

ATHLETE CATEGORISATION GUIDELINES 2021-2024

(2023 UPDATE) - SUPPORTING DOCUMENTS

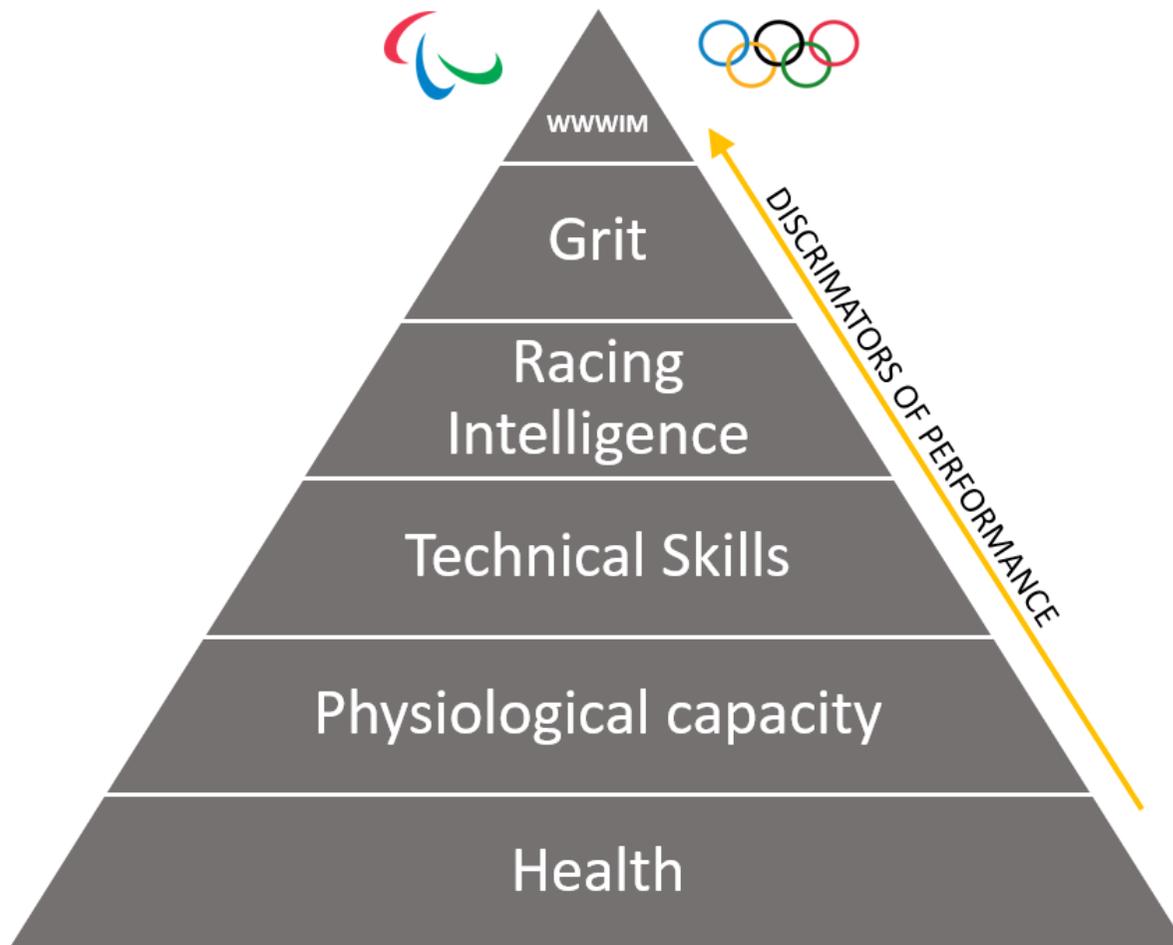
Note: this document is to be read in conjunction with the “AusTriathlon (AT) Athlete Categorisation Guidelines 2021-2024 (2023 update)”. This document provides additional detail supporting the processes articulated in the Guidelines.

