

Notes

1. SS denotes Super Series event, format and age group are also noted

2. Events listed for regional athletes are either TE/TS/WT champs or qualification races for Euro and World age group champs, please also look to local events

3. Events in bold type are linked to a selection policy

4. For more information e.g., on how athlete groups are defined, format of Aquathlons, etc., see 'Racing Explained' which is found on the same page as this map

5. Cross Country events are an important preparation tool but care should be taken not to over-race, especially through March