



2026 YOUTH & JUNIOR EXPLAINED

The British Triathlon Super Series is designed to give our leading Youth and Junior athletes the best possible learning and development platform as well as to support the continued development of racing standards in Britain. Athletes in the Academy and Next Generation stages of the pathway, across all three Home Nations, focus their domestic Triathlon racing on the Super Series.

Triathlon is a dynamic sport, and our leading athletes are expert decision makers and Intelligent Racers. [Intelligent Racing](#) is best developed when athlete's decision-making abilities are put under some pressure; ensuring Super Series races have the leading young athletes competing will support this. Similarly, it will continue to drive performance standards forward, as well as provide the necessary [One Day One Race](#) experiences, to support development in that pillar of the [Athlete Development Framework](#). We recommend athletes also read the [Racing Explained](#) resource to understand how Super Series racing may fit into their season.

SUPER SERIES QUALIFICATION

The Performance Assessments will be the first event of the Youth and Junior Super Series and the order of finish will create the first Super Series rankings of 2026.

All subsequent Super Series start lists will be determined by the Super Series rankings at the relevant entry deadline, with start places rolling down the rankings list until the event is full. See the following sections Populating Start Lists and Points and Rankings for more detail. Senior athletes should visit their policy [here](#).

***NB** Any athlete selected to 2025 or 2026 Championship teams or meeting 2026 ET Jnr Cup automatic selection standards (2.6 of policy) will qualify for all further 2026 Super Series events.*

PERFORMANCE ASSESSMENTS

All British athletes wishing to compete in the Youth and Junior Super Series must take part in the British Triathlon Performance Assessment weekend. This not only gives every Youth and Junior athlete an equal opportunity to compete for a place, but it also ensures athletes are ready to race at this level. For 2026, the Performance Assessments take place on April 18-19 in Nottingham (swim) and Kendrew Barracks (bike/run). The Performance Assessments are over the following distances for all age groups: **400m swim / 10km bike / 3km run**.

As per Super Series ruling, the bike is draft legal and subject to British Triathlon draft-legal [Wheel Regulations](#). [Gear restrictions](#) **WILL** be in place for **ALL** Youth events including the Assessments and any other event where the age groups are combined, as well as for **ALL** series events where Youth A athletes are racing as a single age group.

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 is 5 secs slower, they start 5 secs behind). Athletes start in bare feet, as if exiting the water, and run into and complete T1, before going onto complete the bike, T2 and run without a break, as per a standard Triathlon.

Some Senior athletes will also be invited to the Assessments to qualify for the Senior Super Series. In the Female category, Senior athletes will race with Juniors. A decision on whether to combine the Juniors and Seniors for the Open category will be made, depending on entry numbers, nearer the time. Youth B's will race separately from Youth A's in 2026.

Any athlete who **HAS NOT** previously competed at the Performance Assessments **AND IS NOT** a member of an English Scottish or Welsh Academy **MUST** demonstrate their abilities to ride safely in/around others prior to the Performance Assessments. This is done via your local Academy – you can find contact details for the Academy Leads [here](#).

PERFORMANCE ASSESSMENT APPEALS

Athletes who are unable to compete and do not start (DNS) or do not finish (DNF) at the Performance Assessments may appeal.

DNS - The appeal will need a doctor's note or grounds for non-attendance (serious and immovable commitments only). DNS appeals need to be emailed to SuperSeries@BritishTriathlon.Org prior to the entry deadline for the Performance Assessments.

DNF - The appeal will need to detail grounds for DNF and be emailed to Guy Punja - GuyPunja@BritishTriathlon.Org by 5pm on the 19th of April.

The average DNS/DNF percentage for a Super Series event is 12% of the field (Youths) and 15% (Juniors). For all races up to and including the June Mallory event, we will award up to a maximum of 12% or 15% (category dependent) of each start list to athletes with a successful appeal. After this, the percentage will fall to 8% or 10%, as most athletes will have a ranking. If there are more appeals than the percentage allows, appeals will be ranked by the Appeal Committee. All athletes with appeals will be added to the back of the field/start list.

