

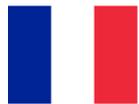
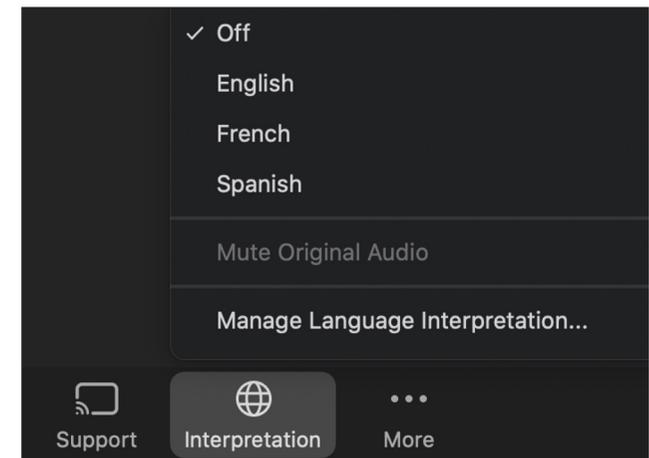
2023 Para triathlon National Federations' Meeting



Zoom Multilingual



- There will be translation channels available within Zoom.
- Translations will be provided in English, Spanish and French.
- Translator will be at 80% volume with original audio at 20% volume in order to hear speakers tone.



How to ask questions?



1. Raise Hand
1. World Triathlon Moderators will alert the Meeting Chair.
1. The Meeting Chair can give you the floor.
1. Click Unmute to Speak.

For any questions that are not answered during the meeting please send them to eric.angstadt@triathlon.org

Meeting Format

1. Follow Agenda and timelines. Presentation to last approximately 90 mins and after that 30 mins for Q&A.
1. Questions from the floor during set question time(s).
 - Questions from chat  addressed first.
 - Raise Hand  and Moderator will give the floor to speak. Unmute your microphone to speak.

Meeting Agenda



- 1. Welcome and Introductions**
- 2. Classification: First steps with new athletes and medical information and documentation**
- 3. Rankings and Results, how to get started**
- 4. National Championships: Planning, Opportunities and Impact**
- 5. Q&A**



Welcome Address

Dr. Debbie Alexander
World Triathlon First Vice-president
IPC Governing Board Member

1. Classification: First steps with new athletes and medical information and documentation



- Athletes with an impairment (~~disability~~) - having a recognised Impairment
 - An individual must have a health condition that is of permanent nature from a pathological origin. This health condition, must lead to one of the seven (7) recognised impairments in para triathlon. Reference **IPC Classification Code**:
[International Standard for Eligible Impairments](#): *Defines what an Eligible Impairment is in Para sports, thereby ensuring that Para sports are reserved for those that have an Eligible Impairment.*
 - Is a national disability certificate enough to be considered in para triathlon?
 - What is the first document that needs to be sent to World Triathlon for consideration?

1. Classification: First steps with new athletes and medical information and documentation-continued

- Athletes with physical impairments (PI)
- Athletes with visual impairments (VI)

- Medical Diagnosis Form
- Where to find it?

<https://triathlon.org/paratriathlon/documents>

[World Triathlon Classification PI Medical Diagnostics Form](#)

[World Triathlon Classification VI Medical Diagnostics Form 2023](#)

➤ Athletes with physical impairments (PI)



World Triathlon Paratriathlon Medical Diagnostics Form for athletes with physical impairment

The form is to be completed in English by the athlete's individual medical physician and submitted in advance to World Triathlon for preliminary check and validation. This applies to all athletes with physical impairment intending to compete in Paratriathlon. Depending on the athlete having a permanent underlying health condition that leads to an eligible impairment type, additional medical information is to be attached to this form (see page 2).

Athlete Information

Last name: _____
 First name: _____
 NF/NPC: _____
 Gender: Female Male Date of Birth: _____
 Sport: _____
 Years/months competing in the sport at national level: _____

Medical Information

Description of the Athlete's Underlying PERMANENT Health Condition and medical diagnosis and the loss of function produced by this health condition:

Health condition is: progressive stable

Medical history:

Health condition is: acquired congenital

If acquired, age of onset: _____

Anticipated future procedure(s): _____

Medication: _____



Attachments

The athlete's underlying health condition as stated on this form and the resulting impairment must fully explain the loss of function exhibited by the athlete during athlete evaluation. Otherwise, classification cannot be completed, and no sport class can be allocated by the classification panel, as stipulated in the World Triathlon classification rules.

