



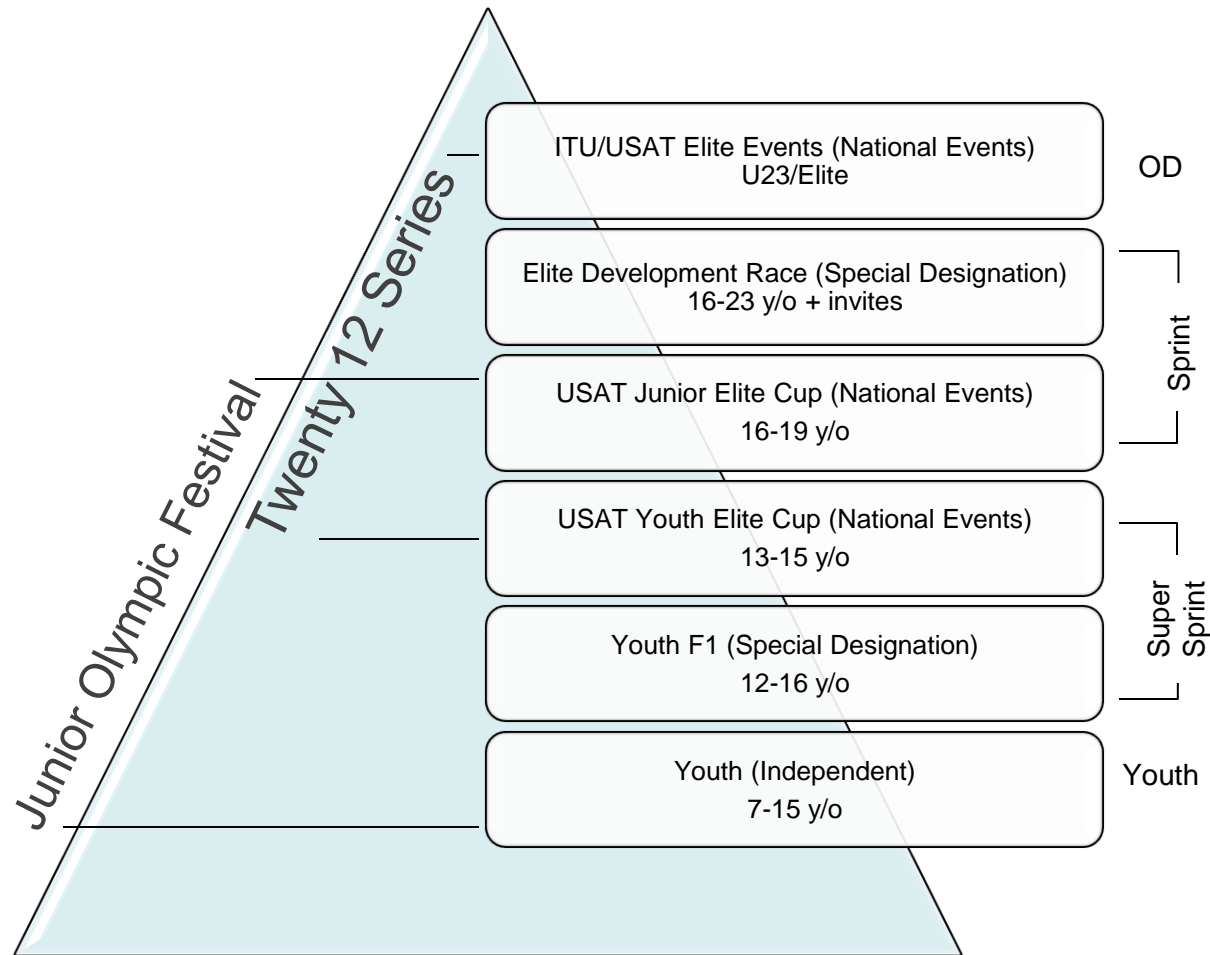
Athlete Development Pathways

Camps & Competitions





Competition Pathway





Youth Triathlon

- Youth Triathlons are independently owned and operated events
- Youth Triathlon is included as a championship division at the USAT Junior Olympic Festival (ages 7 to 15)

