

USAT Board of Directors

Teleconference Call

March 1, 2010

In attendance:

Brian Harrington, president  
Eric Averill, vice president  
Candy Cheatham, secretary  
Bob Wendling, treasurer  
Celeste Callahan  
Rob Kasper  
Melissa Merson  
Jim Donaldson  
Vince O'Brien  
Victor Plata  
Steven Sexton  
Dave Kuendig  
Skip Gilbert, Executive Director

Brian Harrington called the meeting to order at 6.00 pm MST.

Andy Schmitz presented:



**2010 ITU WORLD CHAMPIONSHIPS U23 TEAM SELECTION CRITERIA**

**1. Introduction**

This 2010 ITU World Championships U23 Team Selection Criteria (the "Criteria") will be used to determine the athletes that will represent the United States in the 2010 ITU U23 World Championships in Budapest, Hungary on September 11<sup>th</sup> 2010 (the "World Championships"). The selection criteria are designed to provide emerging athletes the opportunity to continue their athletic development by demonstrating their abilities at the highest levels of international triathlon competition.

Under ITU World Championships eligibility guidelines, the USA may send up to a total of four (4) men and four (4) women to compete in the U23 division of the 2010 ITU World Championships. However, if not enough men or women, or both, satisfy the applicable requirements herein, USAT shall not be obligated to send a complete team.

## 2. Automatic Nominations

### 2.1. 2009 ITU U23 World Championships Performance, Gold Coast, Australia

Subject to the eligibility requirements set forth herein, an automatic nomination to the 2010 World Championships U23 Team (referred to as the “World Championships U23 Team”) will be awarded to any athlete who finished in the **Top 15 at the 2009 ITU U23 World Championships** in Gold Coast, Australia provided that he/she is currently competing on the ITU Continental Cup or World Cup circuit and is demonstrating a consistent level of performance through meeting the qualification criteria for the 2016 program. If an athlete can’t or won’t participate in designated events or fails to meet these ongoing requirements, he or she may forfeit the automatic nomination.

An athlete may be exempted by USAT from this requirement due to injury or lengthy illness, as long as the athlete can demonstrate to USAT’s satisfaction that; (i) the injury/illness has prevented or significantly limited the athlete’s ability to compete, and (ii) the athlete is likely to have a level of fitness appropriate to compete at a high level at the World Championships, as determined by the Sport Performance Director and the chair of the USAT Medical Committee. Two objective options are provided for individuals meeting the injury/illness provision to demonstrate their fitness:

- One top-6 finish at an ITU Continental Cup provided the athlete finishes within five percent of the winning within the top 1/3 of finishers.
- Meet the “A” standard in any of the swim or run metrics below and the “B” standard in one time trial of the other discipline

		500yd SC	1500m LC	1650yd SC	5k	10k
Men	A	4:48	17:26	16:31	15:20	32:00
Men	B	5:15	18:48	18:09	16:45	34:45
Women	A	5:18	18:45	18:17	17:30	37:30
Women	B	5:45	20:16	19:46	19:30	40:30

### 2.2. 2010 ITU U23 World Championships Selection Events

In addition, and subject to the eligibility requirements set forth herein, the first USA U23 finisher(s) at each of the World Championships Selection Events detailed in the table below will be awarded an automatic nomination to the World Championships U23 Team:

- 2.2.1 The first USA U23 finisher at the Coteau-du-Lac ITU Triathlon Pan American Cup on June 26<sup>th</sup>, 2010, providing he/she finishes within 8% of the winners time for women and 5% for men, and within the top 1/3 of finishers. If an athlete has already achieved an automatic nomination, the next eligible USA U23 athlete to finish will receive the automatic nomination, provided he/she also finishes within 8% of the winners time for women and 5% for men and within the top 1/3 of finishers.
- 2.2.2 The first USA U23 finisher at the San Francisco ITU Triathlon Pan American Cup on July 10<sup>th</sup> 2010, providing he/she finishes within 8% of the winners time for women and 5% for men, and within the top 1/3 of finishers. If an athlete has

already achieved an automatic nomination, the next eligible USA U23 athlete to finish will receive the automatic nomination, provided he/she also finishes within 8% of the winners time for women and 5% for men and within the top 1/3 of finishers.

