

## 2019 Continental Championships Quotas

The 2019 edition of the ITU Competition Rules includes the common procedure of the creation of the start lists, with certain specifications depending on the event.

In general, there are National Federation quotas and Host National Federation quotas, which determine the maximum number of athletes to be admitted in the initial allocation of the spots, which will be determined by position in ITU World Ranking position. In case the event is oversubscribed, not all the National Federations may reach the maximum quota. In case this initial allocation is lower than the number to spots to be allocated, the National Federations' quota may get exceeded compare to the number outlined event by event, first by one per National Federation, then by two per National Federation, etc. This continues till reaching either the indicated limitation in the rules or till the completion of the start list. These exceeded quotas are not permitted for all the events.

The key dates for all the events are:

- 32 days before the first competition day start lists will be produced.
- Substitution and free withdrawals are admitted till 30 days before the first competition day.
- Invitations will be awarded 28 days before the first competition day.

The quotas for the different Continental Championships are:

### **Elite Triathlon Standard Distance:**

- Africa: Shandrani/MRI June 1-2  
Same race as U23 Continental Championships.  
Start lists will contain 70 athletes. NF quota and host NF quota are 4 elites and 4 U23 athletes.  
Athletes from outside the continent will be admitted to compete if there is room ten days before the event.
- America: Monterrey/MEX May 3-5  
Same race as U23 Championships.  
Start lists will contain 70 athletes. NF quota and host NF quota are 4 elites and 4 U23 athletes.  
Athletes from outside the continent will be admitted to compete if there is room ten days before the event.  
NF quota can be increased up to 8 elite and 8 U23 athletes; host NF quota can be increased up 10 elite and 10 U23 athletes if at any time of the process there are less than 70 athletes in the start list.
- Asia: Gyeongju/KOR June 20-23  
Start lists will contain 65 athletes. NF quota and host NF quota are 5 athletes. Athletes from outside the continent will not be admitted to compete.
- Europe: Weert/NED  
Start lists will contain 65 athletes. NF quota and host NF quota are 5 athletes. Athletes from outside the continent will be admitted to compete if there is room ten days before the event.
- Oceania: Moreton Bay/AUS April 14  
Same race as U23 Continental Championships.  
Same race as Moreton Bay Continental Cup  
Start lists will contain 70 athletes.  
Continental Cup regulations applies: Host NF quota is 14 athletes; host continent NF quota is 9 athletes and different continent NF quota is 3 athletes.

### **Elite Triathlon Sprint Distance:**

- Africa: Not scheduled.
- America: Not scheduled.
- Asia: Not scheduled.
- Europe: Kazan/RUS July 26-28.  
Start lists will contain 65 athletes. NF quota and host NF quota are 5 athletes.  
Athletes from outside the continent will be admitted to compete if there is room ten days before the event.
- Oceania: Devonport/AUS, March 2-3.  
Same race as U23 Continental Championships.  
Same race as Devonport Continental Cup.  
Start lists will contain 70 athletes.  
Continental Cup regulations applies: Host NF quota is 14 athletes; host continent NF quota is 9 athletes and different continent NF quota is 3 athletes.

### **U23 Triathlon:**

- Africa: Shandrani/MRI June 1-2  
Same race as Elite Championships.  
Start lists will contain 70 athletes. NF quota and host NF quota are 4 elites and 4 U23 athletes.  
Athletes from outside the continent will be admitted to compete if there is room ten days before the event.
- America: Monterrey/MEX May 3-5.  
Same race as Elite Championships.  
Start lists will contain 70 athletes. NF quota and host NF quota are 4 elites and 4 U23 athletes.  
Athletes from outside the continent will be admitted to compete if there is room ten days before the event.  
NF quota can be increased up to 8 elite and 8 U23 athletes; host NF quota can be increased up 10 elite and 10 U23 athletes if at any time of the process there are less than 70 athletes in the start list.
- Asia: Gyeongju/KOR June 20-23.  
Start lists will contain 70 athletes. NF quota and host NF quota are 3 athletes. According to 2018 results some NFs have an extended quota:

<b>NF</b>	<b>Men</b>	<b>Women</b>
<b>HKG</b>	<b>5</b>	<b>3</b>
<b>JPN</b>	5	5
<b>KOR</b>	5	5
<b>TPE</b>	3	5

Athletes from outside the continent will not be admitted to compete.

- Europe: Valencia/ESP September 14-15.  
Start lists will contain 70 athletes. NF quota and host NF quota are 3 athletes. According to 2018 results some NFs have an extended quota:

<b>NF</b>	<b>Men</b>	<b>Women</b>
<b>AUT</b>	<b>4</b>	<b>3</b>
<b>ESP</b>	<b>5</b>	<b>5</b>
<b>GBR</b>	<b>5</b>	<b>3</b>
<b>ISR</b>	<b>3</b>	<b>4</b>
<b>POR</b>	<b>4</b>	<b>3</b>
<b>SUI</b>	<b>3</b>	<b>5</b>

Athletes from outside the continent will be admitted to compete if there is room ten days before the event.

