

WA TRIATHLON

TEAM WA



PATHWAY PROGRAM INFORMATION BOOKLET 2026/27

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OVERVIEW & OBJECTIVES

The Triathlon WA State Pathway Program supports aspiring triathletes aged 12–23 by providing a nurturing and supportive environment where they can grow both as athletes and individuals.

The term TEAM WA encompasses all members of the TWA Pathway Program. Any junior triathlete (DOB 2014-2004) who is a member of Triathlon WA will have access to apply to be a member of Team WA. The ability to apply to be a member of Team WA will be available at any stage throughout the season.

The Team WA Pathway program offers holistic development opportunities that enhance each athlete's confidence, competence and existing training environment. The program aims to foster a strong team culture and create safe, supportive spaces where athletes are encouraged to build their skills and knowledge, make friends, and enjoy the sport.

Our Team WA program has been designed to align with the Australian Sports Commission Athlete Development Framework, which aims to build a more holistic athlete pathway that ensures developmentally appropriate support for every participant.

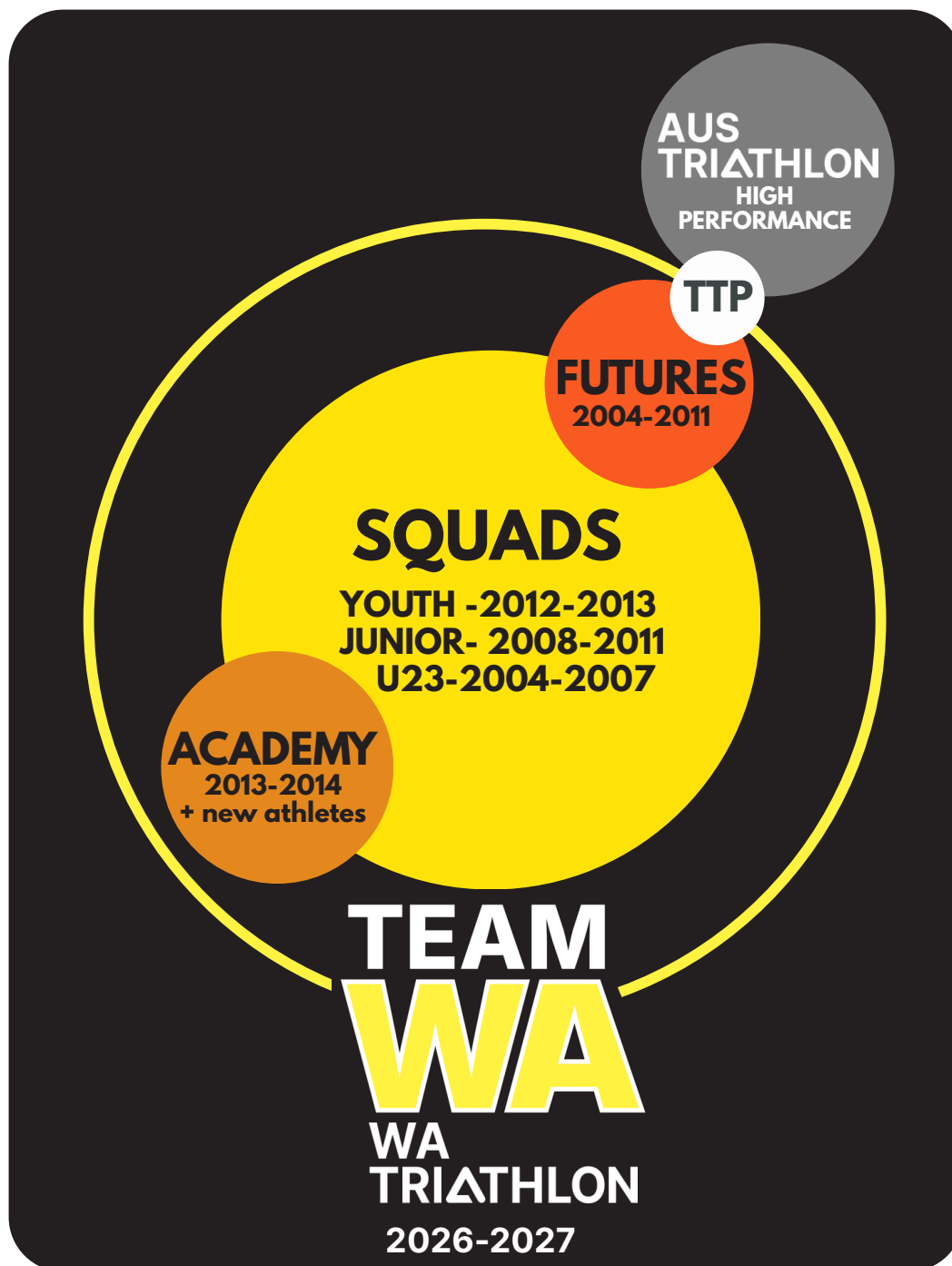
Based on that, Team WA consists of several groups that allow athletes to be supported at the appropriate level for their development and also help demonstrate the possible progression pathway. The focus for each of our groups within Team WA is:

- **Academy- *Deliberate play***
Foundation skill development, race play community and fun
- **Squads – *Deliberate practice***
Development of skills under pressure and fatigue. Education support and community focus with occasional performance goals
- **Futures- *Specialise to perform***
Additional support around performance focus and preparation for next steps.

