



SELECTIONS MULTISPORT 2024

BELGIAN TRIATHLON



Contents

List of abbreviations.....	2
Introduction	3
General selection criteria.....	4
Specific BE3 selection criteria	5
Competition calendar 2024	5
EC MD Duathlon Alsdorf (DUI) May 5, 2024	5
EC Duathlon Coïmbra (POR) June 2024.....	5
EC Aquathlon Coimbra (POR) June 2024.....	6
EC Cross Duathlon Coïmbra (POR) June 2024	7
EC Cross Triathlon Coïmbra (POR) June 2024	8
EC Triathlon MD Coimbra (POR) June 2024	8
Multisport Townsville (AUS) from Aug. 15 to 25, 2024	9
WCH Duathlon: Aug. 16, 2024 Townsville	9
WCH duathlon mixed relay (2x2): August 18, 2024 Townsville	9
WCH cross triathlon August 20, 2024 Townsville	10
WCH cross duathlon Aug. 22, 2024 Townsville.....	10
WCH Aquathlon Aug. 23, 2024 Townsville.....	11
WCH Triathlon Long Distance Aug. 25, 2024 Townsville	11
WCH Duathlon Powerman Long Distance Zofingen (SUI) Sept. 8, 2024	12
EC Triathlon Long Distance Almere (NLD) September 14, 2024	12
NATIONAL TEAM selection process	13
Appeals	13
Appendix 1: National team code of conduct	15



List of abbreviations

BAS	Belgian arbitration commission for sport
BCT	Appeal committee top sports
Be3	Belgian Triathlon
Be3 SC	Be3 Selection Committee
BO Be3	Governing Body Be3
BOIC	Belgian Olympic and Interfederal Committee.
EG	European Games
EC	European Championships
ETU	European Triathlon Union
IM	Ironman
LF3	Ligue Francophone de Triathlon asbl
Multisport	Disciplines Duathlon, Cross Triathlon, Cross Duathlon, Long Distance Triathlon, Aquathlon
OG	Olympic Games
TRI	World Triathlon
WCH	World Championships
3VL	Triathlon Vlaanderen vzw
70.3	Ironman circuit races over the half Ironman distance



Introduction

An athlete is selected for the national team if he/she meets the selection criteria, complies with the selection procedure and subscribes to the terms and conditions of the national team, including the Code of Conduct (Appendix 2).

The Be3 SC consists of:

- Technical director 3VL
- Technical director LF3

An athlete who wishes to participate in a competition from the TRI/ETU calendar must provide his/her program by e-mail to the technical director of his/her league at the latest 3 months before the organization date. No other method of communication will be accepted.

Changes to this program will be emailed to the league technical director at least 6 weeks prior to the organization date.

Athletes who cancel late, i.e. within the period that TRI produces the start list up to the competition day, will be charged an administration fee by the league to which the athlete is affiliated equal to the registration fee plus 250€ per late cancellation. Only if there is a valid reason for late cancellation (e.g. acute injury or illness) the athlete may be waived the 250€ fine.

The athlete is responsible for the accuracy of the data at all times.

After this, the following procedure is followed:

- The technical director will place the athlete on the TRI/ETU waiting list. The TRI/ETU decides on the assignment of a starting place according to the usual TRI regulations. The assignment of a starting place to a particular athlete remains the competence of the Be3 SC. An athlete on the start list should not automatically assume that he/she can effectively start.
- In case there are more candidates than starting places, a selection will be made by the Be3 SC. Here the World Ranking will be one of the determining factors taken into account
- The Be3 SC selects athletes in order to delegate the strongest possible Belgian selection (result) and/or to achieve a specific learning goal/development objective.



General selection criteria

- Holder of a competition license at 3VL or LF3.
- Athletes on the national list must submit a valid sports medical certificate in accordance with the sports medical screening provided for in the TRI regulations. The certificate must be delivered by e-mail to the technical director of his/her league by February 29, 2024. For athletes selected in the future, this attestation may be submitted to the technical director no later than seven (7) days after his/her selection.
- Having Belgian sport nationality as provided by TRI.
- Regarding TRI competitions: meet the TRI selection criteria. These criteria can be found on the TRI website www.triathlon.org
- Meet the (specific) Be3 selection criteria.
- An athlete must be medically fit and fit to be selected for the competitions listed below. The Be3-SC reserves the right to still not select an athlete if he/she cannot participate at his/her full potential; for example, due to illness, injury or other circumstances.
- The athlete provides to the Technical Director (and for 3VL also to the Team Leader Multisport) his/her competition and training program for the 6 weeks prior to an EC or WC.