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1. Hierarchy of Discriminators

As part of understanding what differentiates podium athletes and podium performances, AT has developed a Hierarchy of Discriminators (HoD) that must be developed over time to achieve podium success. These represent the factors that underly what it takes to *Win Well When It Matters*. The HoD forms the foundation of an evidence-informed holistic athlete profiling approach to better predict and monitor athlete progression over time. At different points in an athlete's journey, different factors may be weighted relatively more or less based on their association with long term performance.



At Podium this may look like....

Winning Well When it Matters (WWWIM) - Performing at or above expectation when it matters; using stress to enhance performance; highly composed; ability to regulate emotions and direct attention despite "noise" under immense pressure and at critical moments.

Perseverance and passion for long-term goals despite challenges; high self-efficacy, resilience, high learning orientation; ability to self-regulate; capacity to plan, critically reflect and effect change; accountable, deeply competitive.

Ability to plan, adapt and deploy race strategy; dynamically read and orient self in race; manage pacing; deploy tactical plays and "weapons" to influence race outcome and in response to opponents; understand and apply risk strategy; ability to reflect accurately and "reality test" performance against world's best.

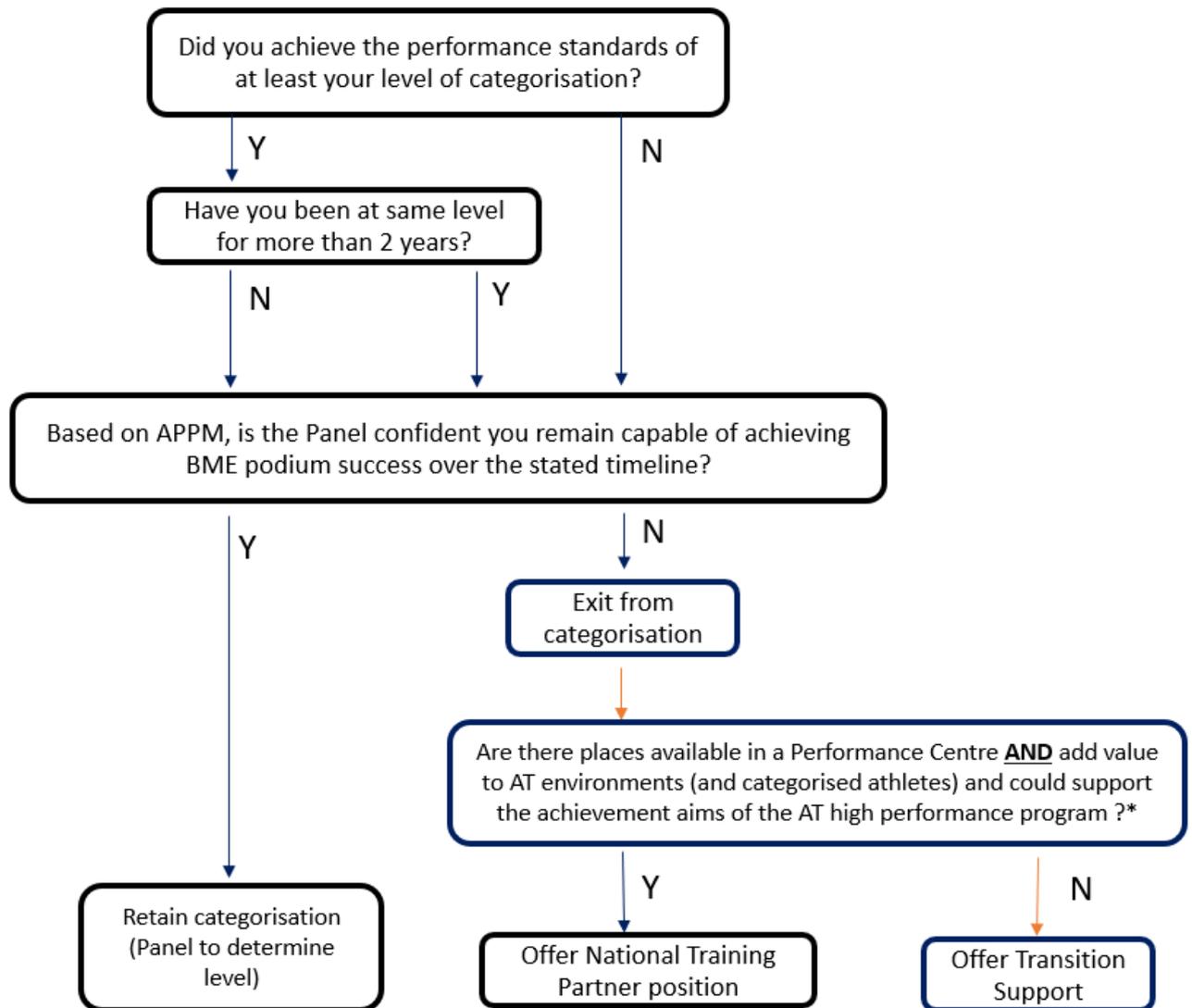
Possessing technical automaticity across swim, bike, run and transition to maximise performance efficiency, particularly under stress / fatigue.

