

2024 Continental Championships Quotas

Updated on 11/01/2024

The World Triathlon 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 World Triathlon 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:

- Tuesday before 30 days before the first competition day start lists will be produced.
- Substitution and free withdrawals are admitted till Friday after the start list production.
- Invitations will be on Saturday.

The quotas for the different 2024 Continental Championships are:

Elite Triathlon Standard Distance:

- Africa: Hurghada/EGY 31/05-01/06 2024
Same race as U23 Continental Championships.
- America: Miami 08/03/2024

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 not be admitted to compete.
- Asia: Hatsukaichi/JPN 21/03/2024
- Europe: Vichy/FRA. 22/09/2024.
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.
- Oceania: Napier/NZL 14/04/2024

Elite Triathlon Sprint Distance:

- Africa: Not scheduled.
- America: Not scheduled.
- Asia: Dexing/CHN 21/04/2024
- Europe: Balikesir/TUR 9-11/08/2024. SUPER SPRINT SEMI FINAL-FINAL

Same race as U23 Continental Championships

Start lists will contain 90 athletes. NF quota and host NF quota are 2 Elite + 2 U23 athletes.

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

The start list will be determined as follows.

- 35 U23 athletes will be selected according to the World Rankings. Maximum quota 2 athletes.
 - 45 athletes (with no age limitation) will be selected. Maximum quota 2 athletes
 - One wait list will be created including all athletes not selected by points 1 or 2. Athletes exceeding the quota will be those exceeding the number or 4 or those exceeding the number of 2 among those outside the range of U23 age.
- Oceania: Devonport 16-17/03/2024

U23 Triathlon Standard Distance:

- Africa: Hurgada/EGY 31/05-01/06 2024

Same race as Elite Continental Championships.

Start lists will contain 70 athletes. NF quota and host NF quota are 4 elites and 4 U23 athletes.

- America: America: Miami 08/03/2024

Same race as Elite 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 not be admitted to compete.

- Asia: Not scheduled
- Europe: Not scheduled
- Oceania: Napier/NZL 14/04/2024

U23 Triathlon Sprint Distance:

- Africa: Non scheduled.
- America: Non scheduled.
- Asia: Khobar, Jeddah Saudi Arabia 8-9/11/2024

Start lists will contain 70 athletes. NF quota and host NF quota are 3 athletes. According to 2023 results the following NFs have an extended quota:

NF	Men	Women
CHN	5	5
HKG	5	5
JPN	5	5
KAZ	4	3
KOR	3	4
PHI	4	4

If start lists are not full, the NF quotas may be increased by one athlete, then by two athletes, etc. till a maximum of 6 per NF in total.

- Europe: Balikesir/TUR 9-11/08/2024. SUPER SPRINT SEMI FINAL-FINAL
Same race as Elite Continental Championships
Start lists will contain 90 athletes. NF quota and host NF quota are 2 Elite + 2 U23 athletes.
Athletes from outside the continent will not be admitted to compete.

The start list will be determined as follows.

- 35 U23 athletes will be selected according to the World Rankings. Maximum quota 2 athletes.
- 45 athletes (with no age limitation) will be selected. Maximum quota 2 athletes
- One wait list will be created including all athletes not selected by points 1 or 2. Athletes exceeding the quota will be those exceeding the number or 4 or those exceeding the number of 2 among those outside the range of U23 age.

- Oceania: Devonport 16-17/03/2024

Junior Triathlon:

Criteria:

- (i) Two (2) athletes or;
- (ii) Three (3) athletes if the National Federation has two (2) athletes among the top fifteen (15) of the previous Continental Championships or;
- (iii) Four (4) athletes if the National Federation has three (3) athletes among the top fifteen (15) of the previous Continental Championships

- Africa: Hurghada/EGY 31/05-01/06 2024
Start lists will contain 70 athletes. NF quota and host NF quota are 2 athletes. According to 2023 results the following NFs have an extended quota:

NF	Men	Women
EGY	4	3
MAR	3	3
TUN	4	2

If start lists are not full, the NF quotas may be increased by one athlete, then by two athletes, etc. till a maximum of 8 per NF in total.

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

- America: Miami 08/03/2023

Start lists will contain 70 athletes. NF quota and host NF quota are 2 athletes. According to 2023 results the following NFs have an extended quota:

NF	Men	Women
ARG	3	2
BRA	4	2
CAN	4	2
CHI	3	4
COL	2	4
MEX	3	4

If start lists are not full, the NF quotas may be increased by one athlete, then by two athletes till a maximum of 5 in total.

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

- Asia: Jeddah/KSA 8-9/11/2024

Start lists will contain 70 athletes. NF quota and host NF quota are 2 athletes. According to 2023 results the following NFs have an extended quota:

NF	Men	Women
HKG	4	4
JPN	4	4
KAZ	3	3
KOR	3	3
PHI	2	4

If start lists are not full, the NF quotas may be increased by one athlete, then by two athletes, etc. till a maximum of 6 per NF in total.