We will continue to be one team, TEAM WA, with each layer overlapping so we stay connected while ensuring athletes are getting the most suitable development opportunities in the best environment for them to enjoy them.



THE PATHWAY EXPLAINED



The above graphic has been designed to provide a visual representation of how each group or layer of the program is connected.

It is important to note that this is NOT an expectation of an Athletes journey through the pathway. Athletes may come in and out of this pathway at any stage of their triathlon journey and into/out of any layer of the program (assuming they meet any specific requirements of involvement in some groups).

TEAM WA PROGRAMS

All Team WA education and skill development sessions delivered to both Academy and Squad athletes will be focused on providing opportunities for fun, social connection and positive progression, through development opportunities that also build the athlete's knowledge and confidence in areas such as:

- health & wellbeing,
- technical and tactical skill development,
- goal setting
- communication with stakeholders,
- season planning
- mental strength and resilience

ACADEMY (2013-2014 + new athletes)

- Academy athletes will be offered 1.5-2hr sessions every fortnight alternating weekend days (to work around other possible sporting commitments), alternating working on swim/run and bike/run, all with a foundation of fun.
- Academy athletes and parents will be provided with a schedule of the training sessions for the season at the beginning of the program and Academy athletes are welcome to come to whatever sessions work for them around other sporting commitments/life etc.
- These dates will also be shared on the Squad schedule for any Team WA Squad athletes interested in attending.
- We will also be introducing an independent non-drafting racing series aligned with the Lightning League series called Academy Games. These are aimed at providing opportunities for Academy athletes to practice skills under race conditions with a big dose of fun.

SQUADS (2013-2004)

- Team WA Squad development opportunities will be delivered through targeted masterclass sessions, education sessions, team-building activities, and the exciting Pathway Lightning League race series. The program does not replace an accredited home coach and a Daily Training Environment (DTE). The aim of the program is to enhance their DTE while also supporting AusTri Accredited Home Coaches.
- Team WA Squad athletes will have access to support, skill development and educational opportunities through approximately monthly masterclass clinics and online education sessions, as well as access to specialised draft legal racing opportunities, including the dynamic Lightning League series.
- The masterclasses will be offered as half or full day sessions across the season, often timed around the Australian Youth, Junior & U23 Development Triathlon Series, Oceania World Triathlon Calendar and State & National draft legal racing opportunities.
- This season we will also be introducing regular monthly group rides and runs that Squad athletes are welcome to attend if it works with their training schedule.
- Any Squad athletes that are interested in attending any of the Academy sessions are also very welcome

FUTURES (2004-2011)

- The Futures program is designed to support athletes who have demonstrated potential through meeting the required performance standards.
- The program will provide them with additional specific and appropriate skill development and education opportunities delivered locally to prepare them to compete at national competition level or higher, as well as build their leadership and stakeholder engagement skills.
- Futures members will have access to additional sessions approximately every two months. These sessions will be delivered by external experts and will focus on supporting their daily training environment (DTE) and performance goals, while building their understanding of higher performance environments and what is required to progress.
- All Futures members will also be Team WA Squad members so they will have access to all the relevant Squad development opportunities that they are encouraged to attend.

TARGET TALENT PROGRAM - TTP (2004-2011)

- TTP is an AusTriathlon program that is state supported and is the link between the State pathway and National High Performance (HP) programs. The goal of the TTP is to identify and support athletes who have demonstrated talent and the potential for future categorization by meeting the TTP performance standards set by AusTriathlon.
- Athletes will be provided with unique development opportunities that support their progression towards the High Performance (HP) Pathway including nationally delivered online education and access to an athlete funded national camp.
- All TTP members will also be members of both the Futures and relevant Team WA Squad, so they will have access to all the local development opportunities.

AUS TRIATHLON PERFORMANCE PATHWAY

This graphic shows the different levels of the AusTriathlon pathway system from our state program (Team WA) to the categorisation levels (Aspire and above).

	STATE PATHWAY PROGRAM	TARGET TALENT PROGRAM	ASPIRE	ASCENT	ACHIEVE
MANAGED BY	Pathway Program Officer State Pathway Leads	Pathway Program Officer State Pathway Leads	Head of Performance Pathways (AusTri)	Ascent Academy Manager (AusTri)	High Performance Director (AusTri)
AGE RANGE	12-23 yrs	16-23 yrs	14-21 yrs	17-25 yrs	22-28 yrs
COHORT SIZE	400-500	20-25	20-25	12-16	2-4
ATHLETE CATEGORISATION	Pre-Categorised	Pre-Categorised	Pre-Categorised Talent Transfer Emerging	Emerging Developing Podium Potential	Podium Ready Podium
TIME TRIALS	400m Swim 1500m Run	800m Swim 5km Run	800m Swim 5km Run	800m Swim 5km Run	800m Swim 5km Run
COACHING	State Pathway Coaches	State Pathway Coaches	Aspire Coaches. Aspire Coaching Coordinators (state based)	2 x Ascent Coaches (Gold Coast based)	Podium Campaign Coaches Performance Coach Advisor Specialist Coaches
PROGRAM OFFERINGS	State based skill masterclasses and educational workshops	State based educational workshops, national camp Athlete development plans.	Nationally directed locally delivered pathway programs. IAPP's Educational workshops aligned to WITTW, camps, performance support (Emerging athletes)	Full time Ascent Academy (Gold Coast) Fully integrated performance support for Ascent Academy. Some performance support and education for athletes in home DTE's.	Domestic and international DPE's, highly individualised performance support informed by WITTW and IAPP.