Therefore, additional, recent and relevant medical documentation has to be attached to this form if the athlete has:

- an impairment or diagnosis that cannot be ascertained by clear signs and symptoms;
- a complex or rare health condition, or multiple impairments;
- limb deficiency (amputation or dysmelia) at the level of an ankle, knee, wrist or elbow joint (X-rays for the respective joints to be enclosed);
- a spinal cord injury (recent ASIA scale results to be enclosed);
- one of the neurological related impairments ataxia, athetosis or hypertononia (Modified Ashworth Scale scores to be enclosed).
- Multiple sclerosis: EMG/MRI (please refer to Classification Rules Appendix I section 3.9)

Reports on additional testing by physicians, physiotherapists and other health professionals are welcomed, where relevant, to complement the medical diagnostic information.

World Triathlon and the Classification Panel may ask for further information to be submitted depending on the individual athlete's health condition and impairment.

I confirm that the athlete's information on page 1 is accurate.

I confirm that the athlete meets one or more of the IPC Eligible Impairment Types:

- Loss of muscle power
- Loss of Range of Movement
- Limb Deficiency
- Hypertononia
- Athetosis
- Ataxia
- Loss of Vision

Name: _____

Health care profession: _____

Registration Authority and Number: _____

Address: _____

City: _____ Country: _____

Phone: _____ E-mail: _____

Date: _____ Signature: _____

➤ Athletes with visual impairments (VI)



Medical Diagnostics Form for athletes with visual impairment

The form is to be completed in English and by a registered ophthalmologist.
All medical documentation required on pages 2-3 needs to be attached.
The form and the attached medical documentation may not be older than 12 months at the time of the Athlete Evaluation.

Athlete Information

Last name: _____
 First name: _____
 Gender: Female Male Date of Birth: _____
 Sport: _____ IF registration ID _____
 NPC/NF: _____ (if applicable): _____

Medical Information

Diagnosis: _____

Medical history:

Age of onset: _____
 Anticipated future procedure(s): _____
 Athlete wears glasses: yes no Correction: Right: _____
 Athlete wears contact lenses: yes no Correction: Right: _____
 Athlete wears eye prosthesis: right left Left: _____

Medication:

Eye medications used by the athlete: _____
 Ocular drug allergies: _____

Athlete: _____

Assessment of visual acuity and visual field

Visual Acuity

	Right eye	Left eye
With correction		
Without Correction		

Type of correction: _____
 Measurement Method: _____

Visual Field:

In degrees (diameter)	Right eye	Left eye

Attachments to the Medical Diagnostic Form

1. Visual field test

For all athletes with a restricted visual field a visual field test must be attached to this form.
 The athlete's visual field must be tested by full-field test (120 degrees) and a 30 degrees, 24 degrees or 10 degrees central field test, depending on the pathology.
 One of the following perimeters should be used for the assessment: Goldmann Perimetry (Intensity III/4), Humphrey Field Analyzer or Octopus (Interzeag).

2. Additional medical documentation

Please specify which eye condition the athlete is affected by.

Eye condition	Additional medical documentation required (see below)
<input type="checkbox"/> Anterior disease	none
<input type="checkbox"/> Macular disease	<ul style="list-style-type: none"> Macular OCT Multifocal and/or pattern ERG* VEP* Pattern appearance VEP*
<input type="checkbox"/> Peripheral retina disease	<ul style="list-style-type: none"> Full field ERG* Pattern ERG*
<input type="checkbox"/> Optic Nerve disease	<ul style="list-style-type: none"> OCT Pattern ERG* Pattern VEP* Pattern appearance VEP*
<input type="checkbox"/> Cortical / Neurological disease	<ul style="list-style-type: none"> Pattern VEP* Pattern ERG* Pattern appearance VEP*

Athlete: _____

The ocular signs must correspond to the diagnosis and degree of vision loss. If eye condition is obvious and visible and explains the loss of vision, no additional medical documentation is required. Otherwise the additional medical documentation indicated in the above table must be attached to this form. If the medical documentation is incomplete, the classifiers will not be able to allocate a sport class.