- Oceania. Sprint: Devonport/AUS, March 2-3.  
Same race as Elite Sprint Continental Championships.  
Same race as Devonport Continental Cup.  
Start lists will contain 70 athletes.  
Continental Cup regulations applies: Host NF quota is 14 athletes; host continent NF quota is 9 athletes and different continent NF quota is 3 athletes.
- Oceania. Standard: Moreton Bay/AUS April 14  
Same race as Elite Standard Continental Championships.  
Same race as Moreton Bay Continental Cup.  
Start lists will contain 70 athletes.  
Continental Cup regulations applies: Host NF quota is 14 athletes; host continent NF quota is 9 athletes and different continent NF quota is 3 athletes.

### **Junior Triathlon:**

- Africa: Shandrani/MRI June 01-02  
Start lists will contain 70 athletes. NF quota and host NF quota are 2 athletes. According to 2018 results the following NFs have an extended quota:

<b>NF</b>	<b>Men</b>	<b>Women</b>
<b>EGY</b>	<b>4</b>	<b>4</b>
<b>MAR</b>	<b>3</b>	<b>2</b>
<b>RSA</b>	<b>4</b>	<b>4</b>
<b>TUN</b>	<b>3</b>	<b>3</b>
<b>ZIM</b>	<b>2</b>	<b>3</b>

Athletes from outside the continent will be admitted to compete if there is room ten days before the event.

- America: Monterrey/MEX May 3-5.  
Start lists will contain 70 athletes. NF quota and host NF quota are 2 athletes. According to 2018 results some NFs have an extended quota:

<b>NF</b>	<b>Men</b>	<b>Women</b>
<b>BRA</b>	<b>2</b>	<b>3</b>
<b>CAN</b>	<b>4</b>	<b>4</b>
<b>MEX</b>	<b>4</b>	<b>2</b>
<b>USA</b>	<b>4</b>	<b>4</b>

Athletes from outside the continent will be admitted to compete if there is room ten days before the event.

NF quota can be increased up to 8 elite and 8 U23 athletes; host NF quota can be increased up 10 elite and 10 U23 athletes if at any time of the process there are less than 70 athletes in the start list.

- Asia: Gyeongju/KOR June 20-23  
Start lists will contain 70 athletes. NF quota and host NF quota are 4 athletes. Athletes from outside the continent will not be admitted to compete.
- Europe: Weert/NED May 31 – Jun 2.  
Start lists will contain 70 athletes. NF quota and host NF quota are 2 athletes. According to 2018 results some NFs have an extended quota:

<b>NF</b>	<b>Men</b>	<b>Women</b>
<b>FRA</b>	4	4
<b>GBR</b>	2	3
<b>HUN</b>	4	2
<b>POR</b>	3	2

Athletes from outside the continent will be admitted to compete if there is room ten days before the event.

- Oceania: Devonport/AUS, March 2 - 3  
Start lists will contain 70 athletes. NF quota and host NF quota are 2 athletes. According to 2018 results some NFs have an extended quota:

<b>NF</b>	<b>Men</b>	<b>Women</b>
<b>AUS</b>	4	4
<b>NZL</b>	4	4

Athletes from outside the continent will be admitted to compete if there is room ten days before the event.

### **Youth Triathlon:**

#### *Junior Criteria applies*

- Africa: Shandrani/MRI June 1 - 2  
Start lists will contain 70 athletes. NF quota and host NF quota are 2 athletes. According to 2018 Youth results TUN has an extended quota:

<b>NF</b>	<b>Men</b>	<b>Women</b>
<b>ZIM</b>	4	2

Athletes from outside the continent will be admitted to compete if there is room ten days before the event.

- America: Not scheduled.
- Asia: Not scheduled.

- Europe: Kitzbühel/AUT June 20-23  
Start lists will contain 90 athletes. NF quota and host NF quota are 2 athletes. According to 201 Youth results some NFs have an extended quota:

NF	Men	Women
AUT	2	3
GBR	3	3
HUN	2	3
ITA	2	3
POR	4	2
RUS	3	2
SUI	2	3

Athletes from outside the continent will be admitted to compete if there is room ten days before the event.

Mixed Relay. Start list will contain 18 teams One team per NF will be admitted.

- Oceania: Not scheduled.

### **Mixed Relay:**

*General Mixed relay Qualification Criteria applies.*

- Africa: Shandrani/MRI June 1 – 2  
Start list will contain 18 teams, with no limit to the number of teams per NF.
- America: Monterrey/MEX May 3-5.  
Start list will contain 18 teams, with a maximum of 3 teams per NF.
- Asia: Gyeongju/KOR June 20-23  
Start lists will contain 18 teams, with a maximum of 2 team per NF.
- Europe  
Elite: Weert/NED May 31 – Jun 2  
Junior: Weert/NED May 31 – Jun 2  
U23: Valencia/ESP September 14-15  
Start lists will contain 18 teams, with a maximum of 1 team per NF
- Oceania: Oceania: Devonport/AUS, March 2 - 3  
Start list will contain 18 teams, with no limit to the number of teams per NF.

### **Paratriathlon Events**

- World Triathlon Championships
- Continental Triathlon Championships
- World Paratriathlon Series
- Paratriathlon World Cup

NF quota of 2 athletes and Host NF quota of 3 athletes in all Medal Events.

### **Multisport Events**

- Winter Triathlon
- Duathlon in all the distances
- Middle and Long Distance Triathlon
- Aquathlon

NF quota and Host NF quota of 6 athletes in the Elite, U23, Junior and all Paratriathlon Medal Events.

### **Age-Group Events**

NF quota of 20 athletes and Host NF quota of 25 athletes per age group and gender.