Specific BE3 selection criteria

Competition calendar 2024

- EC Duathlon Powerman Middle distance Alsdorf (DUI) May 05, 2024 (Elite)
- EC Multisport Coimbra (PRT) June 14-23, 2024
 - EC Duathlon (Elite, U23, junior)
 - EC Mixed Relay (Elite, junior).
 - EC Aquathlon (Elite, U23, junior)
 - EC Cross Duathlon (Elite, U23, junior)
 - EC Cross Triathlon (Elite, U23, junior)
 - EC Triathlon Middle Distance (Elite).
- WCH Multisport Townsville (AUS) Aug. 15-25, 2024
 - WCH Duathlon Aug. 16, 2024 (Elite & U23: Standard, junior: sprint)
 - WCH Mixed Relay 18 August 2024 (Elite, junior)
 - WCH Cross Triathlon Aug. 20, 2024 (Elite, U23, junior)
 - WCH Cross Duathlon Aug. 22, 2024 (Elite, U23, junior)
 - WCH Aquathlon Aug. 23, 2024 (Elite, U23, junior)
 - WCH Triathlon Long Distance Aug. 25, 2024 (Elite)
- WCH Duathlon Powerman Long Distance Zofingen (CHE) Sept. 8, 2024 (Elite)
- EC Triathlon Long Distance Almere (NLD) Sept. 14, 2024 (Elite)

EC MD Duathlon Alsdorf (DUI) May 5, 2024

Selection date by March 31, 2024

Athletes who meet the performance condition below qualify for the EC:

- Top 5 powerman 2023

EC Duathlon Coimbra (POR) June 2024

Selection date for May 6, 2024

Athletes who meet the performance condition below are directly placed provided that fitness is demonstrated and they participated in the selection competition at Kruisem on May 1, 2024:

- Elite: WCH top 5, EC top 3 2023
- U23: WCH Top 3, EC 1^{ste} 2023
- Junior: WCH Top 5, EC Top 3 in 2023

Athletes who are no longer U23 can only be preselected based on the elite criteria.

For all the other athletes, they can select at the selection competition in Kruisem on May 1, 2024. The selection committee BE3 will select a total of 3 women and 5 men for the EC among the elites (the pre-selected athletes included).



For the U23, the first athlete U23 among the women and men in the selection race at Kruisem will select for the EC.

The U20 athletes on the national list (Triathlon) are preselected subject to fitness. The other U20 athletes can select through participation in a running test.

The 3000m run test will be completed on an outdoor 400m track, the athlete may use one front cyclist or pacer to set the pace. The athlete must complete this test without the use of spikes. Also, running shoes not approved by World Athletics cannot be used.

The athlete can take the test via video at the club until May 1, 2024 with the guidelines above observed. On this we must have the entire test in view.

Standards:

- Junior men: 9'00" Junior women: 10'30"

Ranking will be done according to times. Fastest times will have priority. But we will select maximum 3 men and women U20. Athletes on the national list will have priority over those who completed a running test.

No additional athletes will be selected for the mixed relays. The selected athletes will form the team based on the results on site.

The federation organizes the travel for all participating athletes.

[EC Aquathlon Coimbra \(POR\) June 2024](#)

Selection date for May 6, 2024

Athletes who meet the condition below are directly placed provided that fitness is demonstrated:

- Elite: WCH top 5, EC top 3 in 2023
- U23: WCH Top 3, EC 1st in 2023
- Junior: WCH Top 5, EC Top 3 in 2023

Athletes who are no longer U23 can only be preselected based on the elite criteria.

We will select a maximum of 3 elite athletes, 1 U23 and 3 juniors per gender, if there are more applications the Be3-SC will decide. Athletes who meet the performance criteria will have priority over athletes who select through the times below. Athletes who are no longer U23 can only be pre-selected based on the elite criteria.



