



# SENIOR SERIES EXPLAINED

The [Super Series](#) is designed to give our leading Senior, Junior and Youth athletes the best possible learning and development platform as well as to support the continued development of racing standards in Britain. At its core the Super Series seeks to ensure we give the best British athletes regular opportunities to race each other in competitive events over varied courses spread around the country.

## SELECTION POLICY

With ever increasing numbers of athletes wanting to compete in the Super Series and that driving more competition for starts, in 2022 we completely changed how athletes will be given starts for the Super Series. Our intention in doing this was to put more control into the hands of athletes, while supporting our key principle of having the best athletes on the start line.

Athletes should consult the selection policy [here](#) for all the detail; some of the key elements are highlighted below.

## AUTOMATIC SELECTION

The following athletes will have a start in all events *please consult the policy for more detail.*

- I. All athletes with a World Triathlon rank of between 1 and 300,
- II. All athletes who finished in the Top 10 overall<sup>1</sup> in a 2022 British Super Series event,
- III. Any athlete in the Top 5 (seniors) at the 2023 Performance Assessments OR (later season) Top 5 ranked in the Senior Super Series.

## INVITES

In order to support the best athletes being on the start line British Triathlon will be able to award up to **five** invites for each event but is under **no obligation to award all invites at every event**. For more detail on how these will be awarded please see the policy [here](#).

## PERFORMANCE ASSESSMENTS

Prior to 2022, British Triathlon relied largely on a discretionary process to award starts in Series races. However, due to improved standards and greater competition for starts, we introduced a Senior Super Series Selection Policy in 2022. In addition, to ensure all athletes have a chance to compete for starts, senior athletes will be asked to attend the British Triathlon Performance Assessment (PA) weekend. The results of the PA's will create a roll down list for the first two races of the season from which starts can be awarded. Later in the season, Super Series ranking will take over informing start allocations (see the policy for more detail).

For 2023, the [Performance Assessments](#) are on the **1<sup>st</sup> and 2<sup>nd</sup> of April in Nottingham (swim) and Prestwold Hall (bike/run)**. Seniors will compete over the following distances - **800m (pool) swim / 20km bike (draft legal) / 5km run**.

Athletes will complete a swim time-trial in the pool, on Saturday, followed by a bike-run race on Sunday. Athletes start the bike-run in pursuit format behind the fastest swimmer. Subsequent athletes will follow according to swim time behind the leader (E.g. if an athlete was five seconds slower in the swim, they start five seconds behind for the bike/run). Athletes start in bare feet, as if exiting the water, and run into T1, completing T1, the bike, T2 and the run without a break, as per a standard Triathlon. As per all other Super Series events, elite rulings such as lapping and [Wheel Regulations](#) will be applied.

## PERFORMANCE ASSESSMENT ATTENDANCE

The following athletes **MUST** attend the Assessment weekend,

- o Any athlete who finished outside the Top 20 overall<sup>1</sup> in a 2022 British Super Series event OR did not compete in the 2022 Series.

The following athletes are strongly **ADVISED** to attend the Assessment weekend,

- o Any athlete who finished between 10<sup>th</sup> and 20<sup>th</sup> overall<sup>1</sup> in the 2022 British Super Series<sup>2</sup>

A list of athletes who have achieved Top 10 and Top 20 overall 2022 results is posted, alongside the selection policy, [here](#).

**Note 1** All results are considered as overall in the race – events often contain a mix of Junior/Senior and sometimes Youth B athletes and your result is considered as your position across the line in the race overall NOT your position in your respective age category.

**Note 2** Athletes finishing between 10 and 20<sup>th</sup> overall in any 2022 event may get a start in races BUT they are NOT guaranteed and therefore ADVISED to attend the PA's – please see the policy.

## PERFORMANCE ASSESSMENT ELIGIBILITY

If you have raced previously at Youth, Junior or Senior level in the British Super Series you may compete at the Performance Assessments. If you have not raced in the British Super Series as Youth, Junior or Senior, please contact [superseries@britishtriathlon.org](mailto:superseries@britishtriathlon.org) and provide evidence that you have experience in draft legal triathlon and/or bunch racing/riding in cycling and therefore are at the right level to compete.

## REGISTERING INTEREST

Athletes must register their interest for the relevant Super Series event to be awarded a start - if you have not registered your interest, you will **NOT** receive a start. Click [HERE](#) and then navigate to the specific event to register your interest. You can register your interest for all 2023 Super Series events from the 1<sup>st</sup> of February 2023.

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## ENTERING AN EVENT

Athletes who have both registered their interest and are high enough on the rankings (as per the Policy) to be allocated a start will receive an email inviting them to enter the event. This email will include the details of the race in which they have been allocated a start (E.g., Tier 1 Junior/Senior Open) and a code which will allow the athlete to access the event's entry system. Athletes will need to access the system and enter the event prior to the entry deadline to guarantee entry. Failure to enter the event **WILL** mean the athlete will lose their start.