Futures was designed to fill any possible gaps and create more visible progression opportunities at a state level

TEAM WA PROGRAM OPTIONS

During registration, athletes will have the choice between 2 program options:

1. ACADEMY

Athletes born in the years 2013 or 2014, or any older athletes that are new to triathlon that would feel more comfortable starting their journey in the program at this level.

- If you were born in 2013 and are returning from last season, you can choose between Academy and Squads based on your confidence and goals.
- Academy athletes will not be required to complete any sport integrity modules and there will be no pressure or rush to get draft endorsed. Instead, you will be offered more regular touch points to build your bike skills and confidence through regular training sessions.

2. SQUADS

Athletes can register to be a Team WA Squad member if they are born between 2004 and 2013, have been a previous member of Team WA or have had some experience in the sport.

- Squads are based on your date of birth: Youth (2012-2013), Junior (2008- 2011) and Under 23 (2004-2007)
- Squad athletes are required to complete or show previous completion of the Sport Integrity modules that align with the National Pathway guidelines
- Squad athletes should have their draft legal endorsement or be at the level to obtain it within the season.
- There are no performance or data collection time-based benchmarks to be in a Team WA Squad. Performance goals will be supported and guided based on athlete readiness but are not required.
- Our age-based Squads will be main system we will use to determine the most suitable content and session plan for masterclasses, with a focus on skill development, education and fun.



TEAM WA REGISTRATION PROCESS

Registration will open for Team WA in line with our 2026-27 season starting on July 1st and first round registration will close on Tuesday 21st July through this link:

REGISTRATION FOR TEAM WA

An additional registration portal will be opened following that date so interested athletes can join at any time over the season. Once active, the ongoing registration link will be included on our website on the Junior Development page.

As part of the registration process all Team WA Squad or Academy Athletes must confirm that they currently:

- **Hold an AusTri Standard or Premium membership for the 2026-27 season**
- **Are a resident of WA**
- **Have access to a road bike**

Athletes must also agree to, and sign, the relevant Athlete Agreement which you are encouraged to review prior to opening the registration portal by clicking the relevant link below.

Team WA Squad Athlete Agreement 2026-27

Team WA Academy Athlete Agreement 2026-27

If under 18, parents &/or guardians must also agree to and sign the 2026/2027 Parent Agreement as part of the registration process.

Any Team WA member or parent/ legal guardian (if U18) not willing to sign the Athlete Agreement will be excluded from the Pathway Program.

While there is no requirement for Team WA Squad athletes to be supported by a current AusTri accredited coach, it is something we encourage Athletes and families to consider because of the significant demands of our sport, especially for growing athletes. Not having a coach, or having one or more single discipline or coaches, won't impact your registration, but please note that any communication or coach development opportunities will only be directed at or offered to AusTri accredited coaches. The AusTri Coach Finder, found [here](#), lists all currently accredited coaches.

SELECTION FOR FUTURES OR TTP

Any interested Squad athletes born in the years 2004- 2011 will have the opportunity to attend an AusTri certified data collection session on October 11th, 2026, to complete an 800m swim and 5000m track run to lodge times. Last year Youth (2012) athletes may be considered if they are an experienced athlete who can demonstrate readiness both in performance metrics and performance behaviours.

Athletes who achieve the required benchmark times for Futures or TTP at the data collection session will receive automatic selection into that program.

A selection policy including the required data collection benchmarks will be shared with all Squad members in August once AusTri have confirmed any adjustments to Target Talent times.

You can see the current AusTri National Prognostic Performance Standards chart below and the link to the full document explaining the requirements for data collection is [here](#) and the document explaining the combined time and % required for each level of Categoisation is [here](#).

Table 1: Prognostic Performance Standards (PPS):