Athletes on the national "Olympic triathlon" list (Youth, Juniors, U23 and Elite) can also apply but athletes who meet the performance criteria always have priority.

Participation can also be guaranteed through testing:

The 400m swim test are done in a 25m pool without any assistance, the athlete must completely alone swim these times. The athlete must complete this test in a free outside lane with left or right also a completely free lane. Race lines are allowed but not mandatory

The 5000m run test are completed on an outdoor 400m track (3000m for juniors), the athlete may use one front cyclist or pacer to set the pace. The athlete must complete this test without the use of spikes. Also, running shoes not approved by World Athletics cannot be used.

The athlete can take the test in until May 6, March 2024 via video footage at the club with the guidelines above observed. On this we must have the entire test in view.

Standards swimming:

- | | |
|---------------------|---------------------|
| - Elite Men: 4'10" | Elite Women: 4'35" |
| - U23 Men: 4'15" | U23 Women: 4'40" |
| - Junior Men: 4'25" | Junior Women: 4'45" |

Standards run:

- | | |
|---------------------|----------------------|
| - Elite Men: 14'30" | Elite Women: 16'45" |
| - U23 Men: 14'45" | U23 Women: 17'00" |
| - Junior Men: 9'00" | Junior Women: 10'30" |

A ranking will be made based on times (swim x2 + run). The fastest times will have priority.

The federation organizes the travel for all participating athletes.

[EC Cross Duathlon Coïmbra \(POR\) June 2024](#)

Selection date for May 6, 2024

Athletes who meet the condition below are directly placed provided that fitness is demonstrated:

- Elite: WCH top 5, EC top 3 in 2023
- U23: WCH Top 3, EC 1st in 2023
- Junior: WCH Top 3, EC 1st in 2023

Athletes who selected for the EC Cross Duathlon SD can also participate in the EC Cross Duathlon. We will select a maximum of 3 elites, 2 U23 and 2 juniors per gender. If there are more applications, the BE3 selection committee will decide. Athletes who are no longer U23 must select through the elite criteria.

The federation organizes the travel for all participating athletes.



EC Cross Triathlon Coïmbra (POR) June 2024

Selection date for May 6, 2024

Athletes who meet the condition below are directly placed provided that fitness is demonstrated:

- Elite:
 - o WCH top 5, EC top 3, Podium Xterra WCH in 2023
 - o Podium Xterra WCH for 1/5/2024
- U23: WCH Top 3, EC 1st in 2023
- Junior: EC Top 3, WCH Top 5 in 2023

Athletes who are no longer U23 can only be preselected based on the elite criteria.

Athletes on the National Triathlon list are also preselected.

We select maximum 3 elites, 2 U23 and 2 juniors per gender, if there are more applications the Be3-SC will decide. Athletes who meet the performance criteria will have priority over those selected through the National Triathlon List.

The federation organizes the travel for all participating athletes.

EC Triathlon MD Coïmbra (POR) June 2024

Selection date for May 6, 2024

Athletes who meet the condition below are directly placed provided that fitness is demonstrated:

- Elite: WCH top 5, EC top 3 in 2023
- Win in IM or Challenge Circuit 2023, 2024

Participations can be completed based on top five results achieved in IM or Challenge circuit in 2023 and 2024.

We will select maximum 5 elite athletes in men and 3 in women, if there are more applications the Be3-SC will decide. Athletes who meet the above performance criteria will have priority over athletes who select through the additional performance condition.

The federation organizes the travel for all participating athletes.



Multisport Townsville (AUS) from Aug. 15 to 25, 2024

WCH Duathlon: Aug. 16, 2024 Townsville

Athletes who achieved these criteria at the SD 2023 EC/Duathlon are preselected and must show fitness at the selection test at Kruisem on May 1, 2024:

- Elite: WCH top 5, EC top 3
- U23: WCH top 3, EC top 1
- Junior: WCH top 3, EC top 1

Athletes who meet the below performance condition in 2024 qualify for the WCH:

- Elite: Top 8 Men's & Women's EC Duathlon SD Coimbra 2024
- U23:
 - o Top 3 Men's EC Duathlon SD Coimbra 2024
 - o Top 2 Women's EC Duathlon SD Coimbra 2024
- U20:
 - o Top 3 Men's EC Duathlon SD Coimbra 2024
 - o Top 2 Women's EC Duathlon SD Coimbra 2024

We will select a maximum of 3 elite athletes, 2 U23 and 2 juniors per gender, if there are more applications the Be3-SC will decide. Athletes who are no longer U23 can only select based on the elite criteria.