Age	DISTANCES		
	Swim	Bike	Run
7 – 8	50m to 100m	2k	1k
9 – 10	100m	3k	1k
11 – 12	200m	5k to 7k	2k





Youth F1 Triathlon

- 250-400m swim
- 7-10k bike (1-2 lap)
- 2-2.5k run (1 lap)
- Flow-Through TZ
- Draft-Legal Rules
- Ages 12 to 16
- Co-located draft-legal intro clinic
- No ranking points
- F = Focus on Fundamentals, Fast, the Future, Fans, Fun...
- The Youth F1 Triathlon format provides a pathway from Youth Triathlons to national-level Youth Elite and Junior Elite Cups
- USAT selects LOCs to produce Youth F1 races according to national standards
- Youth Triathlons are the preferred venue for hosting Youth F1s
- Events will include an educational component for young athletes to learn draft-legal racing skills





USAT Youth Elite Cup

- 400m swim
- 10k bike (2 lap)
- 2.5k run (1 lap)
- Flow-Through TZ
- Draft-Legal Rules
- Ages 13 to 15
- USAT Youth Elite Cups are national-level competitions at which athletes earn national ranking and series points
- These events are part of the USAT Twenty 12 Series
- Included as a national championship division at the USAT Junior Olympic Festival





USAT Junior Elite Cup

- 750m swim (1 or 2 laps)
- 20k bike (4 lap)
- 5k run (2 laps)
- Flow-Through TZ
- Draft-Legal Rules
- Ages 16 to 19
- Junior Performance Plan benefits available
- USAT Junior Elite Cups are national-level competitions at which athletes earn national ranking and series points
- These events are part of the USAT Twenty 12 Series
- Also used as selection races for US representation at international championships
- Included as a national championship division at the USAT Junior Olympic Festival
- Eligible for ITU/PATCO Junior Continental Cup designation





Elite Development Race

- 750m swim (1 or 2 laps)
- 20k bike (4 lap)
- 5k run (2 laps)
- Flow-Through TZ
- Draft-Legal Rules
- Ages 16 to 23
- Athletes over 23 by special invite
- National Rankings points for 16-19 year olds at select events
- Elite Development Races provide a pathway from Junior Elite racing to USAT/ITU Elite events
- Allow for continued skill progression in the draft-legal format without the impact of Intermediate Distance racing
- USAT selects LOCs to produce according to national standards





USAT Performance Camps





USAT Skill Development Camps

- Most appropriate for 13 to 17 year olds
- 4 to 5 day overnight camp experience
- Emphasis on the fundamental skills necessary for safe, effective, and age-appropriate triathlon training and racing
- Introduction to draft-legal racing skills
- Distribution goal – at least one per USAT Region
- Reach: 2010: 100 athletes; 2011: 150 athletes; 2012: 200 athletes





USAT Junior Select Camps

- Most appropriate for 15 to 19 year olds
- 5 to 7 day overnight camp experience
- Emphasis on mastery of draft-legal racing skills, including individual and team race tactics and strategy, and age-appropriate training progression to achieve Elite status
- Talent ID evaluation, assessment, and lab-based performance testing
- Reach – 2010: 60 athletes; 2011: 75 athletes; 2012: 90 athletes





USAT Elite Development Camps

- Most appropriate for 18 to 25 year olds
- Single-day clinic to multiday overnight camp
- Aligned with USAT Elite Development Races
- Emphasis on mastery of draft-legal racing skills and training progressions to Elite status
- Talent ID evaluation, assessment, and lab-based performance testing
- Reach: TBD





USAT National Team Camps

- For select Project 2012/2016 and National Team athletes and invitees
- Aligned with ITU WC/WCS events





Want to learn more?

- On the web –
 - Youth & Juniors: <http://www.usatriathlon.org/pages/1957>
 - Collegiate: <http://triathlon.teamusa.org/pages/5903>
 - National Teams: <http://www.usatriathlon.org/pages/1168>
- By email –
 - Junior Programs – [Andy Schmitz](#)
 - Collegiate – [Barb Lindquist](#)
 - National Teams – [Katie Baker](#)
 - Races and Camps – [Steve Kelley](#)