Prognostic Percentage	Male			Female		
	SWIM	RUN	Combined	SWIM	RUN	Combined
	800m	5km	800m + 5km	800m	5km	800m + 5km
100% (Pod. Standard)	08:30.0	13:15.5	21:45.5	09:10.0	14:42.2	23:52.2
99.5%	08:32.6	13:19.5	21:52.1	09:12.8	14:46.6	23:59.4
99.0%	08:35.2	13:23.5	21:58.7	09:15.6	14:51.1	24:06.7
98.5%	08:37.8	13:27.6	22:05.4	09:18.4	14:55.6	24:14.0
98.0%	08:40.4	13:31.7	22:12.1	09:21.2	15:00.2	24:21.4
97.5%	08:43.1	13:35.9	22:19.0	09:24.1	15:04.8	24:28.9
97.0%	08:45.8	13:40.1	22:25.9	09:27.0	15:09.5	24:36.5
96.5%	08:48.5	13:44.4	22:32.8	09:29.9	15:14.2	24:44.1
96.0%	08:51.3	13:48.6	22:39.9	09:32.9	15:19.0	24:51.9
95.5%	08:54.0	13:53.0	22:47.0	09:35.9	15:23.8	24:59.7
95.0%	08:56.8	13:57.4	22:54.2	09:38.9	15:28.6	25:07.6
94.5%	08:59.7	14:01.8	23:01.5	09:42.0	15:33.5	25:15.6
94.0%	09:02.6	14:06.3	23:08.8	09:45.1	15:38.5	25:23.6
93.5%	09:05.5	14:10.8	23:16.3	09:48.2	15:43.5	25:31.8
93.0%	09:08.4	14:15.4	23:23.8	09:51.4	15:48.6	25:40.0
92.5%	09:11.4	14:20.0	23:31.4	09:54.6	15:53.7	25:48.3
92.0%	09:14.3	14:24.7	23:39.0	09:57.8	15:58.9	25:56.7
91.5%	09:17.4	14:29.4	23:46.8	10:01.1	16:04.2	26:05.2
91.0%	09:20.4	14:34.2	23:54.6	10:04.4	16:09.5	26:13.8
90.5%	09:23.5	14:39.0	24:02.5	10:07.7	16:14.8	26:22.5
90.0%	09:26.7	14:43.9	24:10.6	10:11.1	16:20.2	26:31.3
89.5%	09:29.8	14:48.8	24:18.7	10:14.5	16:25.7	26:40.2
89.0%	09:33.0	14:53.8	24:26.9	10:18.0	16:31.2	26:49.2
88.5%	09:36.3	14:58.9	24:35.1	10:21.5	16:36.8	26:58.3
88.0%	09:39.5	15:04.0	24:43.5	10:25.0	16:42.5	27:07.5
87.5%	09:42.9	15:09.1	24:52.0	10:28.6	16:48.2	27:16.8
87.0%	09:46.2	15:14.4	25:00.6	10:32.2	16:54.0	27:26.2
86.5%	09:49.6	15:19.7	25:09.2	10:35.8	16:59.9	27:35.7
86.0%	09:53.0	15:25.0	25:18.0	10:39.5	17:05.8	27:45.3
85.5%	09:56.5	15:30.4	25:26.9	10:43.3	17:11.8	27:55.1
85.0%	10:00.0	15:35.9	25:35.9	10:47.1	17:17.9	28:04.9
84.5%	10:03.6	15:41.4	25:45.0	10:50.9	17:24.0	28:14.9
84.0%	10:07.1	15:47.0	25:54.2	10:54.8	17:30.2	28:25.0
83.5%	10:10.8	15:52.7	26:03.5	10:58.7	17:36.5	28:35.2
83.0%	10:14.5	15:58.4	26:12.9	11:02.7	17:42.9	28:45.5
82.5%	10:18.2	16:04.2	26:22.4	11:06.7	17:49.3	28:56.0
82.0%	10:22.0	16:10.1	26:32.1	11:10.7	17:55.9	29:06.6
81.5%	10:25.8	16:16.1	26:41.8	11:14.8	18:02.5	29:17.3
81.0%	10:29.6	16:22.1	26:51.7	11:19.0	18:09.1	29:28.1
80.5%	10:33.5	16:28.2	27:01.7	11:23.2	18:15.9	29:39.1
80.0%	10:37.5	16:34.4	27:11.9	11:27.5	18:22.8	29:50.3
79.5%	10:41.5	16:40.6	27:22.1	11:31.8	18:29.7	30:01.5
79.0%	10:45.6	16:47.0	27:32.5	11:36.2	18:36.7	30:12.9
78.5%	10:49.7	16:53.4	27:43.1	11:40.6	18:43.8	30:24.5
78.0%	10:53.8	16:59.9	27:53.7	11:45.1	18:51.0	30:36.2
77.5%	10:58.1	17:06.5	28:04.5	11:49.7	18:58.3	30:48.0
77.0%	11:02.3	17:13.1	28:15.5	11:54.3	19:05.7	31:00.0
76.5%	11:06.7	17:19.9	28:26.5	11:59.0	19:13.2	31:12.2
76.0%	11:11.1	17:26.7	28:37.8	12:03.7	19:20.8	31:24.5
75.5%	11:15.5	17:33.6	28:49.1	12:08.5	19:28.5	31:37.0
75.0%	11:20.0	17:40.7	29:00.7	12:13.3	19:36.3	31:49.6

Explanation

Calculated based on a % of expected Podium Standard (LA 2028) for Swim and Run

800m Swim - Based on Podium Standard Triathletes pool swimming times for 800m

5km Run - Based on track World Records for 5km (100th percentile = 95% of track World Record for 5km) alongside validation data of current worlds best WTCS triathletes 5km times.

TEAM WA AGE GROUPS

This can be a little confusing, but if you are racing locally, your age is how old you are by December 31st 2026.