In case of illness, falls or other problems, the BE3 selection committee reserves the right to add further athletes to the selection.

The federation organizes the travel for all participating athletes.

WCH duathlon mixed relay (2x2): August 18, 2024 Townsville

For the relay, we will not select additional athletes. The team will consist of the individual selected athletes.



WCH cross triathlon August 20, 2024 Townsville

Athletes who achieved these criteria at the 2023 EC/WCH Cross Triathlon are preselected and must show fitness at the EC Cross Triathlon in Coimbra:

- Elite: WCH top 5, EC top 3
- U23: WCH top 3, EC top 1
- Junior: WCH top 3, EC top 1

Athletes who meet the below performance condition in 2024 qualify for the WCH:

- Elite: Top 3 men's & women's EC Cross Triathlon Coimbra 2024.
- U20: Top 1 EC Cross Triathlon Coimbra 2024 in men's & women's events

In case of illness, falls or other problems, the BE3 selection committee reserves the right to add further athletes to the selection.

The federation organizes the travel for all participating athletes.

WCH cross duathlon Aug. 22, 2024 Townsville

Athletes who met these criteria below at the 2023 EC/Cross Duathlon are preselected and must show fitness at the EC Cross Triathlon in Coimbra:

- Elite: WCH top 5, EC top 3
- U23: WCH top 3, EC top 1
- Junior: WCH top 3, EC top 1

Athletes who meet the below performance condition in 2024 qualify for the WCH:

- Elite: Top 3 European Cross duathlon Coimbra 2024 in men's & women's events
- U20: Top 1 European Cross duathlon Coimbra 2024 in men's & women's events

In case of illness, falls or other problems, the BE3 selection committee reserves the right to add further athletes to the selection.

Athletes participating in the SD World duathlon will have the opportunity to also participate in the cross duathlon but not the other way around.

The federation organizes the travel for all participating athletes.



WCH Aquathlon Aug. 23, 2024 Townsville

Athletes who met these criteria below at the 2023 Aquathlon EC/WC are preselected and must show fitness at the Aquathlon EC at Coimbra:

- Elite: WCH top 5, EC top 3
- U23: WCH top 3, EC top 1
- Junior: WCH top 3, EC top 1

Athletes who meet the performance condition below qualify for the WCH:

- Elite: Top 3 Men's & Women's Aquathlon Coimbra 2024 EC
- U20: Top 1 Men's & Women's Aquathlon Coimbra 2024 EC

In case of illness, falls or other problems, the BE3 selection committee reserves the right to add further athletes to the selection.

The federation organizes the travel for all participating athletes.

WCH Triathlon Long Distance Aug. 25, 2024 Townsville

Athletes who met these criteria below at the 2023 MD EC/WC are pre-selected and must show fitness at the MD EC at Coimbra:

- Elite: WCH top 5, EC top 3
- U23: WCH top 3, EC top 1
- Junior: WCH top 3, EC top 1

Athletes who meet the condition below are directly placed provided that fitness is demonstrated:

- Top 3 Men's & Women's MD Coimbra 2024 EC Triathlon.
- Win in IM or Challenge Circuit 2023 or before 1/06/2024 (full distance)

We will select a maximum of 5 elite athletes per gender, if there are more applications the Be3-SC will decide. In case of illness, falls or other problems the BE3 selection committee reserves the right to add further athletes to the selection.

The federation organizes the travel for all participating athletes



WCH Duathlon Powerman Long Distance Zofingen (SUI) Sept. 8, 2024

Selection date by Aug. 1, 2024.

Athletes who meet the performance condition below qualify for the WCH:

- Top 5 powerman in 2023, or before 1/08/2024

EC Triathlon Long Distance Almere (NLD) September 14, 2024

Selection date by Aug. 1, 2024.