Possessing physiological profile across endurance and speed domains to meet the demands of competition at a world class level; ability to deploy and sustain repeated high speed / power efforts to dictate the critical moments throughout a race; strong fatigue resistance capabilities; outstanding VO2max, running economy and hemoglobin mass.

Training load appropriate for age, consistent training, low injury and illness rates resulting in high availability for training and competition; capability to match nutrition with training load needs indicating adequate energy availability.

2. Athlete Categorisation Decision Process

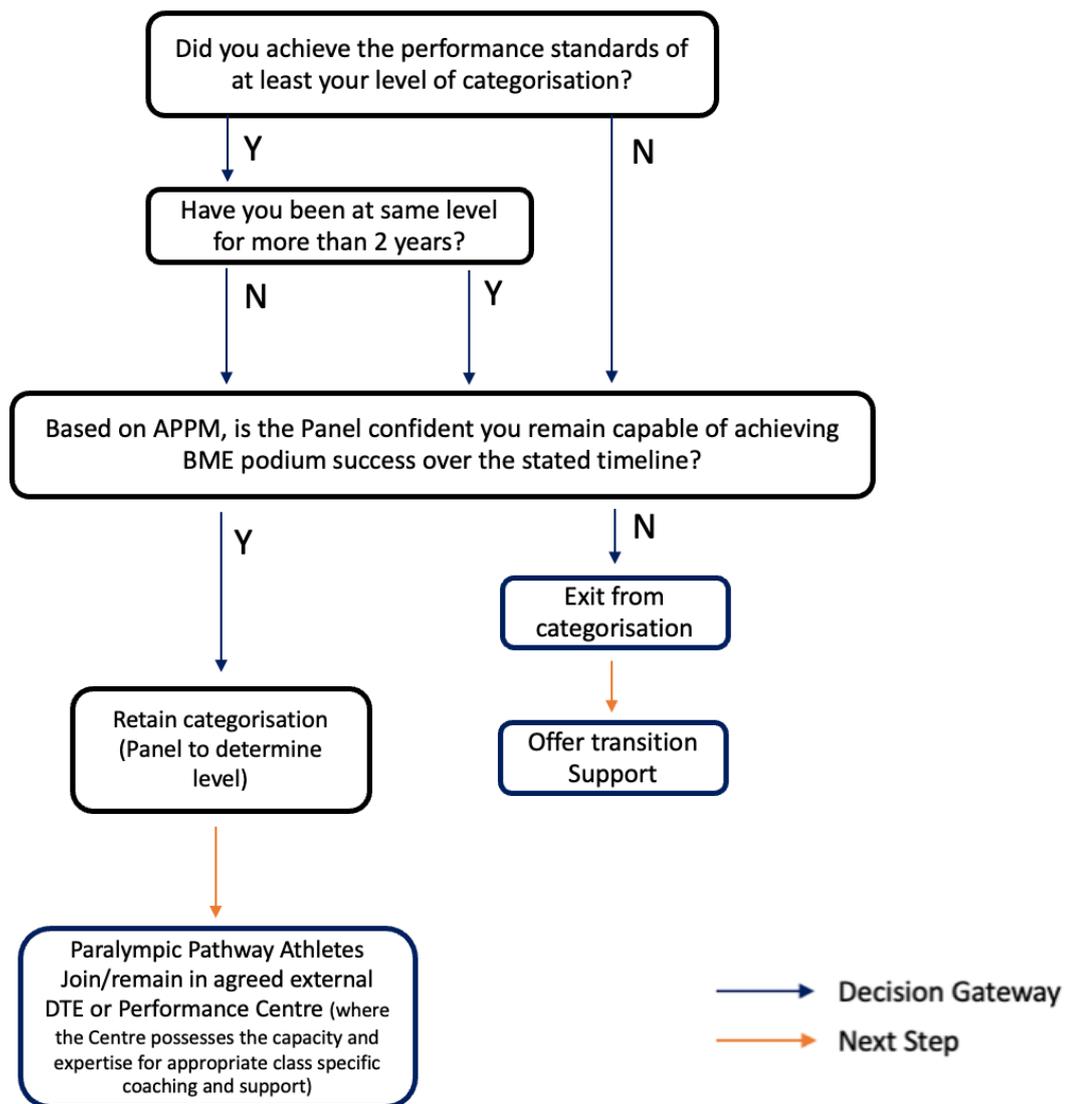
The following sets out the categorisation decision process for **existing categorised athletes in the Olympic Pathway**:



→ Decision Gateway

→ Next Step

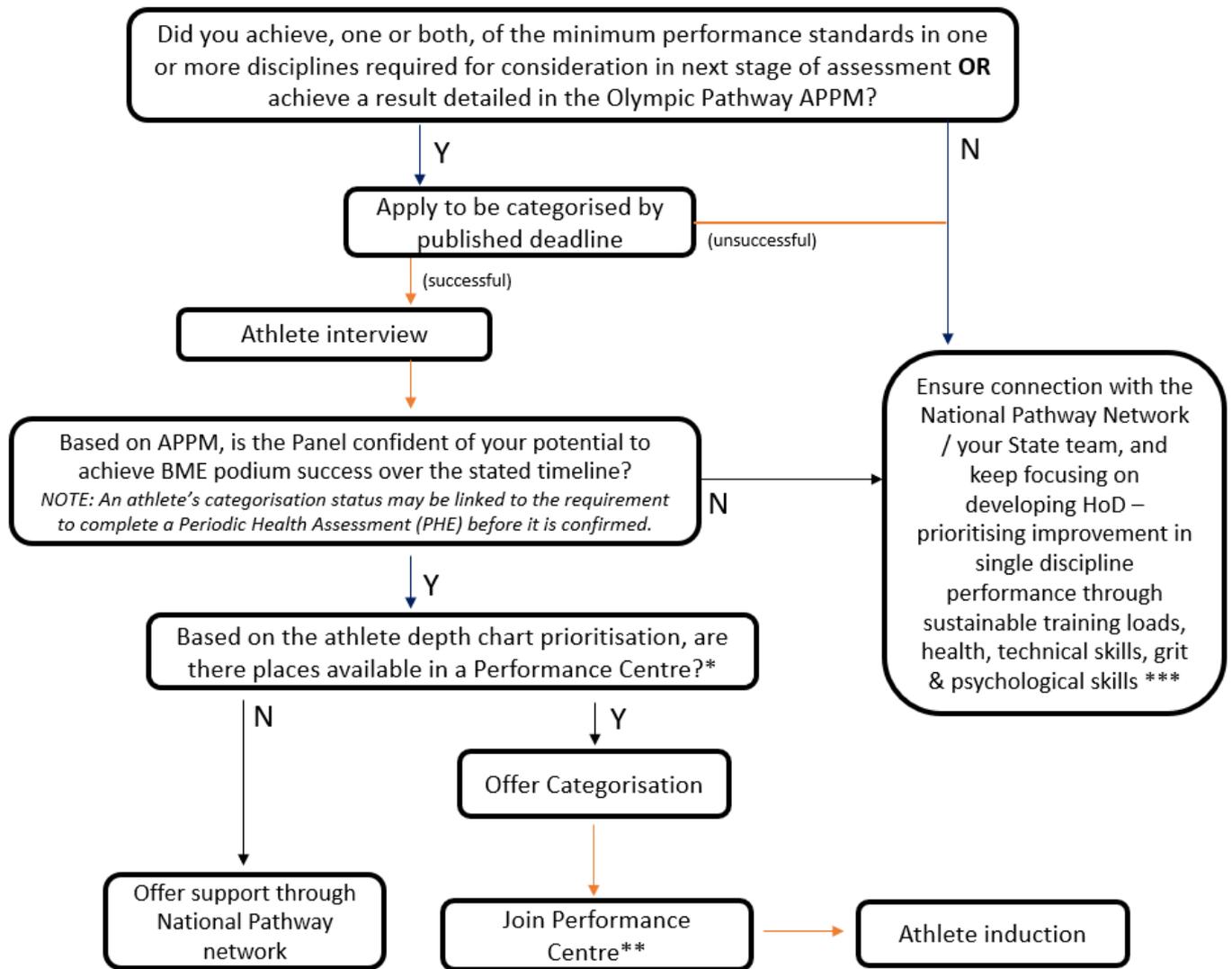
The following sets out the categorisation decision process for **existing categorised athletes in the Paralympic Pathway**:



Note

- Athlete Categorisation Panel decisions regarding ongoing athlete categorisation (status and level) will be guided by APPM performance benchmarks assessed together with other APPM characteristics and capabilities. Achieving APPM performance benchmarks alone does not guarantee categorisation at any level. While ongoing progress is expected, athlete development is not linear and individual factors and context are considered in the categorisation decision process.
- The nominal number of places within the respective Performance Centres will be up to a maximum of 12 in each.
- Adding value to AT Performance Centre's (and categorised athletes) could include but is not limited to possessing single discipline or other capabilities that enhance the DTE and supporting the achievement aims of AT high performance could include contributing to the qualification of quota places for BMEs.

The following sets out the categorisation decision process for **new (Emerging Level) athletes wishing to be categorised in the Olympic Pathway**



—> Decision Gateway

—> Next Step

Note

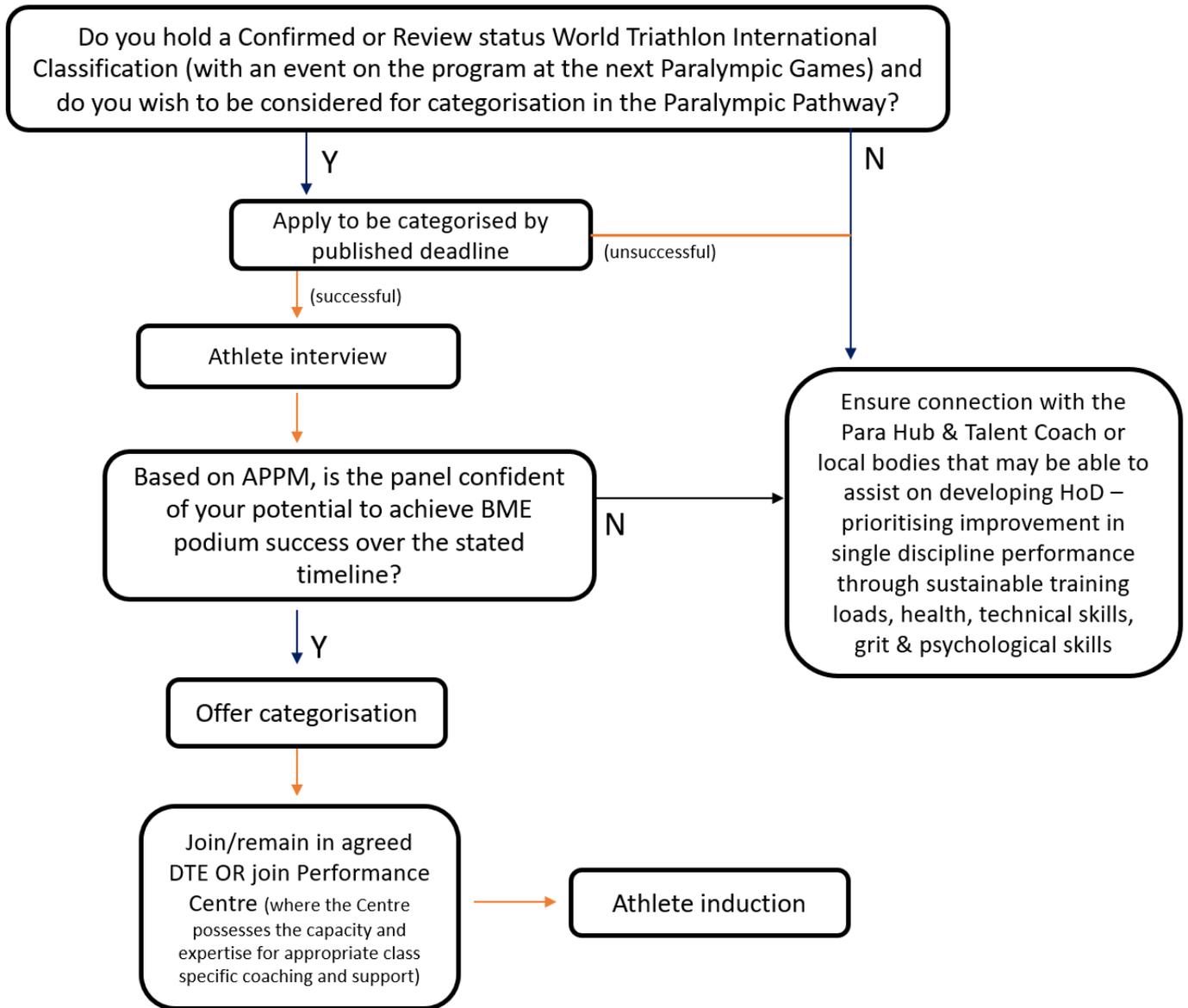
Depth Chart means ranking athletes based on Categorisation Level, Podium to Emerging

*Developing level athletes can either enter a Performance Centre or remain with their existing coach.

** This could either be in a full-time capacity or in a hub & spoke model

*** If there is availability, and the athlete is seen as a benefit add to the DTE, athletes could be offered a National training Partner position.

The following sets out the categorisation decision process for *new athletes wishing to be categorised in the Paralympic Pathway*