- Europe: Balikesir/TUR 9-11/08/2024. SUPER SPRINT SEMI FINAL-FINAL

Start lists will contain 90 athletes. NF quota and host NF quota are 2 athletes. According to 2023 results some NFs have an extended quota:

NF	Men	Women
ESP	2	4
FRA	4	3
GBR	2	3
HUN	3	2
ITA	4	3

If start lists are not full, the NF quotas may be increased by one athlete, then by two athletes till a maximum of 4 in total.

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

- Oceania: Naper/NZL 23-24/02/2024.

Youth Triathlon:

Junior Criteria applies

- Africa: Hurghada/EGY 31/05-01/06 2024
Start lists will contain 70 athletes. NF quota and host NF quota are 2 athletes. According to 2023 results the following NFs have an extended quota:

NF	Men	Women
EGY	4	3
MAR	3	3
TUN	4	2

If start lists are not full, the NF quotas may be increased by one athlete, then by two athletes, etc. till a maximum of 8 per NF in total.

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

- America: Not scheduled.
- Asia: Hong Kong/HKG 13/10/2024
Start lists will contain 70 athletes. NF quota and host NF quota are 2 athletes. According to 2023 results the following NFs have an extended quota:

NF	Men	Women
HKG	4	2
INA	3	2
JPN	2	4
KOR	2	4
TPE	2	3

If start lists are not full, the NF quotas may be increased by one athlete, then by two athletes, etc. till a maximum of 8 per NF in total.

- Europe: Paneveys/LTU 1-4/08/2024
Start lists will contain 90 athletes. NF quota and host NF quota are 2 athletes. According to 2023 Youth results some NFs have an extended quota:

NF	Men	Women
BEL	4	2
ESP	4	2
FRA	4	4
HUN	2	4
SUI	3	3

If start lists are not full quotas may be increased by one athlete, then by two athletes till a maximum of 4 in total.

Athletes from outside the continent will be admitted if there is room 10 days before the race day.

Mixed Relay. Start list will contain a minimum of 18 teams One team per NF will be admitted. European teams will be admitted if Transition Area capacity allows.

- Oceania: Not scheduled

Mixed Relay:

General Mixed Relay Qualification Criteria applies.

- Africa: Hurghada/EGY 31/05-01/06 2024

Start list will contain 18 teams, with a maximum of 3 teams per NF.

- America: Not scheduled

- Asia: Not scheduled

- Europe Balikesir 11/08/2024.

**Start lists will contain a minimum of 18 teams, with a maximum of 1 team per NF.
Teams from outside the continent will not be admitted.**

- Oceania: Not scheduled

Junior Mixed Relay:

- Europe Balikesir 11/08/2024.

**Start lists will contain a minimum of 18 teams, with a maximum of 1 team per NF.
Teams from outside the continent will not be admitted.**

- Oceania: Napier/NZL 24-25/02/2024

- Africa, America, and Asia. Not scheduled.

Para triathlon Events

General Para triathlon Qualification Criteria applies.

- Continental Triathlon Championships
 - Africa: Hurghada/EGY 31/05-01/06 2024
 - Asia: Subic Bay/PHI 02/06/2024
 - America. Miami 08/03/2024.
 - Europe: Vichy 22/09/2024
 - Oceania. Stockton/AUS. 04/02/2024

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

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

Multisport Events

- Aquathlon
 - Africa. Hurghada 31/05-01/06 2024
 - Europe. Coimbra/POR 14-23/06/2024
 - America, Asia and Oceania. Not scheduled.

- Cross Duathlon
 - Europe. Coimbra/POR 14-23/06/2024
 - Africa, America, Asia and Oceania. Not scheduled.

- Cross Triathlon
 - Africa. Chebba/TUN 23/06/2024
 - Europe. Coimbra/POR 14-23/06/2024
 - America, Asia and Oceania. Not scheduled.

- Duathlon
 - Africa. Sprint. Hurghada 31/05-01/06 2024
 - America. Sprint. Cali/COL. 15-16/06/2023.
 - America. Standard. Santo Domingo/DOM 09-10/11/2023.
 - Asia. Not scheduled.
 - Europe. Sprint. Coimbra/POR 14-23/06/2024
 - Oceania: Not scheduled

- Middle and Long Distance Duathlon
 - Europe. Middle Distance Duathlon. Altdorf/GER. 05/05/2024
 - Africa, Asia, America and Oceania. Not scheduled.

- Middle and Long Distance Triathlon
 - Africa. Middle. Cap Skirring/SEN 22/11/2024
 - Europe. Middle Distance. Coimbra/POR 14-23/06/2024.
 - Europe. Long Distance. Almere-Amsterdam/NED. 14/09/2024.
 - America, Asia and Oceania. Not scheduled.

- Aquabike
 - Europe. Middle Distance. Coimbra/POR 14-23/06/2024.
 - Africa, Asia, America and Oceania: Not scheduled.

- Winter Triathlon
 - Africa, America, Asia, Europe and Oceania: Not scheduled

All Multisports Championships have an NF quota and Host NF quota of 6 athletes in the Elite, U23, Junior and all Paratriathlon Medal Events.

Athletes from outside the continent are allowed to compete if 10 days before the event there is space available.

Age-Group Championships

NF quota of 20 athletes and Host NF quota of 25 athletes.