<b>Selection Event</b>	<b>Location</b>	<b>Date</b>	<b>Qualification Criteria</b>
2010 Coteau-du-Lac Pan American Cup	Coteau-du-Lac, Canada	June 26 <sup>th</sup> , 2010	First USA U23 finisher; finish time within 5% for men and 8% for women; must be within top 1/3 of finishers. If the first finisher has already qualified, the spot will roll down to the next eligible USA U23 finisher provided they are within 5% for men & 8% for women, and within top 1/3 of finishers.
2010 San Francisco Pan American Cup	San Francisco, CA, USA	July 10 <sup>th</sup> , 2010	First USA U23 finisher; finish time within 5% for men and 8% for women; must be within top 1/3 of finishers. If the first finisher has already qualified, the spot will roll down to the next eligible USA U23 finisher provided they are within 5% for men & 8% for women, and within top 1/3 of finishers.

### **3. Discretionary Nominations**

Remaining World Championship team slots may be awarded at the discretion of the Sport Performance Director with input from the Sport Performance staff. Athlete(s) will be chosen based primarily on demonstrated swim and cycling ability or overall medal potential. Athlete(s) may be selected if the Sport Performance Director feels an athlete can help the team by enhancing the overall finish and medal potential of the other athletes that have earned their slot through the automatic nomination process, as described in Section 2. Athletes nominated to enhance the medal potential of other athletes must agree in writing to their individual strategic roles within the team before being selected to the World Championships U23 Team.

### **4. Selection Eligibility**

To be eligible for the World Championships U23 Team, each athlete must be eligible under all applicable rules of ITU, the U.S. Anti-Doping Agency (USADA), and USAT. In addition, each athlete must be a member of USAT in good standing.

At the time of the 2010 ITU U23 World Championships, the athlete must demonstrate a level of fitness appropriate to compete at a high level at the 2010 ITU U23 World Championships, as determined by the Sport Performance Director and the chair of the USAT Medical Committee. If requested by the Sport Performance Director, two objective options are provided for individuals to demonstrate their fitness:

- One top-6 finish at an ITU Continental Cup provided the athlete finishes within five percent of the winning within the top 1/3 of finishers.

- Meet the “A” standard in any of the swim or run metrics below and the “B” standard in one time trial of the other discipline

		500yd SC	1500m LC	1650yd SC	5k	10k
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Women	B	5:45	20:16	19:46	19:30	40:30

## 5. Additional Requirements for Selection

All athletes selected to the World Championships U23 Team will be required to comply with all applicable rules and requirements of ITU, WADA, USADA, and USAT, namely, and without limitation, each athlete selected to the World Championship U23 Team shall:

- 5.1. Sign and abide by the USAT’s Code of Conduct, any USAT or ITU Wavier or Release, and conform to all USAT policies and protocol regarding World Championship U23 Team preparation and participation.
- 5.2. Agree not to race any event **longer** than a standard triathlon distance (1.5km/40km/10km) between the period beginning six (6) weeks prior to the date of the World Championships (July 31st, 2010) through the date of the World Championships (September 11/12, 2010).
- 5.3. Agree to stay in lodging as a team for the ITU U23 World Triathlon Championships. All travel and accommodation arrangements will be coordinated by the Sport Performance staff.

## 6. World Championships U23 Team Final Selection

Following the final Selection Event, all World Championships U23 Team nominations will be reviewed by USAT’s Sport Performance Director to ensure compliance with all requirements set forth herein. USAT may withhold a nomination if the Sport Performance Director finds that an athlete has not satisfied the requirements.

## 7. Submission of Entries

USAT will submit all entries for the competition to ITU 30 days prior to the 2010 ITU U23 World Championships.

## 8. Dismissal from World Championships U23 Team

Any athlete may be dismissed from the World Championship U23 Team at any time following an appropriate hearing in compliance with the Ted Stevens Olympic and Amateur Sports and USOC Bylaws if; (i) the athlete violates any of the applicable ITU, USAT, or other rules and regulations applicable to the World Championship U23 Team or its members, including without limitation applicable Codes of Conduct; (ii) injury or illness as certified by a USAT Medical Committee member in consultation with USAT (Sport Performance Director and the athlete’s coach), which prevents the athlete from high level participation in and/or preparation for the

World Championships; or (iii) the Sport Performance Director, in consultation with the athlete's coach and the World Championship U23 Team Head Coach, determines that the athlete is unable or unwilling to maintain a training regimen that is necessary for peak performance in the World Championships.