For our squads in this program and for national draft legal (DL) racing, we use World Triathlon age groups, which are determined by the year of the next world championships, so it becomes the age you are on the 31st December 2027

AGE GROUPS	LOCAL RACING age you are 31.12.26	NATIONAL RACING & TEAM WA age you are 31.12.27
YOUTH (12-15)	2011-2014	2012- 2014* <small>*program not available to 2015</small>
JUNIOR (16-19)	2007-2010	2008-2011
U23 (WT) or 20-24 (AGE GROUP)	2003-2006	2004-2007

For example:

- if you are 15 or turning 15 by the end of this year you are considered "Youth" for local race entries, but because you turn 16 in 2027, within this program and any National DL racing or WT event you would be considered a Junior.
- if you are 19 by the end of 2026, you would be a junior locally, but U23 at National DL or WT events

Then there is the added headache that "Junior" is what they call the youngest age group at school sports! DOH! We will aim to always use DOB to avoid confusion but if you are ever unsure, please reach out to Janine



COMMUNICATION

We encourage all athletes (especially Junior & U23 Squad members) to personally read and/or respond if required to any communication, especially those relating to masterclass clinics, online education, races, travelling camps & related logistics, ideally in a timely manner.

Academy and younger Squad athletes it would be great if you were still actively involved in reading and replying in collaboration with your parents, but we appreciate you might not be ready for that yet.

Team WA athletes ideally should be responsible for their own development within the sport & are expected to work towards owning their communication when they reach the stage that they are ready for that. A key objective of the program to foster independence and active participation.

For all athletes under 18, communications between the athlete and Triathlon WA staff must always include a parent or guardian. This should occur by CC'ing a parent / guardian on all communications via email. We strongly encourage parents and home coaches to talk to athletes about logistics and questions you may have & enable your child (athlete) to communicate directly with the relevant TWA employee via email but also CC in parents/coaches.

Please refer to Aus Tri's [Social Media Guidelines](#) and [Member Protection Policy](#) for acceptable behaviors in this space.

TWA's communication to Team WA athletes via E-mail:

- Email will continue to be a main point of contact and ideally sent directly to all Team WA athletes so they can learn to take responsibility for their involvement in the program.
- Any parents/guardians of U18 athletes will be cc'd in for information purposes.
- If both parents/guardians wish to receive these emails, please make sure you have either added both sets of details in the registration process or contact Janine with the additional contact details after the Team has been announced.
- Home coaches who are registered accredited AusTri coaches will also be copied into communications for information purposes & may be contacted directly for athlete information (skill competencies, race plans, IADP etc.) or individual Coach development opportunities.