 Decision Gateway
 Next Step

3. Athlete Performance Profiling Matrix (APPM) - Olympic pathway

ATHLETE CATEGORISATION LEVEL				Performance				Health	Physiology	Technical Skills	Racing Intelligence	Psychological skills	WWIM	
		MEDAL FOCUS	Timeline to BME Podium	Primary DTE	Results	Results Mixed Relay		Single Discipline						
	Assessment of:				Race rank, % behind fastest, quality of field	Leg Rank % behind fastest, quality of field		Single discipline performances against WITTW, % & seconds behind fastest in leg	Periodic Health Evaluation	Testing - endurance and speed and coaches eye	Coaches eye and feedback	Coaches eye and feedback	Psychological skills assessment (including testing inventory) and coaches eye	Assessment of Performances at BME vs expectation and coaches eye
	Podium	PARIS 2024 / LA 2028	0 - 4 years	Performance Centre or Agreed DTE	Podium @ Olympics OR 2 wins @ World Triathlon Championship Series (WTCS) / World Triathlon Championship Final (WTCF) races OR podium in WTCS overall	Podium @ Olympics AND top 3 in respective leg, OR Podium @ BME and 1st place in respective leg.		WITTW Model	What this might look like at Podium	Training load appropriate for age, consistent training, low injury and illness rates resulting in high availability for training and competition. Capability to match nutrition with training load needs indicating adequate energy availability.	Possessing physiological profile across endurance and speed domains to meet the demands of draft legal triathlon at a world class level. Ability to deploy and sustain repeated high speed / power efforts to dictate the critical moments throughout a race. Strong fatigue resistance capabilities. Outstanding VO2max, running economy and haemoglobin mass	Possessing technical automaticity across swim, bike, run and transition to maximise performance efficiency, particularly under stress / fatigue	Ability to plan, adapt and deploy race strategy; dynamically read and orient self in race; manage pacing; deploy tactical plays and "weapons" to influence race outcome and in response to opponents; understand and apply risk strategy; ability to reflect accurately and "reality test" performance against world's best	Perseverance and passion for long-term goals despite challenges; high self efficacy, resilience, high learning orientation; ability to self regulate; capacity to plan, critically reflect and effect change; accountable, deeply competitive
Podium Ready	PARIS 2024 / LA 2028	1 - 4 years	Performance Centre or Agreed DTE	At least 2 of: 4 - 8th @ Olympics / WTCS overall, podium @ WTCS	Podium @ Olympics or Mixed Relay World Championships AND top 3 in respective leg in this race	WITTW Model								
Podium Potential		2 - 4 years	Performance Centre or Agreed DTE	At least 2 of: Top 12 @ WTCS, Podium @ World Triathlon Cup (WTC), Podium @ U23 world championships		WITTW Model								
Developing	LOS ANGELES 2028 / BRISBANE 2032	4 - 8 years	Performance Centre	At least 2 of: Top 10 @ U23 world championships, Top 12 @ WTC, Podium @ Continental Cup (*), Podium @ Junior world championships		WITTW Model								