#### **9. Replacements to World Championship U23 Team**

If, for any reason, a position on the World Championship U23 Team shall become vacant, such vacancy may be filled by the Sport Performance Director in adherence to Section 3.0 in this document, provided that the replacement athlete meets all applicable Selection Criteria requirements set forth herein, agrees to the Additional Requirements for Selection, and such replacement is allowed by the ITU. In the event that there is no athlete that meets all of these criteria, or the ITU does not allow replacement, the vacancy shall not be filled.

#### **10. International Disclaimer**

These Selection Criteria are based on the latest information available to USAT and are based on ITU and USAT rules and regulations as presently known and understood. Any change in the selection procedures caused by a change in ITU or USAT rules and regulations or other unforeseen circumstances will be distributed to the affected athletes promptly, and USAT reserves the right to revise these Selection Criteria in such event.

### **Junior Worlds Qualifying History**

#### **Committee Members:**

Victor Plata, Scott Schnitzspahn, Katie Baker, Andy Schmitz

#### **Document Revision Highlights:**

- Initial document created by Justin Trolle in December, 2010
- Revised document distributed by Andy Schmitz on February 4<sup>th</sup>, 2010 with the following:
  - Removal of any reference of “Athlete Development Manager” – the Sport Performance Director has become the “decision making” individual
  - Removal of the requirement to meet time standards (a reference to the older version of the WC qualifying criteria) – and essentially not needed in my opinion if the athlete meets the 5%/8% rule AND requirement to finish in the top 1/3 of the field
  - Dates and grammar corrected as necessary
- Based on feedback by Victor Plata on February 5<sup>th</sup>, 2010, clarified the following:
  - Definition of 2010 performance criteria: athletes must meet the Project 2016 criteria or minimum time A/B single event standards if their 2010 race fitness is in question
  - Removal of “roll down” reference in section 9, as replacements at this stage (once an athlete has been accepted to the team but later withdraws)

would be handled at the discretion of the SPD and not automatically based on the selection event results

- Based on feedback by Katie Baker on February 8<sup>th</sup>, 2010, clarified the following:
  - Definition of the term “field” to be inclusive of race finishers only
- Based on feedback by Victor Plata on February 19<sup>th</sup>, 2010, clarified the following:
  - Wording in section 3 (Discretionary Selections) to make it clear that individuals could be selected based on their own medal potential or for the benefit of others in the role as domestique. Those earning a position as domestique will be required to sign a statement acknowledging and agreeing to their role.

**Committee Vote:**

2/22/2010 – Everyone has agreed via email that they are comfortable with the criteria as written. Thus, YES vote, 4-0

**AAC Vote:**

2/19/2010 - Ryan Bickerstaff indicated that an AAC vote was not required

Dave Kuendig motioned, Celeste Callahan seconded to accept the 2010 ITU World Championships U23 Team Selection Criteria.

**Motion passed unanimously**

###

**USA Triathlon  
TEAM STAFF SELECTION PROCEDURES  
2010 YOUTH OLYMPIC GAMES**

**February 24, 2010**

These procedures provide for selection of USA Triathlon’s Team Staff (Team Leader/Coach) for the 2010 Youth Olympic Games, accreditation allocation is not guaranteed and will be based on final USOC credential allocation and overall team size.

Due to the small nature of the triathlon delegation at these Games (a maximum of one male and one female athlete) the duties of Team Leader and Coach are combined into one position. The individual selected must be able to fill the requirements of both job descriptions below.

1. What are the NGB’s criteria for Team Leader/Coach position (attach a job description, if any)?

Team Leaders must:

- i. Successfully pass a USOC approved background check.
- ii. Possess a valid passport that does not expire until at least six months after the conclusion of the Games.
- iii. Have the ability to work effectively with the USOC.
- iv. Have strong administrative, communication and organizational capabilities/skills.
- v. Be responsible for Team's adherence to all rules regarding discipline at the Games.
- vi. Fulfill all duties and requirements of the USOC including attendance at USOC Games related meetings.
- vii. Must attend for the entire duration of the Games.
- viii. Have the NGB's approval to make financial decisions regarding the Team.
- ix. Be in good health and able to withstand the physical rigors of traveling with and working with the Team.
- x. Must participate in the cultural and education program, as requested.