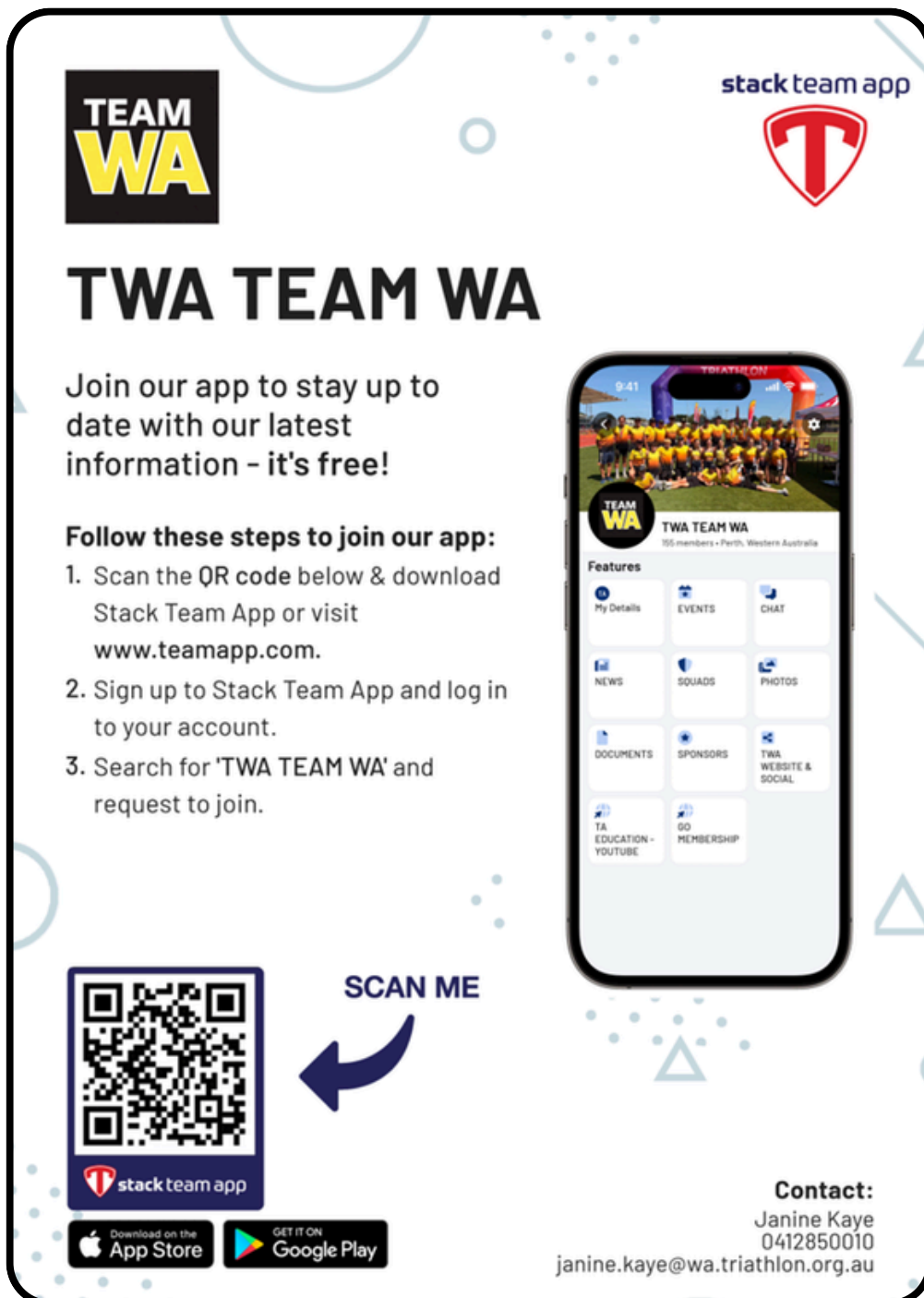
STACK APP

Along with the regular newsletter style email updates every few weeks, STACK TEAM App will be utilised as an additional source of communication for updates to ensure everyone gets the information they need. We use this over other options as it keeps athletes details private.

We encourage all athletes (or parents for any younger athletes or those who don't have a phone) will have notifications turned on in the lead up to any scheduled sessions, especially on the day in case of any last-minute changes etc that may need to be communicated quickly.

When you join you will be asked to select an access group- so please select the one relevant to you:

- Academy (2013-2014 + new athletes), or
- Squad: select your age group- Youth (2012-2013) OR Junior & Under 23 (2004-2011)
When Futures is selected in October, athletes will be added to the Futures access group as well.



The graphic is a promotional poster for the TWA TEAM WA app. It features the TEAM WA logo in the top left and the stack team app logo in the top right. The main title 'TWA TEAM WA' is prominently displayed. Below the title, it says 'Join our app to stay up to date with our latest information - it's free!'. A list of three steps explains how to join the app. A QR code is provided for scanning, with a blue arrow pointing to it and the text 'SCAN ME'. To the right, a smartphone displays the app's interface, showing a group photo of athletes and a menu of features like My Details, EVENTS, CHAT, NEWS, SQUADS, PHOTOS, DOCUMENTS, SPONSORS, TWA WEBSITE & SOCIAL, TA EDUCATION - YOUTUBE, and GO MEMBERSHIP. At the bottom left, there are logos for the App Store and Google Play. At the bottom right, contact information for Janine Kaye is provided.

TEAM WA

stack team app

TWA TEAM WA

Join our app to stay up to date with our latest information - it's free!

Follow these steps to join our app:

1. Scan the QR code below & download Stack Team App or visit www.teamapp.com.
2. Sign up to Stack Team App and log in to your account.
3. Search for 'TWA TEAM WA' and request to join.

SCAN ME

stack team app

Download on the App Store GET IT ON Google Play

Contact:
Janine Kaye
0412850010
janine.kaye@wa.triathlon.org.au

SCHEDULE & RACE CALENDAR

The aim of all our Team WA programs is to give you (as the Athlete) options for development opportunities that give you appropriate challenge based on where you are on your journey in triathlon and that compliment any regular training you are doing. We do not want to overload you with too many commitments or choices to make and all sessions are optional but encouraged. You'll get back what you put in.

I am just in the final stages of organising our schedule around the local and national race calendar. The local calendar has been set and it hopefully won't be too long before the national one is released.

You will also be emailed a digital copy of the calendar and schedule as soon as all the events and sessions are confirmed. The events will be also loaded into Stack Team App as they are confirmed so you can refer to that as needed.



ATHLETE LEVY

To ensure we provide quality skill development and educational opportunities to all members to Team WA, a levy of \$170 (plus GST) will be payable by all athletes when registering for the program. The cost has remained unchanged from last season thanks to the generous support of the Triathlon WA board. All money collected will be dedicated to the program and the athletes within it.

If the levy is a barrier for participation for any athletes or families, or you require financial assistance in any way, please reach out to Janine to chat through possible options.

Regional athletes will have the opportunity to apply a discount code as we understand the additional costs they incur to travel to attend sessions. Please contact Athlete Development Manager, Janine Kaye (Janine.kaye@wa.triathlon.org.au) prior to registering to get the code.

TEAM WA UNIFORM

We have a special Team WA uniform that aligns with the AusTri branding for all the states and the trisuit is draft legal (DL) compliant. There is no obligation to get any of the team uniform, but if you plan to race in a draft legal event, you must wear a tri-suit that complies with the DL uniform rules ([World Triathlon Uniform Guidelines](#))

Team WA uniforms will be available to purchase through the Scody online shop. **The shop will open on the 3rd August and close on the 14th August.** A link will be sent out with instructions when the shop opens. The shop will also have other items that you can choose to purchase but are under no obligation including the team T-shirt, cycle kit, running gear and bathers.

We would love to see all Team WA athletes in a Team WA T-shirt and tri suit, but if you aren't racing DL yet, or have an older tri-suit that is WT compliant that still fits you, there is no obligation to buy a new Team WA one until you need it.

Things to note regarding the tri suit:

- For non drafting racing, you can wear any suit you like
- For local DL racing, the preference is for you to have a DL compliant suit, but if you don't, you may still compete ideally in a "cleanskin" race suit with no sponsors or markings. We appreciate not everyone may have one early in the season, so the technical officials will make provisions at local DL races.
- For anyone planning to race at national races, you must wear a triathlon race suit that meets the WT uniform guidelines specifications and include surname placement, rear zip (males), and logo size(s).
- You cannot race in a suit that has someone else's name on it.