Emerging	LOS ANGELES 2028 / BRISBANE 2032	4 - 8 years	Performance Centre	Races to be considered include but are not limited to the following: Junior / U23 World Championships, Oceania cup (Juniors / U23 athletes racing up), Oceania Junior cup, National Junior / U23 Championships, National Junior / U23 Mixed Relay championships. Athletes with outstanding single discipline performances (under WITTW) may also be considered		WITTW Model	What this might look like at Emerging	Training load appropriate for age prioritising long term athlete development, consistent training, low injury and illness rates resulting in high availability for training and competition. Capability to match nutrition with training load needs indicating adequate energy availability.	Potential to develop physiological profile across endurance and speed domains to meet the demands of draft legal triathlon at an international level. High VO2max, running economy and haemoglobin mass developed through sensible, age appropriate training loads prioritising development of aerobic capacity, with the ability to increase load where relevant as a senior athlete	Emerging skills across swim, bike, run and transition achieved through sufficient focus on technical development, enabling performance progression	Understands importance of ability to plan and deploy race strategy; basic understanding of pacing; awareness of basic tactical plays and how they may influence race outcomes; emerging capability and commitment to race reflection, learning from experiences, and understandings strengths and weaknesses	Perseverance and passion for long-term goals despite challenges; emerging self efficacy, resilience, high learning orientation; capability to self regulate; capacity to plan, critically reflect and potential to effect change; commitment to being accountable; deeply competitive	An emerging ability to perform at targeted races; an understanding that - in time - an ability to perform at benchmark events and in crucial moments will be developed and expected	

Note

Performances are assessed together with other characteristics/capabilities as set out in the APPM. Therefore, achieving a performance benchmark does not guarantee categorisation at any level. For athletes targeting Emerging categorisation, there is less priority on winning when it matters, and more on the underpinning characteristics set out in the APPM.

Further, the incongruence of the international calendar with adolescent life (i.e., race timings / accessibility relative to school / university) and variable development of young athletes means that there is no single race that could / should act as the performance outcome for every athlete. Therefore, we have provided a list of domestic and Oceania racing that provides an indicative guide on the level of racing athletes should look to engage in to be considered at this level.

(*) – if achieving 2 x conti cup results at developing level, both results must be over sprint or standard distance distances.