Coaches must:

- i. Successfully pass a USOC approved background check.
- ii. Possess a valid passport that does not expire until at least six months after the conclusion of the Games.
- iii. Must attend for the entire duration of the Games.
- iv. Be in good health and able to withstand the physical rigors of traveling with and working with the Team.
- v. Must participate in the cultural and education program, as requested.
- vi. **Must be a USA Triathlon certified coach.**
- vii. **Must meet at least one of the following three criteria:**
  - 1) **Serve as the team director/coach for a recognized USA Triathlon High Performance Team;**
  - 2) **have successfully completed the Elite Coaching Mentorship program;** or
  - 3) **have developed a Junior athlete to a top five finish at the USA Triathlon Junior National Championships or to a Junior Worlds team.**

2. How will the NGB make known the Team Leader/Coach position and/or application process?

USA Triathlon will post a press release on the USA Triathlon website describing the Team Leader/Coach procedures and application process simultaneously with the posting of the procedures.

3. Describe the intended method of:

- A. Identifying the pool of candidates to be considered for Team Leader/Coach position:

Candidates for the Team Staff (Team Leader/Coach) position will have met all the criteria in section 1 above and will submit their candidacy to Steve Kelley ([steve.kelley@usatriathlon.org](mailto:steve.kelley@usatriathlon.org)) with a statement of intent and resume by April 30, 2010. (Note: the USOC background check is not required at the time of candidacy submission.)

- B. Selecting the candidate(s) who best fits the job description for Team Leader/Coach (please include the individual(s) and/or committee that makes the selection):

Candidates that meet all other requirements will be selected in the following order of priority:

1) If the nominated individual is the primary coach of all US athletes confirmed for participation in the Youth Olympic Games event in Singapore, the candidate may be selected from the pool of candidates by the Sport Performance Director;

2) If the nominated individual is an employee of USA Triathlon, the candidate may be selected from the pool of candidates by the Sport Performance Director;

3) If a candidate has not been selected through points (1) and (2) then the candidate will be selected from the pool of candidates by a committee comprised of the Sport Performance Director, the Athlete Development Coordinator and the USOC AAC representative.

4. Describe the removal of Team Staff:

An individual who is to be nominated as Team Staff by the NGB may be removed as a nominee for any of the following reasons, as determined by the NGB.

- Voluntary withdrawal. Team Staff nominee must submit a written letter to the NGB CEO/Executive Director.
- Injury or illness as certified by an approved NGB physician (or medical staff). If the individual refuses verification of his/her illness or injury by an approved NGB physician (or medical staff), his/her injury will be assumed to be disabling and he/she may be removed.
- Violation of the NGB's Code of Conduct.

- Team Staff earning selection via 3.B.1 is subject to removal should this criteria no longer be satisfied (e.g., if the removal or replacement of an athlete results in the individual not being the primary coach of all US athletes)

Once a Team Staff nomination is accepted by the USOC, the individual is subject to the USOC Code of Conduct and Grievance Procedures.

5. Describe the replacement of Team Staff:

In the event that the Nominated Team Staff member is unable to perform their duties, for injury, illness, Code of Conduct violation or any other unforeseen circumstances that would result in the need to replace him/her, the replacement candidate must meet all of the applicable positions criteria listed above.

6. Conflict of Interest:

An individual who is being considered for a Team Staff position and who is involved in the selection process shall recuse him or herself from any discussion or decision involving selection of the applicable Team Staff position.

7. Publicity/Distribution of Procedures:

The USOC approved selection procedures (complete and unaltered) will be posted/published by the NGB in the following locations and will include the USOC approval date:

A. Web site:

The website information will be posted at [www.usatriathlon.org](http://www.usatriathlon.org) as soon as possible, but not more than 5 days following notice of approval by the USOC.

B. Official Publication (if any):

The USA Triathlon membership magazine, "Triathlon Life" will list this information in the next issue possible following notice of approval by the USOC.

Position	Print Name	Signature	Date
NGB President or CEO/Executive Director			
USOC Athletes' Advisory Council			

Representative*			
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\*If USOC AAC Representative has delegated authority to the Alternate AAC Representative to sign the Selection Procedures, attach a letter from the AAC Representative indicating the reason he/she has delegated authority.

Victor Plata motioned, Bob Wendling seconded to approve the USA Triathlon Team Staff Selection Procedures 2010 Youth Olympic Games as an accepted document for posting on the USOC and USAT website (conditioned on USOC's acceptance).

**Motion passed unanimously**

**National Office Update**

Skip Gilbert discussed:

- Member voting on the USAT website is over and Aquabike surpassed Aquavelo.
- Criteria on World Championship series –

**Action item:** Scott and his team will get details of the user fee to Skip.

Foundation Updates:

- Foundation work is underway and should be ready to go by 2<sup>nd</sup> qtr in 2010.
- It will be a subsidiary of USAT and will have its own Board of Directors.
- Brian Harrington suggested we need to start on the legal framework and not wait until the 2<sup>nd</sup> qtr.