This season we will be continuing to combine uniforms with SSWA to save athletes needing two separate uniforms, so those athletes who have been on the SSWA national team or are hoping to be selected this season, are able to select a suit that includes the SSWA logo on the suit side panels.

Casual gear will be offered as an optional item to purchase early in the season including Team WA hoodies, jumpers, jackets, bags and hats. There is no obligation to purchase anything at any stage.



COMPETITION RULES

ALL Team WA athletes must have access to a road bike.

Squad Athletes must either have a Draft Legal Endorsement (DLE) or be working towards becoming draft legal endorsed through their first season with Team WA.

If you are a Squad athlete and don't currently have a DLE, please review the [AusTri Cycling Aptitudes Standards](#) CAS1 guidelines and work on building your skills and confidence with the aim to be ready to be assessed early in the season.

Please note: Academy athletes don't need to worry about getting a DLE while in the Academy program unless they hope to qualify for school sport nationals.

The AusTriathlon Race competition rules can be found [here](#)

Draft legal competition rules are set by World Triathlon and can be found [here](#)

The WT rules include:

- Type of bicycle and wheels - must both be UCI approved. UCI approved bikes will have a sticker on the frame, and the UCI Approved Wheel list can be found at [UCI Wheel List](#)
- Choice of handle bars (width and angle of brake hoods)
- Wetsuit use restrictions based on temperature (air and water).

It is the athlete and coach's responsibility to know and understand the WT and AusTriathlon Draft Legal rules.





SUPPORTED BY
Carnac

PATHWAY RACING

LIGHTNING LEAGUE is a draft legal racing series only available for athletes to enter who have a draft legal endorsement. The race series is designed to support skill development, building race intelligence opportunities and most importantly, team bonding and having FUN!

- Athletes will be divided into one of 4 teams and will race for points for their teams
- With 3 events across the season, each race will have different distances, formats and many opportunities for change, challenge and enjoyable chaos.
- You can register for either individual races or sign up for the whole series.
- We will continue to have FOUR teams, but last years teams may be reworked to create balance and equality as best we can to accommodate any new Team WA athletes.
- Each team will have coach support and opportunities to earn short chutes and a few new “tricks”
- Massive thanks to Carnac for their continued sponsorship of the Lightning League series.



ACADEMY GAMES will be held in conjunction with Lightning League as an independent individual non drafting racing series aimed at providing opportunities for Academy athletes to practice skills under race conditions with a big dose of fun.

The dates for both racing opportunities are still being confirmed. The Athlete Guides with dates race formats and links will be available soon.



GUIDE FOR YOUTH & JUNIOR RACING PROGRESSION

Deciding on which races to target, locally or nationally, can be challenging for athletes, parents and coaches. This information is designed to give you a brief overview of the options and some guidelines around when it might be suitable and appropriate for you. Hopefully it will provide some direction to the most effective and sustainable way to plan races to ensure each athlete is having a positive race experience by racing at the correct level to maximise gradual development.

Of course, each athlete is different, and the below serves as a BROAD GUIDE around what the different levels of competition look like – NOT RULES. Please consult your home coach in the first instance and/or me as the Pathway Lead if unsure about the suitability of any races on the calendar.

LOCAL RACING:

This is the foundation level of racing. All pathway athletes should be racing locally – All ages and all levels.

This is where athletes of all levels practice their race craft, apply all the things they work on in training, learn from mistakes and identify areas that might need further time or attention

An athlete at this level might look like:

- Aged 12+ (age you are 31st December 2026)
- 0+ years draft legal experience
- Completely new to one, two or all three individual disciplines learning how to put things together
- Or a more experienced athlete practicing their race craft

NATIONAL CHAMPIONSHIP RACING:

This level of racing is very competitive and challenging for athletes on many levels and is not recommended for athletes that aren't competitive at local level racing. Aside from School Sport Nationals, there is only one youth national race per season (Supersprint Champs in Qld) and 2-3 Junior national race opportunities.

This level of racing provides a great opportunity for older, more developed athletes in the pathway to compete against similar athletes from all over Australia when they are ready. The times below are a guide to ensure athletes are prepared to compete and do not have a negative experience by being lapped out and withdrawn from the race.

An athlete at this level might look like:

- Aged 15-23 (age you are 31st December 2027)
- 3+ years draft legal triathlon or cycling experience
- Competition experience in all three disciplines

FEMALES	SWIM DISTANCE/TIME	RUN DISTANCE/TIME
JUNIOR	400m/5:30	1500m/5:45
YOUTH	400m/6:00	1500m/6:00

MALES	SWIM DISTANCE/TIME	RUN DISTANCE/TIME
JUNIOR	400m/5:15	1500m/5:15
YOUTH	400m/5:45	1500m/5:30

INTERNATIONAL RACING:

This level of racing serves as a great intro for top age Juniors and U/23 athletes that are looking to progress into the HP pathway.

Juniors and U/23 athletes have some opportunities to race internationally or in Australia in international fields. Entry for these events will be suggested to athletes that we see as ready and entry links for nominations will be provided.

