2022 Continental Championships Quotas

The 2022 edition of 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 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:
- 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 2022 Continental Championships are:

**Elite Triathlon Standard Distance:**

- **Africa**: Agadir/MAR 23-25 September.
  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**: Punta del Este/URU 29-30 October.
  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.
- **Asia**: Hangzhou/CHN Asian Games 16-19 September.
  Quotas TBD
- **Europe**: Munich 12-13 August.
  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**: Non-scheduled
**Elite Triathlon Sprint Distance:**

- Africa: Non scheduled
- America: Non scheduled.
- Asia: Sejon/KOR 4 June.
  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.
- Europe: Olsztyn/POL 27-29 May 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.

The start list will be determined as follows.
1. 35 U23 athletes will be selected according to the World Rankings. Maximum quota 2 athletes.
2. 45 athletes (with no age limitation) will be selected. Maximum quota 2 athletes
3. 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.
4. Replacements and withdrawals will be admitted till May 16th.

- Oceania: Non scheduled

**U23 Triathlon Standard Distance:**

  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 be admitted to compete if there is room ten days before the event.
- America: Punta del Este/URU 29-30 October
  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.
Asia: Nur-Sultan/KAZ 23 July.
Start lists will contain 70 athletes. NF quota and host NF quota are 3 athletes. According to 2019 results (last championships) some NFs have an extended quota:

<table>
<thead>
<tr>
<th>NF</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHN</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>HKG</td>
<td>5</td>
<td>3</td>
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<tr>
<td>JPN</td>
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<td>5</td>
</tr>
<tr>
<td>KAZ</td>
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<td>3</td>
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<tr>
<td>KOR</td>
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<td>5</td>
</tr>
<tr>
<td>PHI</td>
<td>4</td>
<td>3</td>
</tr>
</tbody>
</table>

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

Europe: Non Scheduled

Oceania: Non scheduled

**U23 Triathlon Sprint Distance:**

Africa: Non scheduled

America: Non Scheduled

Asia: Sejon/KOR 4 June.
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.

Europe: Olsztyn/POL 27-29 May 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.

The start list will be determined as follows.
1. 35 U23 athletes will be selected according to the World Rankings. Maximum quota 2 athletes.
2. 45 athletes (with no age limitation) will be selected. Maximum quota 2 athletes.
3. 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.
4. Replacements and withdrawals will be admitted till May 16th.

Oceania: Non scheduled
Junior Triathlon:

- **Africa: Agadir/MAR 23/25 September**
  Start lists will contain 70 athletes. NF quota and host NF quota are 2 athletes. According to 2021 results the following NFs have an extended quota:

<table>
<thead>
<tr>
<th>NF</th>
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<th>Women</th>
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</thead>
<tbody>
<tr>
<td>EGY</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>RSA</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>ZIM</td>
<td>2</td>
<td>4</td>
</tr>
</tbody>
</table>

If start lists are not full, the NF quotas may be increased by one athlete, then by two athletes 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: Punta del Este/URU 19-20 September**
  Start lists will contain 70 athletes. NF quota and host NF quota are 2 athletes. According to 2021 results the following NFs have an extended quota:

<table>
<thead>
<tr>
<th>NF</th>
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<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>CAN</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>CHI</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>MEX</td>
<td>4</td>
<td>3</td>
</tr>
<tr>
<td>USA</td>
<td>4</td>
<td>4</td>
</tr>
</tbody>
</table>

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.

- **Asia: Nur-Sultan/KAZ 23 July**
  Start lists will contain 70 athletes. NF quota and host NF quota are 2 athletes. According to 2021 results the following NFs have an extended quota:

<table>
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<td>4</td>
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</tbody>
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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 allowed to compete.
Europe: Olsztyn/POL 27-29 May SUPER SPRINT SEMI FINAL FINAL
Start lists will contain 90 athletes. NF quota and host NF quota are 2 athletes. According to 2021 results some NFs have an extended quota:

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<thead>
<tr>
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<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>ESP</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>FRA</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>GER</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>HUN</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>POR</td>
<td>3</td>
<td>2</td>
</tr>
</tbody>
</table>

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. Replacements and withdrawals will be admitted till May 16th.

Oceania: Werribee/AUS 30 April.

Youth Triathlon:
*Junior Criteria applies*

Africa: Agadir/MAR 23/25 September
Start lists will contain 70 athletes. NF quota and host NF quota are 2 athletes. If start lists are not full, the NF quotas may be increased by one athlete, then by two athletes till a maximum of 8 per NF in total.

America: Non scheduled.

Asia: Hong Kong, China/HKG 16 October.
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: La Baule/FRA 15-18 September.
Start lists will contain 90 athletes. NF quota and host NF quota are 2 athletes. According to 2021 Youth results some NFs have an extended quota:

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<tr>
<th>NF</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>ESP</td>
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<td>ITA</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>POR</td>
<td>3</td>
<td>2</td>
</tr>
</tbody>
</table>

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 only based on an invitation panel decision. Mixed Relay. Start list will contain a minimum of 18 teams One team per NF will be admitted.

Oceania: Non scheduled

Mixed Relay:
*General Mixed relay Qualification Criteria applies.*

Africa: Agadir/MAR 23/25 September
Start list will contain 18 teams, with a maximum of 3 teams per NF.
- America: Punta del Este/URU 19-20 September
  Start list will contain 18 teams, with a maximum of 2 teams per NF.

- Asia: Hangzou/CHN Asian Games
  Quota TBD.

- Europe Munich 14 August.
  Start lists will contain a minimum of 18 teams, with a maximum of 1 team per NF

- Oceania: Non scheduled

**Junior Mixed Relay:**

- Europe: Olsztyn/POL 27-29 May
  Start lists will contain a minimum of 18 teams, with a maximum of 1 team per NF

- Africa, America, Asia and Oceania. Not scheduled.

**Para triathlon Events**

*General Para triathlon Qualification Criteria applies.*

- Continental Triathlon Championships
  - Asia: Non scheduled.
  - America. Sarasota/USA 13 March.
  - Europe: Olsztyn/POL 27-29 May.
  - Oceania. Stockton/AUS. 13 March

  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, America, Asia and Oceania. Not scheduled.

- **Cross Duathlon**
  - Africa, America, Asia and Oceania. Not scheduled.

- **Cross Triathlon**
  - Africa, America, Asia and Oceania. Not scheduled.

- **Duathlon**
  - Africa. Windhoek/NAM 10 July.
  - Africa Sprint Luxor/EGY 7-8 October.
  - America Tocancipá/COL 26 February.
  - Asia Manama/BRN 11 March.
  - Oceania: Non scheduled

- **Middle and Long Distance Duathlon**
  - Asia. Middle Distance Putrajaya/MAS 29-30 October.
● Middle and Long Distance Triathlon
  ○ Europe. Middle Distance Alsdorf/GER 10 April.
  ○ Africa, America and Oceania. Not scheduled.
  ○ Africa. Middle. Cap Skirring/SEN 4 December.
  ○ Europe. Long Almere/NED 10 September.
  ○ Europe. Middle Bilbao/ESP 17-24 September.
  ○ America, Asia and Oceania. Non scheduled.

● Winter Triathlon
  ○ Europe. Asiago/ITA 19 February
  ○ Africa, America, Asia, Oceania: Non 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.

Age-Group Championships
NF quota of 20 athletes and Host NF quota of 25 athletes.
Exceptions apply in European Championships Munich 12-14 August and Olsztyn 27-29 May.