Relative weighting based on predictive value of performance at BME over the stated timeline	
Highest	Blue
High	Orange
Moderate	Yellow

4. Athlete Performance Profiling Matrix (APPM) – Paralympic Pathway

ATHLETE CATEGORISATION LEVEL				Performance			Classification	Health	Physiology	Technical Skills	Racing Intelligence	Psychological skills	WWIM		
	MEDAL FOCUS	Timeline to BME Podium	Primary DTE	Results	Single Discipline										
				Race rank, % behind fastest, quality of field, WTPS fields quota size	Single discipline performances against WITTW, % & seconds behind fastest		Potential based off classification	Periodic Health Evaluation	Testing - endurance and speed and coaches eye	Coaches eye and feedback	Coaches eye and feedback	Psychological skills assessment (including testing inventory) and coaches eye	Assessment of Performances at BME vs expectation and coaches eye		
Podium	PARIS 2024 / LA 2028	0 - 4 years	Performance Centre OR agreed DTE	Podium @ BME	WITTW Model	What this might look like at podium		Load appropriate for training age, consistent training, low injury and illness rates resulting in high availability for training and competition. Capability to match nutrition with training load needs indicating adequate energy availability.	Possessing physiological profile to meet the demands of non-draft legal triathlon at a world class level. Ability to sustain high speed / power output over each of swim, cycle and run. Strong fatigue resistance capabilities.	Possessing technical automaticity across swim, bike, run and transition to maximise performance efficiency, particularly under stress / fatigue	Ability to plan, adapt and deploy race strategy; dynamically read and orient self in race; manage pacing; deploy tactical plays and “weapons” to influence race outcome and in response to opponents; understand and apply risk strategy; ability to reflect accurately and “reality test” performance against world’s best	Perseverance and passion for long-term goals despite challenges; high self efficacy, resilience, high learning orientation; ability to self regulate; capacity to plan, critically reflect and effect change; accountable, deeply competitive	Winning When it Matters - Performing at or above expectation when it matters; using anxiety to enhance performance; highly composed; ability to regulate emotions; and direct attention despite “noise” under immense pressure		
Podium Ready				4 - 8th @ BME within 90% of winners time OR 2 podium finishes in World Triathlon Paratriathlon Series (WTPS) race @ full quota (*)	WITTW Model										
Podium Potential				Two of: top half of WTPS @ full quota within 85% of winner AND/OR Podium @ World Triathlon Paratriathlon Cup (WTPC) @ full quota (*)	WITTW Model										
Developing	LOS ANGELES 2028 / BRISBANE 2032	2 - 8 years	Performance Centre OR agreed DTE	The races to be considered include the following: International racing, National Championships, other domestic races	WITTW Model	What this might look like at Emerging	Potential based off International Classification in line with Paralympic events over the relevant cycle	Training load appropriate for age, consistent training, low injury and illness rates resulting in high availability for training and competition. Capability to match nutrition with training load needs indicating adequate energy availability.	Potential to develop physiological profile to meet the demands of non-draft legal triathlon at an international level, including ability to sustain speed / power output over each of swim, cycle and run, and fatigue resistance.	Emerging skills across swim, bike, run and transition achieved through sufficient focus on technical development, enabling performance progression	Understands importance of ability to plan and deploy race strategy; basic understanding of pacing; awareness of basic tactical plays and how they may influence race outcomes; emerging capability and commitment to race reflection, learning from experiences, and understandings strengths and weaknesses	Perseverance and passion for long-term goals despite challenges; emerging self efficacy, resilience, high learning orientation; capability to self regulate; capacity to plan, critically reflect and potential to effect change; commitment to being accountable; deeply competitive	An emerging ability to perform at targeted races; an understanding that - in time - an ability to perform at benchmark events and in crucial moments will be developed and expected		
Emerging				The races to be considered include the following: National Championships, Oceania Championships, other domestic races	WITTW Model										

Note

Performances are assessed together with other characteristics/capabilities as set out in the APPM. Therefore, achieving a performance benchmark does not guarantee categorisation at any level.

(*) WTPS and WTPC results applied based on full WT quota numbers starting in any given race.

Relative weighting based on predictive value of performance at BME over the stated timeline	
Highest	Blue
High	Orange
Moderate	Yellow