*Notes on electrophysiological assessments (VEPs and ERGs):

Where there is discrepancy or a possible discrepancy between the degree of visual loss, and the visible evidence of ocular disease the use of visual electrophysiology is often helpful in demonstrating the degree of impairment.

Submitted data should include the report from the laboratory performing the tests, copies of the original data, the normative data range for that laboratory, and a statement specifying of the equipment used, and its calibration status. The tests should be performed as a minimum to the standards laid down by the International Society for Electrophysiology of Vision (ISCEV) (<http://www.iscev.org/standards/>).

A Full Field Electroretinogram (ERG) tests the function of the whole retina in response to brief flashes of light, and can separate function from either the rod or cone mediated systems. It does not however give any indication of macular function.

- A Pattern ERG tests the central retinal function, driven by the macular cones but largely originating in the retinal ganglion cells.
- A Multifocal ERG tests the central area (approx. 50 degrees diameter) and produces a topographical representation of central retinal activity.

A Visual evoked cortical potential (VEP) records the signal from produced in the primary visual cortex, (V1), in response to either a pattern stimulus or pulse of light. An absent or abnormal VEP is not in itself evidence of specific optic nerve or visual cortex problems unless normal central retinal function has been demonstrated.

- A Pattern appearance VEP is specialised version of the VEP used to establish visual threshold which can be used to objectively demonstrate visual ability to the level of the primary visual cortex.

I confirm that the above information is accurate.
 I certify that there is no contra-indication for this athlete to compete at competitive level in sport, with the exception of _____
 Name: _____
 Medical Specialty: _____
 Registration Number: _____
 Address: _____
 City: _____ Country: _____
 Phone: _____ E-mail: _____
 Date: _____ Signature: _____

➤ Athletes with physical impairments (PI)

Medical Information

Description of the Athlete's Underlying PERMANENT Health Condition and medical diagnosis and the loss of function produced by this health condition:

Health condition is: progressive stable

Medical history:

Health condition is: acquired congenital

If acquired, age of onset: _____

Anticipated future procedure(s): _____

Medication:

➤ Athletes with physical impairments (PI) (2)

<input type="checkbox"/> I confirm that the athlete's information on page 1 is accurate.	
<input type="checkbox"/> I confirm that the athlete meets one or more of the IPC Eligible Impairment Types:	
<input type="checkbox"/> Loss of muscle power	
<input type="checkbox"/> Loss of Range of Movement	
<input type="checkbox"/> Limb Deficiency	
<input type="checkbox"/> Hypertonia	
<input type="checkbox"/> Athetosis	
<input type="checkbox"/> Ataxia	
<input type="checkbox"/> Loss of Vision	
Name: _____	
Health care profession: _____	
Registration Authority and Number: _____	
Address: _____	
City: _____	Country: _____
Phone: _____	E-mail: _____
Date: _____	Signature: _____

➤ Athletes with visual impairments (VI)

Diagnosis:

Medical history:

Age of onset:

Anticipated future
procedure(s):

Athlete wears
glasses:

yes no

Correction: Right:

Left:

Athlete wears
contact lenses:

yes no

Correction: Right:

Left:

Athlete wears eye
prosthesis:

right left

➤ Athletes with visual impairments (VI) (2)

Assessment of visual acuity and visual field

Visual Acuity

	Right eye	Left eye
With correction		
Without Correction		

Type of correction: _____

Measurement Method: _____

Visual Field:

In degrees (diameter)	Right eye	Left eye

Attachments to the Medical Diagnostic Form

1. Visual field test

For all athletes with a restricted visual field a visual field test must be attached to this form.

The athlete's visual field must be tested by full-field test (120 degrees) and a 30 degrees, 24 degrees or 10 degrees central field test, depending on the pathology.

One of the following perimeters should be used for the assessment: Goldman Perimetry (Intensity III/4), Humphrey Field Analyzer or Octopus (Interzeag).

➤ Athletes with visual impairments (VI) (3)

2. Additional medical documentation

Please specify which eye condition the athlete is affected by.