## START NUMBERS AND TIERS

**Tiers** - Super Series rankings will determine which Tier an athlete will race in, with the higher ranked athletes being in Tier 1. Both Tiers will race over the same course with results being combined and sorted by finish time. Ranking points will then be allocated by finish time – i.e. an athlete in Tier 2 with a faster time than an athlete in Tier 1 will be awarded more ranking points.

**Female Start Numbers** – As the racing pool is smaller for females and because field spread at the first buoy is greater than that in Open events, we can safely add additional female start numbers without compromising athlete safety and thereby ensure that the majority of female athletes get starts.

## START NUMBERS, TIERS, AND AGE GROUPS BY RACE

			Youth A	Youth B	Junior	Senior
Gateway	Performance Assessments	Female	96	30	50	50
		Open	120	50	100	50
1	Llanelli	Female	45	25	30	45
		Open	T1 30 / T2 45	T1 25 / T2 10	T1 25 / T2 35	T1 35 / T2 25
Additional Racing Opportunity	Junior World Trial Race	Female		TBC	TBC	By Invite
		Open		TBC	TBC	By Invite
Additional Racing Opportunity	Aquathlons	Female	60	20	40	By Invite
		Open	60	20	40	By Invite
2	Mallory	Female	55	25	40	40
		Open	55	25	40	40
3	Sunderland	Female	50	25	30	35
		Open	44	22	30	35
4	Eton Eliminator	Female	80	20	30	30
		Open	80	30	40	40
5	Grand Final	Female	70	20	30	30
		Open	T1 50 / T2 50	T1 10 / T2 20	T1 20 / T2 20	T1 30 / T2 15

The numbers above serve as a **guide** that we will work to, however, **British Triathlon**, and the **race organisers** it works with, **reserve the right to adjust as needed** in line with the philosophy of the Super Series. While numbers are listed for PA's, we do not the event to reach capacity, so the event is effectively open to all athletes to enter. Athletes can contact [superseries@britishtriathlon.org](mailto:superseries@britishtriathlon.org) about opportunities to race at the Aquathlons or World Junior Trial Race.

## WAIT LIST

Given the competition for places, British Triathlon is committed to ensuring full start lists. To enable this, we operate a wait list, in a similar fashion to World Triathlon events, and **expect all athletes who are unable to start to notify the Super Series of this as soon as possible**. Athletes who do not start and have not notified us risk being penalised; this will normally mean not starting the next Super Series event. If a place is vacated, it will fall to the first athlete on the wait list who will be contacted immediately.

All athletes who have not received an entry code will automatically be placed on the wait list (in Super Series rank order). **The wait list will close on the Wednesday before each event**. Thereafter no changes will be made to start lists. It is expected that there will still be a small number of dropouts right up to the event – again the [Super Series](mailto:superseries@britishtriathlon.org) must be contacted immediately in such cases to avoid any penalty.

Some Super Series events will accept a very small number of entries on the day if the field size is below the set limit. If you would like to enquire about on the day entry, please contact us via [superseries@britishtriathlon.org](mailto:superseries@britishtriathlon.org) at least 72 hours prior. Please **DO NOT** travel to a race specifically to enter on the day as you **WILL NOT** be able to enter without having contacted us prior.

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## POINTS AND RANKINGS

Points are allocated to athletes relative to their finishing position within their own age category, i.e. the first senior athlete across the line receives the maximum number of points. In a Junior/Senior combined race the Junior athletes would be removed from the results, and then points would be allocated in order of the remaining senior athletes in finishing order.

Rankings will be calculated as quickly as possible after each event and published [here](#). Our workload, and that of the race organiser, in the days before, during, and after each race is very heavy so this may mean a slight delay – if this is the case, please be patient! By the end of the season, an athlete's best four race results will determine their final points total. We phase how rankings are totalled throughout the season to support each athlete to get the best possible ranking - this will work as follows:



There will be separate rankings for the Female and Open categories. To help us get rankings right, please ensure that you **always spell your name the same way** when entering each race (e.g., if you enter the PAs as Katie, don't change to Kate or Katherine for Llanelli). Any differences in spelling will mean the spreadsheet creates another version of you to award your points to.

The British Triathlon Super Series Grand Final, like the WCTS Grand Final each year, is the biggest and most important Super Series event of the season and will carry Super Series ranking points plus an additional quarter. For senior athletes, the Performance Assessments and Aquathlons will not carry Super Series points. All other Super Series events will carry the standard number of points. At Mallory (heats/final format), all athletes making the A Final will be ranked higher than any athletes in the B Final **IRRESPECTIVE** of finishing times in either final, this is similar in the Eliminator format at Eton with the results from the highest ranked final race taking the points over the next final.

## QUESTIONS

Questions and communication about rankings, appeals, athletes not starting/withdrawing, entry codes and issues activating them should be directed to [superseries@britishtriathlon.org](mailto:superseries@britishtriathlon.org). Questions that relate to the event itself should be directed to the relevant race organiser.