



**TRIATHLONSCOTLAND
2009 INTER-REGIONAL CHAMPIONSHIPS (IRC)
SELECTION POLICY**

triathlonscotland's team for IRC will be selected using the processes listed below, and observing the following guiding principles:

- Athletes must be members in good standing of triathlonscotland;
- Team goal is to maintain podium for Scotland.
- Athletes will not race in the 15 days prior to the IRC, unless approved by IRC coaching staff;
- Athletes will be required to sign a Team Members' Agreement to accept their place on Scotland's 2009 IRC Team. This will comprise: a code of conduct; the requirement to attend scheduled Team camps or activities prior to the Championship, adherence to specified travel dates; and the wearing of appropriate apparel.

A selection committee will be established comprising 3 members, to include:-

- the **triathlon**scotland National Performance Development Coach
- the **triathlon**scotland Performance Director
- the appointed IRC head coach

The 2009 Inter-regional Championships will be held on Saturday, 12th September at Bryn Bach Park, Merthyr Road, Tredegar, NP22 3AY, Wales.

Introduction

Your age on 31st December 2009 determines your age-group

The team for IRC will be consist of:

Age group	Boys	Girls	Distances (approx)
11-12yrs (Tristar 2)	2	2	200m swim / 4km bike / 1800m run
13-14yrs (Tristar 3)	2	2	300m swim / 7.5km bike / 2400m run
15-16yrs (Youth)	3	3	400m swim / 10km bike / 3000m run

This year, for the first time, the IRC champs will be held in an **open water** location with **drafting made legal on the bike section**. This has been done in an attempt to link the Olympic sport of triathlon to grass roots racing, with a more obvious and specific pathway between the two.

Naturally this poses a few difficulties as not all the young triathletes in Scotland have swum open water and indeed ridden in groups. Currently in the UK there is a distinct lack of open water races for Tristar athletes. As a performance team we have concluded that the organisation of an open water event purely for qualification to IRC is not possible at this time, but something we will look to in future. For athletes wishing to experience an open water, drafting race, there is one to be held on July 12th in Sunderland over IRC distances. This has been organised by the North East region and would be something we recommend for experience if nothing else. Further details can be found at <http://www.northernpulse.co.uk/section182051.html>

We consider that similar issues in these age-groups will exist in other parts of the county. It is therefore likely that the two Tristar races at IRC will not require the need for truly effective drafting, and inexperienced open water swimmers will still have a chance to factor in the race.

In the Youth age group, however, where athletes racing at GB events are exposed to this style of competition regularly competition will be stronger and, as a result, we have opted for a different selection process for this age group.

Selection Policy

Tristar 2 & 3 age groups:

A Team of two (2) boys and two (2) girls per age group will be selected according to the criteria below and in the following priority order:

1. Any individual who won a medal in the same age group from IRC 2008, subject to recent display of fitness (within 3months of selection race). If any athlete is pre-selected via this clause, it will be posted with this selection policy by end of June 2009.
2. Up to two (2) boys and two (2) girls in the order of finish at Scottish Youth Triathlon Championships at Bellahouston Park on 1st of August, 2009, until the squad is filled. *
3. The next athlete across the line in each category will be named as non-travelling reserve.

Youth athletes:

A Team of three (3) boys and three (3) girls will be selected according to the criteria below and in the following priority order:

1. Up to two (2) places to be selected from podium youth finishes at GB open water/drafting events - European Youth Relay Selection Race OR Blenheim Youth Event. These events have already occurred in 2009. It is our intention to use these events for selection in subsequent years and we would recommend that athlete who has achieved qualification levels at these events in 2009 are likely to offer the strongest chance of Scottish success in this category at IRC. If any athlete is selected via this clause, it will be posted with this selection policy by end of June 2009.
2. If no one is selected via point 1, then up to 2 places from the order of finish at Scottish Youth Triathlon Championships at Bellahouston Park on 1st August, 2009. *
3. The third team slot will be a discretionary slot, to be decided by the IRC selection committee. The decision will be between the highest placed athlete at the selection event and any athlete that has demonstrated exceptional talent within the last 3 months who cannot complete the event, due to mechanical, injury or unavoidable absence.

*In the event of accident or injury during the Selection race, a written report may be filed with the TS National Coach by or on behalf of the athlete, explaining mitigating circumstances and including previous results. This must be received by 1700hrs on Monday 3rd August – email to coach@triathlonscotland.org. Appropriate grounds for consideration will usually be those deemed to be outside the athlete's own control.

Notes:

Except in unforeseen circumstances, the Team will be selected on Tuesday August 4th, there after athletes will be contacted individually.

Athletes must be available to attend one of two preparation camps aimed at exposure to open water swimming and group/ drafting biking. These will be on weekdays prior to the start of school term, further details to follow.

The team will travel together to the race on Friday 11th September, so permission to be absent from school will be required. Supporting letters can be supplied. Athletes will return on Saturday post race.