Eye condition	Additional medical documentation required (see below)
<input type="checkbox"/> Anterior disease	none
<input type="checkbox"/> Macular disease	<ul style="list-style-type: none"> ▪ Macular OCT ▪ Multifocal and/or pattern ERG* ▪ VEP* ▪ Pattern appearance VEP*
<input type="checkbox"/> Peripheral retina disease	<ul style="list-style-type: none"> ▪ Full field ERG* ▪ Pattern ERG*
<input type="checkbox"/> Optic Nerve disease	<ul style="list-style-type: none"> ▪ OCT ▪ Pattern ERG* ▪ Pattern VEP* ▪ Pattern appearance VEP*
<input type="checkbox"/> Cortical / Neurological disease	<ul style="list-style-type: none"> ▪ Pattern VEP* ▪ Pattern ERG* ▪ Pattern appearance VEP*

The electroretinogram (ERG) is a diagnostic test that measures the electrical activity of the retina in response to a light stimulus

Visual Evoked Potentials (VEPs) testing measures the signals from your visual pathway. Small gold cups called electrodes are pasted to your head to allow us to record those signals. Just like in a regular eye exam, it is necessary to check how each eye works on its own.

Optical Coherence Tomography (OCT) is a non-invasive diagnostic instrument used for imaging the retina. It is the technology for the future because it can enhance patient care.

1. Classification: First steps with new athletes and medical information and documentation - continued

- Medical Diagnosis Forms for both Physical (PI) and Visual (VI) Impairments should be sent to classification@triathlon.org
- MDFs should be in ENGLISH, in **PDF format**, in portrait orientation and in a single file - several pages or jpg formats **will not be accepted**. Additional medical documents can be sent in a separate file.
- Files must be named as follows:
- “*XXX Surname MDF.pdf*” or “*XXX Surname MDF VI.pdf*”, being XXX the 3-letter-country code of the sending nation and Surname the family name of the athlete.
- Additional documents can be named:
“*XXX Surname description_of_tests_nature_of_document*”
- MDFs and additional docs must be dated within the last year (1-year-old maximum) from the day the athlete is attending classification evaluation. The signature and date of the doctor or ophthalmologist need to be not more than 1 year old.
- One email should be sent for each individual athlete’s documents and the subject of the email should be: “*XXX MDF Surname*” or “*XXX Surname documentdescription*” - being XXX the country code as above, the surname of the athlete and the description of what is being sent.
- All additional requested videos or documents by world triathlon should be sent to classification@triathlon.org **only** via email or wetransfer, etc



Questions

2. Rankings and Results: getting started

- Enrolment of a para triathlete in an NF
 - License & Insurance
 - MDF for World Triathlon
 - PPE: Pre Participation Examination → Health related
 - Athlete's Agreement: formal agreement to participate at World Triathlon Events
 - Where do I find the PPE and Agreement documents?

<https://www.triathlon.org/about/downloads/category/athletes>

<https://triathlon.org/medical/ppe>

2. Rankings and Results: getting started - continued

- Racing and achieving ranking points
 - Is it good enough just to race for the para athlete to take points?
 - Depth of field, gap from winner's time and cut-off time explained
 - Depth of field through existing quotas
 - 25% of the winner's time
 - 2h cut-off time

2. Rankings and Results: getting started - continued

➤ Level of Races in para triathlon:

https://www.triathlon.org/uploads/docs/World_Para_Triathlon_Ranking_20211218.pdf

Events	Points for the winner	Maximum athletes to score
World Triathlon Para Championships	700	30
World Triathlon Para Series	550	30
Continental Triathlon Para Championships	500	25
World Triathlon Para Cup	450	20
Continental Triathlon Para Cup	350	10
National Championships	150	5

2. Rankings and Results: getting started - continued

- Registering for races
 - Entry system by NF
 - When to enter athletes?
 - When to remove athletes?