**Action item:** Skip will present an update on the April call.

Youth:

Skip stated we posted internally and externally for an acquisition and retention person so that we can target specific areas of multisport.

Board discussed aspects of youth strategy.

Wetsuit discussion:

- Charlie Crawford is currently working on an analysis on wetsuit rules and how USAT compares to WTC and ITU.

## Information Technology:

- Board reviewed analytical sheet
- Would like to move forward with purchasing code and bring in developers for programming.
- Bring in two qualified programmers and contracting for website are the best options.

Vince O'Brien motioned, Eric Averill seconded to bring internal development of in-house software.

## **Motion passed unanimously**

### **International Relations Committee Recommendations**

Candy Cheatham presented:

Delegates to ITU Congress (Budapest- September)

Brian Harrington  
Skip Gilbert  
Celeste Callahan  
Candy Cheatham

Delegates to PATCO Congress (September - Puerto Vallarta)

Brian Harrington  
Skip Gilbert  
Celeste Callahan

Celeste Callahan motioned, Jim Donaldson seconded to approve IR recommendation for ITU and Patco delegates.

## **Motion passed unanimously**

Candy recommended funding ITU/PATCO Committee members to attend committee meetings annually.

Candy proposed a budget variance of \$18,410 to send ITU and PATCO Committee members to one meeting per year in 2010. That the sum represents about \$2630 per individual to include airfare, meals, lodging, and transfers to/from the meeting hotel. This recommendation also includes a request that USAT budget this expense regularly in future years as part of an annual IR budget.

Rob Kasper motioned, Eric Averill seconded to approve funding request.

**Motioned passed unanimously**

**Achieve Program**

Eric Averill presented the Achieve program and a grant in the amount of \$20,000 for two additional camps.

Several BOD members questioned if this grant should even be considered at a National level and not a regional level. Discussion occurred about the regions adding this to their wish lists but the BOD consensus was most are not prepared to fund this. The ideal process is not currently in place.

Bob Wendling motioned, Eric Averill seconded to approve a budget variance request for a \$20,000 grant be provided to Achieve to hold two camps at cities of their choosing that model DC and Houston model.

Melissa Merson proposed a friendly amendment to add that it be in regions that currently do not have the program. Bob Wendling accepted the friendly amendment.

Rob Kasper asked for this motion to be withdrawn. Bob Wendling declined.

**Record of Board Vote:**

Bob Wendling - yes

Eric Averill - yes

Celeste Callahan - yes

Vince O'Brien - yes

Jim Donaldson - yes

Rob Kasper - no

Victor Plata - yes

Steven Sexton - no

Candy Cheatham - yes

Dave Kuendig – yes

**Motion passed**

**Region Wish Lists**

Not all the financials have been received from the regions. Eric stated he received an updated wish list from Pam Zawada, Regional Council Chair, in the amount of \$79,000.

**Action item:** Eric will send the BOD the updated descriptions of the wish lists for each region.

**Action item:** BOD will discuss wish lists on the April call.

## **Long -Term Initiative Discussion**

Bob Wendling presented:

- Preservation of triathlon history
- Expanding the availability of Olympic Medals to USAT athletes

## **ParaTriathlon Rulebook**

### **USA Triathlon Rule Modifications for ParaTriathletes**

#### **P 1.0 General.**

ParaTriathletes , as defined under rule USAT rule P1.2 shall be governed by all USA Triathlon (USAT) Competitive Rules with the following modifications.

#### **P 1.1 Classification.**

Athletes may compete in USAT sanctioned races without official classification in categories set out in rule P1.2. In order to compete in USAT ParaTriathlon National Championships and national teams, ParaTriathletes must be classified by a certified USA Triathlon ParaTriathlete Classifier. ParaTriathletes shall provide classification to race directors upon registration.

Each ParaTriathlete shall be required to:

- a) Provide medical evidence and documentation describing his/her disability.
- b) Be available to the classifier for assessment prior to competition.
- c) Meet the minimum impairment criteria.

Athletes with miscellaneous conditions such as, but not limited to: intolerance to temperature extremes, organ transplants, joint replacements (endoprosthetics), kidney dialysis, hearing impairments, and or cognitive impairment are not eligible for ParaTriathlete competition or categories.

