some places will held in the Youth A Super Sprint event too support those athletes who perhaps need another shorter event before stepping into the longer distance so giving their their physical and mechanical capacities a little more time to develop.

For more information on how this and the Aquathlon will work exactly please see the **Super Series Explained** document which will be published shortly