2. Rankings and Results: getting started - continued

- Existing Quotas (limited): [https://www.triathlon.org/uploads/docs/World-Triathlon Qualification-Criteria-Para-triathlon 2023 20221122.pdf](https://www.triathlon.org/uploads/docs/World-Triathlon%20Qualification-Criteria-Para-triathlon%202023%2020221122.pdf)

2.1 Number of participants:

Category of event	Maximum Participants	Qualified by Criteria	Invitations	NF Quota / Medal Event
World Triathlon Para Championships (WCh)	122	112	10	2
Continental Triathlon Para Championships (CCh)	80	70	10	2
World Triathlon Para Series (WTPS)	80	70	10	2
World Triathlon Para Cup (WTPC)	80	70	10	2
Continental Triathlon Para Cup (CTP)	52	48	4	2

2. Rankings and Results: getting started - continued

- Existing Quotas (limited): per sport class/medal event

	PTWC		PTS2		PTS3		PTS4		PTS5		PTVI	
	Men	Women										
WCh	13	8	10	8	7	6	14	6	12	8	12	8
CCh	7	5	7	5	5	4	7	4	7	6	7	6
WTPS	7	5	7	5	5	4	7	4	7	6	7	6
WTPC	7	5	7	5	5	4	7	4	7	6	7	6
CPC	4	4	4	4	4	4	4	4	4	4	4	4

2. Rankings and Results: getting started - continued

- Wait list
- Start List: eligibility and process
- Substitutions
- Invitation Panel: requests to entries@triathlon.org
- Roll down
- Penalties

2. Rankings and Results: getting started - continued

➤ Scoring Ranking points

depth	WCH	WTPS	CCH	WTPC	CPC	NCH
1	700	550	500	450	350	150
2	647,5	508,8	462,5	416,3	323,8	138,8
3	598,9	470,6	427,8	385,0	299,5	128,3
4	554,0	435,3	395,7	356,2	277,0	118,7
5	512,5	402,7	366,0	329,4	256,2	109,8
6	474,0	372,5	338,6	304,7	237,0	101,6
7	438,5	344,5	313,2	281,9	219,2	94,0
8	405,6	318,7	289,7	260,7	202,8	86,9
9	375,2	294,8	268,0	241,2	187,6	80,4
10	347,0	272,7	247,9	223,1	173,5	74,4

2. Rankings and Results: getting started - continued

- How are the athletes points calculated?

https://www.triathlon.org/uploads/docs/World_Para_Triathlon_Ranking_20211218.pdf

1.3. Total events to count: The total number of points acquired by an athlete at any moment will be the result of adding:

- a.) The best 3 scores gained in the previous 52 weeks (Current period);
- b.) 1/3 of the best 3 scores gained in the weeks between the 53rd and the 104th previous to the date of publication. (Previous period).

1.4. Value of the points depending on the periods:

- a.) The total number of points acquired by an athlete in a given week will be determined by adding the best 3 scores in the current period, plus 1/3 of the addition of the 3 best scores in the previous period.

Para triathlon Rankings

PARA TRIATHLON RANKINGS	World Triathlon Para Rankings	Paralympic Qualification Rankings
World Triathlon Para Championship	700	700
World Triathlon Para Series	550	550
Continental Triathlon Para Championships	500	500
World Triathlon Para Cup	450	450
Continental Triathlon Para Cup	350	
National Para Championships	150	

- Only athletes **representing National Federations from the respective continent** will be considered in the **Continental Championships**.
- Only athletes **representing the respective National Federation** will be considered in the **National Triathlon Championships**.



Additional conditions



- **World Triathlon Para Rankings:**
 - 2 rolling periods (last 52 weeks and the weeks of 53-104)
 - Best 3-3 scores from both periods
 - Current period with full scores, previous period with $\frac{1}{3}$ of scores
 - https://www.triathlon.org/uploads/docs/World_Para_Triathlon_Ranking_20211218.pdf
- **Paralympic Qualification Rankings:**
 - 1 period (from 1st July 2023 till 1st July 2024)
 - Best 3 scores to count
 - https://www.triathlon.org/uploads/docs/World_Triathlon_Paralympic_Qualification_Ranking_Criteria_20220330.pdf

Paralympic Qualification Criteria



The Paris 2024 Para triathlon Paralympic Qualification Criteria was published in June of 2022 under IPC approval

ALLOCATION OF QUALIFICATION SLOTS

- The qualification slot is allocated to the NPC, not to an individual athlete. In the case of a Bipartite Commission Invitation, the slot is allocated to the individual athlete, not to the NPC.