Athletes who meet the performance condition below are directly placed provided that fitness is demonstrated:

- Elite: WCH top 5, EC top 3 in 2023
- Podium in IM or Challenge Circuit 2023 or 2024 (full distance)

We will select a maximum of 3 elite athletes per gender, if there are more applications the Be3-SC will decide. In case of illness, falls or other problems the BE3 selection committee reserves the right to add further athletes to the selection.

NATIONAL TEAM selection process

The composition of national selections is established through the following procedure:

- Athletes send their candidacy for each race via email to their league's technical director at least 3 months before the organization date.
- The Be3 SC will make the selection for the respective races based on the race results.
- In case no agreement can be found in the Be3 SC on the composition of the national team, the views of each member of the Be3 SC will be transmitted to the BO Be3, which in turn will make a final decision.
- When a member of the national team is injured, sick or out of condition, the selection of this team member will be reassessed by the Be3 SC. To this end, the Be3 SC may request additional information from the treating physician, the federal doctor, the personal trainer. Hereby the rules of privacy and professional secrecy will be respected.
- If a member of the national team, due to illness, injury or insufficient fitness, drops out of the team, the Be3 SC may decide to field another athlete in its place, but is not obliged to do so.
- This selection procedure may be modified by the Be3 SC as a result of any changes in TRI regulations and/or competition calendar.
- As soon as the final national selection was made, the technical directors communicate this to the selected athletes.
- The national selections are then made public through the leagues' websites. A joint press release is also launched with the composition of the national selections.

Appeals

Athletes may appeal the decisions of the Be3 SC within 5 working days of the publication of the national list on the league website. The appeal shall be addressed to the BCT by e-mail or registered letter and after payment of 100€ deposit to the account of Be3.

The appeals committee is composed of:

- Secretary General Be3 (Chairman).
- General Director LF3
- General Director 3VL

If the athlete is vindicated by the Appeals Committee, the Be3 SC's decision will be reviewed and the deposit refunded.

The decision of the Appeals Committee may be appealed to the BAS finally within five (5) working days.

Appendix 1: National team code of conduct

The national triathlon team is represented by the selected elite athletes and staff. Members of the national team should behave as ambassadors for their sport, federation and their country. Therefore, anyone invited to be part of a national selection is requested to subscribe to the following code of conduct. This code of conduct counts as a prerequisite for being part of the national selection.

- The athlete will wear national attire as much as possible and at least at the following times: briefings, podiums, competition and training, at the airport, during meals, at press moments, ...
- The athlete shares the following values: fair-play, sense of responsibility, dedication, honesty, punctuality, correct communication, respects safety rules, perseverance, perfectionism, gratitude,...
- Discriminatory behavior, inappropriate language, transgressive behavior, vandalism, tobacco use, doping, alcohol abuse, drug use ... is unacceptable.
- The athlete is aware of his/her role model role in the virtual world (facebook, twitter, instagram, etc.) and in dealing with the press.
- The athlete agrees to and abides by the anti-doping regulations.
- The athlete participates in the talks convened by the delegation leadership.
- If the national delegation is invited to participate in a ceremony before or after the competition, the athletes and the delegation leadership will discuss the position to be assumed. Each athlete will comply with the decision of the delegation leadership.
- If a situation arises during the competition in which a teammate's chances would be jeopardized if the signer were to cooperate with the competition, she/he shall refrain from cooperating with the competition unless it is clear that her/his result would be pertinently jeopardized.
- According to TRI rules, any athlete has the right to file a complaint against an (alleged) irregularity in the competition, an official or an athlete. If that alleged irregularity would have been committed by an athlete who is also a member of the own national selection, the complainant will first consult with the delegation leader about the appropriateness of the complaint.
- The athlete is subject to the rules and codes of TRI <https://www.triathlon.org/> during TRI events.

Sanctions

Violations against this code of conduct will be dealt with in the first instance by the technical director of the league concerned. Minor violations may result in suspension from participation in training sessions, internships, test days or competitions. Repeated minor violations or major violations will always be reported to the disciplinary committee of the league concerned (League Internal Regulations).

For agreement,

Handwritten "Read and approved"

The athlete (signature, date)

Technical director (signature, date)