***NB** Given the competition for places and high quality of field in the Super Series, athletes who live abroad and hold British passports are asked to come to the PAs to trial. Comparing results from foreign races and making an accurate assessment is extremely difficult as standards are significantly higher and fields deeper in Britain than all but one or two of the leading European nations.*

APPLICATIONS AND ENTERING EVENTS

Athletes must apply for the relevant Super Series event to be awarded a start - if you have not applied, you will **NOT** be offered a start. [Click Here](#) and then navigate to the specific event to apply. You can apply for all 2026 Super Series events from the 11th of February 2026. Upon completion of your application, your name should appear under the relevant category on the event page.

Athletes who have both applied and are high enough on the rankings (if relevant) 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 Youth 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. Please note that Entry Lists will be created based on the rankings in effect at the time of creation.

START NUMBERS, TIERS, AND AGE GROUPS BY RACE

Event		Youth A	Youth B	Junior	Senior
Performance Assessments	Female	Open Capacity	Open Capacity	Open Capacity	
	Open	Open Capacity	Open Capacity	Open Capacity	
Llanelli	Female	45	25	30	35
	Open	T1 30 / T2 45	T1 25 / T2 10	T1 20 / T2 30	T1 30 / T2 20
Lochore Meadows	Female	Open Capacity	Open Capacity	Open Capacity	
	Open	Open Capacity	Open Capacity	Open Capacity	
Mallory Park Heats & Finals	Female	55	25	40	50
	Open	90	45	60	60
Bristol	Female		15	20	30
	Open		T1 10 / T2 15	T1 20 / T2 25	T1 30 / T2 20
Grand Final	Female	70	20	30	30
	Open	T1 50 / T2 50	T1 10 / T2 20	T1 20 / T2 20	T1 30 / T2 20

NB The numbers above serve as a GUIDE, 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. If events become oversubscribed Pathway athletes will be prioritised.

START NUMBERS AND TIERS

Start numbers in each event will vary according to athlete experience and distance to the first swim buoy. The further the distance and more experienced the athletes, the higher the start number in each event. Therefore, Junior waves will, in general, be bigger than Youth waves. The current racing pool for the Open category is significantly larger than that for the Female category and as a result we have enough numbers to race in two Tiers at events that have the capacity to facilitate this.

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 (especially for Youth females) without compromising athlete safety and thereby ensure that the majority of female athletes get starts.

Competition Maps - These give athletes an idea of the events they should be focusing on through the season and can be found [here](#).

POPULATING START LISTS

Start lists for each Super Series event will be populated by rank order as follows:

Event	Start List Populated by:
Performance Assessments	Open Entries
Llanelli	Rankings post Performance Assessments
British Elite Aquathlon Championships (Lochore Meadows)	Rankings post Llanelli
Mallory Park Heats & Final	Rankings post Llanelli
Bristol	Rankings post Llanelli
British Elite Triathlon Championships (Grand Final)	Rankings post Mallory Park / Bristol

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 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 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.

POINTS AND RANKINGS

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 three or 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:

Event	Ranking System – Youth A	Ranking System – Youth B, Junior
Performance Assessments	Best 1 of 1	Best 1 of 1
Llanelli	Best 1 of 2	Best 1 of 2
British Elite Aquathlon Championships	Best 2 of 3	Best 2 of 3
Mallory Park Heats & Final	Best 2 of 4	Best 2 of 4
Bristol	-	Best 3 of 5
British Elite Triathlon Championships	Best 3 of 5	Best 4 of 6

There will be six separate ranking tables across the three age groups and 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 Elite Triathlon Championships, like the WTCS 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. All other Super Series events will carry the standard number of points. The Aquathlon Championship is designed as a multi-race opportunity as such, and to get full value and maximise performance learning athletes will be expected to complete all 3 races. At Mallory (heat/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.

QUESTIONS

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