MAXIMUM QUOTA ALLOCATION PER NPC

- An NPC may be allocated a maximum of two (2) qualification slots per medal event, except for the Women's PTS4 event in which an NPC may be allocated a maximum of three (3) qualification slots. Exceptions may be made via the Bipartite Commission Invitation Allocation method.



Paralympic Medal Events and Quota



MEDAL EVENTS

Men's	Women's	Mixed/Open	Total
6	5	0	11
PTWC PTS2 PTS3 PTS4 PTS5 PTVI	PTWC PTS2 PTS4 PTS5 PTVI		

ATHLETE QUOTA

Male	Female	Gender-free	Total
54	50	16	120

Paralympic Qualification Criteria



ATHLETE ELIGIBILITY

To be eligible for selection by an NPC, athletes must:

- be ranked on the World Triathlon Paralympic Qualification Ranking as of 1 July 2024;
- be internationally classified in an eligible Sport Class with a Sport Class Status of:
 - Confirmed; or
 - Review or Fixed Review Date of 2025 or later.

- https://www.triathlon.org/uploads/docs/2022_06_07_TRI_QR_Paris.pdf



Paralympic Qualification methods



1) World Triathlon Paralympic Qualification Ranking Allocation

- Top 9 ranked athletes in all Medal events (except Women's PTS4) obtain 1 slot for their respective NPCs up to a maximum of 2 per NPC
- For Women's PTS4 Medal Event, the top 9 PTS4 ranked athletes in the PTS4 Female Paralympic Ranking List (maximum 2 per NPC) and the top 5 PTS3 ranked athletes in the PTS4 Female Paralympic Ranking List (maximum 1 per NPC)

Reference values from Tokyo 2020 Paralympic Games

	MEN	WOMEN
PTVI	1337,95	1405,89
PTS5	1386,64	1224
PTS4	1371,86	(*)
PTS3	(*)	(*)
PTS2	(*)	1248,75
PTWC	1260,77	1246,71

Paralympic Qualification methods



Bipartite Commission provisions

- Sixteen (16) slots for eligible athletes
- One slot for the host nation in each gender unless otherwise qualified
- While at the sole discretion of the IPC, Bipartite Commission Invitations may typically consider the following factors, but not limited to:
 - Allowing the participation of top athletes who may not have had the opportunity to qualify through other methods due to extraordinary circumstances;
 - Ensuring the representation of athletes with high support needs;
 - Enabling greater representation by gender;
 - Ensuring medal events will have sufficient representation for event viability purposes and/or;
 - Optimising the presentation of a particular contest within its competition format and schedule



Questions

3. National Championships: Planning, Opportunities and Impact



- Perfect world:
 - NF is hosting the event annually
 - Location is para friendly and selected many months in advance to allow for planning. Para races can have a very flexible time slot
 - NF has all resources and experience to host it together with other non-pa races or even on its own
 - Money...is not a problem!



3. National Championships: Planning, Opportunities and Impact - continued

- Reality and challenges:
 - Difficult to find location
 - Location is not para friendly
 - Lack of resources
 - Lack of time within event context
 - Lack of experience and know-how
 - Lack of money...

3. National Championships: Planning, Opportunities and Impact - continued

- What to do?
 - Consult with World Triathlon: timing, starts, course, process
 - Consult with neighbour countries
 - Depending on numbers and sport classes, start para athletes within the AG waves or right after
 - Ask for help and resources

3. National Championships: Planning, Opportunities and Impact - continued

- Cooperation Examples:
- NED hosting DEN, BEL, LUX
- Joint 3-year Project (2022-2024): GER-AUT-SUI:
 - Easy, Simple, short, clear, together
 - Focus on athletes, bring them together, strengthen and develop para triathlon
- USAT offering to host neighbour countries at their nationals

3. National Championships: Planning, Opportunities and Impact - continued

- Why is it so important? What is the impact?
 - Allows athletes to get into the circuit and get world ranking points.
 - It is excellent for internal development
 - If done every year in the quadrennial, it counts as a regular practicing nation in para triathlon for IPC – Rule of 32 even if the athlete is not competing internationally
 - Gives the NF experience to potentially host higher level events in the future



Questions

Closing Remarks

Thank you



Be your
extraordinary