An athlete at this level might look like:

- Aged 16-23 (age you are 31st December 2027)
- 3+ years draft legal experience including national level tri
- Competition experience at national level in one or more individual disciplines

TRAVELLING RACE CAMPS

TWA will continue to offer the opportunity to travel and stay as a group for national races for all members of Team WA Squads who are ready for national level competition (For readiness guidelines to ensure everyone has a positive experience, see the information on Page 17). All group travel plans will be guided by the relevant national and state child safeguarding protocols

Travelling and staying together as a team has benefits for both individual growth and team connection. It also reduces some of the barriers for participation around budget and logistics (by not having to fly/stay with a parent) and being able to access group travel discounts.

The travelling race camps will be athlete funded but TWA will aim to subsidise the cost of coach support to provide the required supervision and race day support for the travelling athletes. The full national calendar is yet to be released, but the Youth and Junior Super Sprint championships in Runaway Bay is from December 18-21st, 2026. Expressions of interest will be called for soon.



CHILD SAFETY & MEMBER PROTECTION

The Boards and staff of Aus Tri and Triathlon WA are committed to creating a safe, fair and inclusive sporting environment for our members, participants and stakeholders. Board members, committee members and staff undertake to apply core values of health, enjoyment, belonging, achievement and respect to everything we do.

We seek to prevent all forms of harassment, discrimination and abuse, and to promote positive behaviour amongst our athletes, coaches, staff, committees and board. Harmful, unlawful and socially inappropriate behaviour will not be tolerated by Triathlon WA. Should anyone feel that they have been the subject to any form of inappropriate behaviour, athletes and or parents are encouraged to contact the TWA Pathway Lead or WA Executive Director (details on the last page) or contact Sport Integrity Australia using the contacts provided through this link, [Aus Triathlon National Integrity Framework](#)

We encourage all Athletes, Parents & Stakeholders to familiarise themselves with these documents:

- [Aus Triathlon Code of Conduct](#)
- [SIA "Your Rights in Sport"](#)



SPORT INTEGRITY AUSTRALIA - SQUAD ATHLETES

Every Team WA Squad athlete needs to be aware of their obligations with respect to Anti-Doping and Sport Integrity and must have completed the following Sports Integrity online courses as outlined below, and email your completion certificate to Janine no later than 12th October 2026. If you have completed any of these in previous years, you don't need to do them again as they remain active. You would only need to complete any new updates or any new modules that might be required.

- Annual Update 2026
- Anti-Doping Fundamentals Course (formerly Level 1)
- Safeguarding Children and Young People in Sport Induction
- National Integrity Framework
- Decision Making in Sport
- Competition Manipulation and Sports Betting

To register for or login and complete the courses go to: <https://elearning.sportintegrity.gov.au>

Please email your Certificate of Completion to janine.kaye@wa.triathlon.org.au before the 12.10.26. Please be mindful of that due date, as this requirement is a condition of your athlete agreement. Failure to complete and send the certificates could impact your inclusion in some racing opportunities.

There may be anti-doping control at a number of national events, and it is the Athletes responsibility to understand your obligations with respect to the key areas of anti-doping such as prohibited substances and methods, therapeutic use exemptions, doping control and whereabouts.

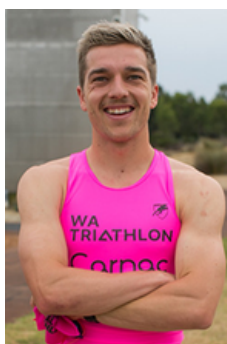
We would also encourage all parents of Squad athletes to complete the same courses as part of your awareness process which ultimately assists your child through their sporting journey. Completion is not compulsory for parents; however, we do highly encourage our Pathway parents to be as well informed as possible, and this online, free e-learning tool is an excellent resource.

Please note: Parents and Athletes will need separate login and email details to receive their own completion certificate.



SUPPORT COACHES

These are the accredited Triathlon coaches you might the most this season, plus some other awesome Pathway Coaches & external experts. Working with different coaches will help you build your communication & coachability skills and open your thinking to different perspectives.



KURT WESLEY
Development Coach



STU DURHAM
Performance Coach



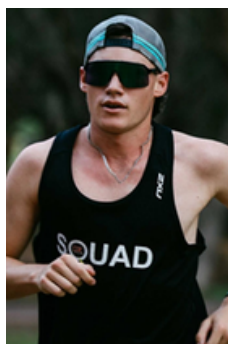
GUY CRAWFORD
Performance Coach



BRAD KAYE
Development Coach



MADI TOOVEY
Development Coach



DAN BUIS
Foundation Coach

TWA CONTACTS



JANINE KAYE

Athlete & Coach Development Manager

Triathlon WA Performance Coach

janine.kaye@wa.triathlon.org.au

0412850010

I have been in this role for close to 4 years and I am your main point of contact for Team WA or junior development. It's a privilege to support the development of Junior Triathletes in WA and see the program grow along with the skills, passion and confidence of the Team WA athletes. While I am also a AusTri Accredited Performance Coach with over 10 years coaching experience in the junior space, in my role with TWA role managing the Pathway program, I work closely with other coaches and external experts to ensure all Team WA athletes have a access to a range of different voices, perspectives and coaching opportunities. I am very proud of the culture and community we have created in Team WA!



MEL FARLEY

Executive Director - Triathlon WA

mel.farley@wa.triathlon.org.au

0497 213 620

TEAM WA



WA TRIATHLON