#### **P 1.2 Competition Categories.**

ParaTriathlete categories shall be instituted and maintained as follows:

TRI 1 - Handcycle: Paraplegic, Quadriplegic, Polio, Double Leg Amputee. Must have a minimum of 20% impairment of any one limb. Must use hand-cycle for the bicycle portion and racing wheelchair for the run portion.

TRI 2 - Severe Leg impairment: Above-knee Amputees. Must have a minimum of 20% impairment of any one limb. Athlete must ride bicycle and run with approved prosthesis for the affected limbs (as identified during classification) or crutches. Racing wheelchairs are not allowed.

TRI 3 - Les Autres: Includes athletes with Multiple Sclerosis, Muscular Dystrophy, Cerebral Palsy, Double Leg Amputee (runners) or Paralysis in multiple limbs. Must have a minimum of 20% impairment of any one limb. Must ride a bicycle or tricycle and run. May use cane, braces or prosthesis during run portion. No racing wheelchairs.

TRI 4 - Arm impairment: Including Above and Below Elbow Amputees or "impairment" in one or both upper limbs. Must have a minimum of 20% impairment of any one limb.

Athletes may use prosthesis, brace or sling on the bike and/or run.

TRI 5 - Moderate leg impairment: Below-knee amputees. Must have a minimum of 20% impairment of any one limb. Athlete must ride bicycle and run with approved prosthesis for the affected limb (as identified during classification) or crutches.

TRI 6 - Visual Impairment: Legally Blind. (20/200 vision with best corrected vision). It is mandatory that only one guide of the same sex may be used throughout the race. Athlete is tethered during the swim and run portions and must ride a tandem bicycle.

### **P 1.3 Swimming Conduct.**

- a) Wetsuits are allowed at any water temperature.
- b) In multiple loop swim courses competitors are not required to exit the water before completing additional loops.
- c) Prosthetic and orthotic devices are considered propulsive devices and are not allowed for any category.
- d) TRI 1 competitors shall have both legs bound together during the swim portion. The binding must remain in place until the competitor exits the swim.

### **P 1.4 Handlers.**

ParaTriathletes shall be permitted the following in regard to handlers/aides:

- a) Handlers should be allotted as follows:
  - 1) One handler for each ParaTriathlete in categories TRI 2, TRI 3, TRI 4, TRI 5;
  - 2) A maximum of two handlers for TRI 1;
  - 3) No handlers for category TRI 6.
- b) Each ParaTriathlete is required to identify all handlers and describe their duties to the appropriate race official prior to the start of competition.
- c) Handlers shall be subject to all USAT Competitive Rules including membership requirements.
- d) Handlers are specifically allowed to assist competitors by:
  - 1) Assisting/carrying athletes from the water to transition area;
  - 2) Helping with prosthetic or other assistive devices;
  - 3) Lifting participants in and out of handcycles and wheelchairs;
  - 4) Removing wetsuits or clothing;
  - 5) Repairing flats and other equipment (in transition only).
- e) A handler may not take action to propel a competitor forward except in extraordinary circumstances as determined by the Head Referee.

### **P 1.5 Transition Areas.**

With the exception of the TRI 1 category, ParaTriathletes must ambulate (walk/run) through transition by the use of either crutches or prosthetic device. If crutches are used, handlers may accompany the competitor to and from the mount line of the bike portion as long as they do not impede the progress of any other participant. TRI 1 competitors may use a wheelchair from swim exit to transition.

### **P 1.6 Cycling Conduct and Equipment, TRI 2, TRI 3, TRI 4, TRI 5.**

- a) ParaTriathletes shall be governed by the following with regard to cycling conduct:

- 1) All bicycles and tricycles shall be propelled by human force (either legs or arms).
  - 2) Rigid prosthetic adaptations that are mounted or affixed to any part of the cycle are not allowed.
  - 3) A rider shall be supported solely by the pedals, the saddle and the handlebars.
  - 4) Category TRI 2 competitors not wearing a prosthesis may use a support for the thigh only if the thigh is not affixed to the bicycle.
  - 5) Any request for an impairment adaptation to any cycle must be submitted in writing, with pictures and explanation, at least 30 days prior to the event. If approved, the competitor will be notified in writing.
- b) Tricycle specifications (For use by TRI 3 Competitors only).
- 1) The tricycle is a vehicle with three (3) wheels of equal diameter. The front wheel or wheels shall be steerable. The rear wheel or wheels shall be driven through a system comprising pedals and a chain.
  - 2) Recumbent tricycles are not allowed.
  - 3) All tricycles shall conform to International Cycling Union (UCI) construction and measurements for a bicycle, including the bottom bracket, seat tube and saddle position (excluding the rear triangle).
  - 4) Wheels of the tricycle may vary in diameter between 70 cm maximum and 55 cm minimum including the tire, using conventional cycle components. Modified hub attachments may be used if necessary. The width of tricycle double wheels may vary between 85 cm maximum and 60 cm minimum, measured at the center of each tire.
  - 5) If a tricycle's two-wheel rear axle does not have a differential, only one wheel must be driven.
  - 6) A tricycle shall not measure more than 200 cm in length and 95 cm in width.
  - 7) The tricycle's top tube may slope down rearwards, to an inclination parallel with the down tube.
  - 8) The two parallel wheels of a tricycle may be offset a maximum of 10 cm either side of a centerline, which passes through the single wheel and the frame top tube.
  - 9) A tricycle shall be fitted with a safety bar to prevent the front wheel of a following tricycle from entering the space between the rear wheels. The safety bar must be fixed to the tricycle so that there is no risk of the bar moving during competition. The distance from the ground to the centre of the safety bar should be the same as the distance between the ground and the middle of the hub when the tires are inflated to the pressure used in competition.
- c) No guide dogs will be allowed on the bike course at any time.
- d) ParaTriathletes who use catheters or other urinary diversion devices must use a catheter bag at all times.

### **P 1.7 Cycling Conduct and Equipment, TRI 1.**

TRI 1 competitors must use a handcycle with the following specifications:

- a) A handcycle shall be an arm powered, three wheeled vehicle with an open frame of tubular construction which conforms to the general principles of International Cycling Union (UCI) construction for bicycles (except that the chassis frame tubes need not be

straight.) For the seat or backrest construction, the maximum frame tube diameter may not exceed the maximum defined by the general principles of UCI.

b) The single wheel may be of a different diameter to the double wheels. The front wheel or wheels shall be steerable; the single wheel, either front or rear, shall be driven through a system comprising handgrips and a chain. The handcycle shall be propelled solely through a chainset and conventional cycle drive train, of crank arms, chainwheels, chain and gears, with handgrips replacing foot pedals. It shall be propelled by the hands, arms and upper body only.

c) All handcycles must have 2 separate working brake calipers (or discs) and a fully functional lever for each.

d) The horizontal of the rider's eyeline must be above the crank housing (crank set) when the rider's hands are on the handlebars facing forward at full extent, the tip of both shoulder blades are in contact with the backrest and the head is in contact with the headrest (when applicable).

e) From the seated recumbent position described above ( P 1.7, d), conforming measurements are calculated as follows; (#1) The distance from the ground to the center of the rider's eyes and (#2) the distance from the ground to the center of the crank housing (crank set). Measurement #1 (from the eyes to the ground) must be equal or greater than measurement #2 (from the center of the crank housing to the ground.)

f) The rider shall remain seated in the recumbent position with bodyweight supported through the seat and backrest . The seat angle must be a minimum of 30<sup>0</sup> and a maximum of 45<sup>0</sup>, measured between the horizontal and the back of the rider.

g) All handcycles must have a mirror fixed either to the helmet of the rider or at some point on the front of the bike to ensure rear-view vision.

h) Adjustments (except emergency repairs) to handcycle equipment may not be made during the race.

i) Wheels of the handcycle may vary in diameter between a minimum 406 mm and a maximum of 622 mm. Modified hub attachments may be used if necessary. The width of handcycle double wheels may vary between 55 cm minimum and 70 cm maximum, measured at the center of each tire where the tires touch the ground.

j) A handcycle shall not measure more than 250 cm in length. Its maximum width shall be 70 cm.

k) The shifting device may be located within the extremities of the handlebars, or to the side of the participant's body.

l) The largest chain ring shall have a guard securely fitted to protect the rider. The protection shall be made of a sufficiently solid material which fully covers the chain ring over the half of its circumference (180°) on the side facing the rider.

m) Maximum frame tube dimension shall be 80 mm, irrespective of tube material or profile. Any fillets or ribs, inserted at joins between tubes, shall be for strengthening purposes only. Non-functional, aerodynamic devices are not permitted for competition.

n) A quick release body harness is permitted.

o) ParaTriathletes who use catheters or other urinary diversion devices must use a catheter bag at all times.

