



2026 World Triathlon & Americas Triathlon Junior Cup Nomination Criteria

Updated 10.2.2025

1. Introduction

This protocol determines the order by which USA Triathlon ("USAT") nominates eligible USAT athletes ("Eligible Athletes") for starting positions in World Triathlon Junior Cup or Americas Triathlon Junior Cup events ("event").

2. Minimum eligibility requirements for an athlete to be considered for nomination:

- a. Athlete must be eligible under all applicable rules of World Triathlon (www.triathlon.org), the U.S. Anti-Doping Agency (www.usada.org), and USA Triathlon.
- b. Athlete must meet the age requirement of event (age 16 to 19 as of December 31, 2026).
- c. Must comply with World Triathlon Competition Rule 2.4(c) and have physician signed certification form (PPE) on file with USAT;
- d. Current with SafeSport Training by completing the SafeSport tutorial and updating the tutorial as required by the U.S. Center for SafeSport.
- e. Must comply with World Triathlon anti-doping education requirements.
- f. Athlete must be eligible to enter and compete in the country in which the event is held. This includes, but is not limited to having an acceptable visa, passport and meeting all country health evidentiary requirements.

3. Pre-Participation Exam (PPE)

Athletes who wish to compete in Junior, U23, Elite and Elite Paratriathlon categories at World Triathlon events are required to undergo a Pre-Participation Exam ("PPE") by their personal health care provider. The details of this are outlined in Rule 2.4 and Appendix Q of the World Triathlon Competition Rules. The PPE includes completion of a World Triathlon-provided Medical Questionnaire reviewed by the athlete's doctor, an examination, and a 12-lead resting electrocardiogram ("ECG") with results reviewed by the athlete's doctor.

Once athletes have completed the screening and the questionnaire, athletes are instructed to email only the signed completed PPE certification form to juniors@usatriathlon.org. Athletes should retain their original completed, dated and signed questionnaire and PPE certification for their own records. [Click here](#) for more information on this screening and the PPE documents.

4. SafeSport Training

Athletes who wish to compete in Junior, U23, Elite, and Paratriathlon categories at World Triathlon events are required to complete and pass the USAT Safe Sport tutorial as well as any follow-up refresher courses. More information, including how to access the tutorial, can be found at www.usatriathlon.org. This tutorial or refresher course needs to be completed annually. After the tutorial has been completed successfully, athletes are instructed to email the completed .pdf certificate to: juniors@usatriathlon.org and retain a copy for their own records.

5. Nomination Timeline

Athlete must submit his or her name for nomination to wentries@usatriathlon.org prior to the nomination deadline for the event (typically 35 days before the event) and cc

juniors@usatriathlon.org on their nomination e-mail. World Triathlon publishes the start list on or about 32 days prior to the event.

6. Nomination Considerations

Quota will be variable depending on the event and location and will need to be considered by USAT HP Staff when reviewing nominations. Most World Triathlon Junior Cups outside of our Continental Region will limit entry to 3 + 3 (Jr women & Jr men), if at all, whereas those within in the “Americas” Continental region should permit upwards of 8 + 8 (Jr women & Jr men). Entry will be an exclusively discretionary process utilizing the following guidelines in no particular order.

- a) Performance and results in 2025 & 2026 USAT Junior National Series (draft-legal) and World Triathlon draft-legal events;
- b) Present and former USAT Junior Draft-Legal Ranking, Americas Triathlon or World Triathlon rankings (if any);
- c) Performance measures and assessments at the Discretionary Selection Committee’s sole discretion.

7. Responsibility for Expenses

Athletes are responsible for ALL expenses associated with their participation in the event, including the cost of a World Triathlon-compliant race uniform, unless otherwise expressly communicated by USAT. Athletes are required to adhere to all World Triathlon uniform and equipment rules for this event.

8. Compliance

Athletes are required to comply with all applicable rules and requirements of World Triathlon, WADA, USADA, and USAT, including, but not limited to signing USAT’s Code of Conduct, Safe Sport agreements, and any USAT or World Triathlon Waiver or Release. **Junior athletes must comply with World Triathlon Competition Rule 2.4(c), requiring an electrocardiogram (ECG) and pre-participation evaluation (PPE) in order to participate in certain World Triathlon officiated events. Satisfaction of these requirements is a condition of nomination to participate in the event. (see above)**

9. Withdrawal Penalties

- a. *Withdrawal deadlines*: the World Triathlon withdrawal deadline is 30 days prior to the first competition day in the event program; ***the USAT withdrawal deadline is 31 days prior to the first competition day in the event program (this is the day after the start list is produced)***. If an athlete fails to remove himself or herself from an event before the USAT withdrawal deadline, then a penalty will apply.
- b. *Penalties*: If a withdrawal is requested within 31 days of the event (the day after the start list is produced), then USAT may impose the penalties outlined below. Penalties may be waived in exceptional circumstances (e.g., a new and verified medical impairment or verified extenuating circumstance). In order for a penalty to be waived, an athlete must submit a written explanation of their situation, including relevant supporting documentation, to wtentries@usatriathlon.org. A discretionary panel, with at least 20% athlete representation, will review the materials and determine if the situation warrants a waiver of the penalty.

- a. **1st offense:** \$250 fine
- b. **2nd offense:** \$500 fine
- c. **3rd offense:** \$1000 fine and ineligible for any World Triathlon event starts for 3 months from the corresponding event date

Concerns or questions related to discretionary decisions should be communicated to the USA Triathlon High Performance General Manager (hpgm@usatriathlon.org or 719-744-2842). In addition, athletes are encouraged to contact the Athlete Ombuds Office as a resource for confidential, independent advice and assistance with resolving disputes (contact information below). After the previous steps have occurred, athletes may contact USA Triathlon Senior Counsel (legal@usatriathlon.org or 720-800-6622) to administer an executive review to ensure published criteria and process was followed.

Athletes have the right to file a grievance and have a hearing per the [USAT Grievance and Disciplinary Policy](#). Athletes also have the right to report any actual, potential or perceived conflicts of interest and will not be retaliated against for raising concerns or asking questions of USA Triathlon or the Athlete Ombuds Office. For more information, please see [USA Triathlon's Whistleblower Policy](#).

Athlete Ombuds - The Office of the Athlete Ombuds offers independent, confidential advice to elite athletes regarding their rights and responsibilities in the Olympic and Paralympic Movement, and assists athletes with a broad range of questions, disputes, complaints and concerns.

Phone: 719-866-5000

Email: ombudsman@usathlete.org

Website: usathlete.org