**P 1.8 TRI 2 through TRI 6 Running Conduct.**

ParaTriathletes shall be governed by the following with regard to running conduct:

- a) Approved prosthetic devices on affected limbs and/or crutches are allowed.
- b) No footwear other than running shoes or approved prosthetics shall be allowed.
- c) Prosthetic devices are not allowed for any limb that does not meet the minimum impairment standard.
- d) No Guide dogs are allowed on the run course.
- e) ParaTriathletes who use catheters or other urinary diversion devices must use a catheter bag at all times.

**P1.9 TRI 1 Running Conduct and Equipment.**

- a) TRI 1 competitors must use a racing wheelchair during the run portion.
- b) The racing wheelchair must conform to the following specifications:
  - 1) The wheelchair shall have at least two large wheels and one small wheel.
  - 2) No part of the body of the chair may extend forward beyond the hub of the front wheel and be wider than the inside of the hubs of the two rear wheels. The maximum height from the ground of the main body of the chair shall be 50cm.
  - 3) The maximum diameter of the large wheel including the inflated tire shall not exceed 70cm. The maximum diameter of the small wheel including the inflated tire shall not exceed 50cm.
  - 4) Only one round hand rim is allowed for each large wheel. This rule may be waived for persons requiring a single arm drive chair, if so stated on their medical qualification cards.
  - 5) No mechanical gears or levers shall be allowed that may be used to propel the chair.
  - 6) Only hand operated, mechanical steering devices will be allowed.
  - 7) Competitors must be able to turn the front wheel(s) manually both to the left and the right.
  - 8) No mirrors are permitted during any part of the run portion.
  - 9) No part of the chair may protrude behind the vertical plane of the back edge of the rear tires.
  - 10) It is the responsibility of the competitor that the wheelchair conforms to all the above rules and no event shall be delayed while the competitor makes adjustments to the chair.
  - 11) Competitors must ensure that no part of their lower limbs can fall to the ground during the event.
  - 12) Competitors shall wear CPSC approved bicycle helmets at all times while seated in the chair.

13) Chairs may be measured in the transition area and may not leave that area before the start of any event. Chairs which have been examined may be liable to re-examination before or after the event by the official in charge of the event.

c) ParaTriathletes who use catheters or other urinary diversion devices must use a catheter bag at all times.

### **P 2.0 TRI 6 ParaTriathlete and Guide Conduct.**

The following additional rules apply to TRI 6 ParaTriathletes and their guides:

a) TRI 6 competitors must furnish and use one guide of the same gender in competition.

b) Guides must be a minimum of 18 years of age on the day of the event.

c) The TRI 6 competitor may choose to use an elbow lead, tether lead or to run free.

d.) All TRI 6 competitors must be tethered during the swim. The tether may be used around the waist, leg or foot.

e) During the run portion, TRI 6 competitors may receive verbal instruction only from their guide.

f) All TRI 6 competitors shall use approved “black out glasses” during the entire run portion (beginning at their assigned space in the transition area.)

g) Bicycles, paddle boards or any other mechanical means of transport may not be used by guides on the swim or run.

h) TRI 6 competitors must use a tandem bicycle. The specifications of the tandem bicycle are:

1) The tandem bicycle is a vehicle for two riders, with two wheels of equal diameter, which conforms to the general principles of UCI construction for bicycles. The front wheel shall be steerable by the front rider, known as the ‘pilot’. The guide shall be the front rider and the TRI 6 competitor will ride in the rear. Both riders shall face forward in the traditional cycling position and the rear wheel shall be driven by both cyclists through a system comprising pedals and chains.

2) The tandem top tube and any additional strengthening tubes, may slope to suit the morphological sizes of the riders.

i) At no time may the guide lead or pace the athlete or propel the athlete forward by pulling or pushing.

j) Whether or not a tether is being used, the athlete and guide shall not be more than 0.5meters apart at all times.

k) As the TRI 6 athlete crosses the finish line, the guide must maintain no more than the required 0.5 meter maximum separation distance and may not precede the athlete.

l) Guides shall be subject to all USA Triathlon Competitive Rules, including membership requirements.

Infringement of any these rules shall result in a disqualification (DQ).

Eric Averill motioned, Bob Wendling seconded to approve the rulebook to be published and utilized by the paratriathltes.

**Motion passed unanimously**

## **BOD Goals**

Eric posted for Board review. Brian stated this will be on the April agenda.

## **Wetsuit discussion:**

Skip stated that Charlie Crawford is working on an analysis on wetsuit rules and how USAT compares to WTC and ITU.

Celeste motioned to adjourn the meeting at 8:50 pm MST.