



USA Triathlon Best Practices for Clydesdale and Athena Divisions at Sanctioned Events

To provide a more inclusive experience for athletes who typically participate in Clydesdale and Athena events at USA Triathlon Sanctioned Events, USAT has developed this best practice guide for how to structure Clydesdale and Athena divisions (referred to in this document as “C/A” divisions or waves.)

Impact on the Athlete

Historically, many race organizers have separated Clydesdale and Athena divisions to be separate from normal age group divisions in multisport events. While this allows for the Clydesdale and Athena athletes to race against each other, it prevents them from racing against athletes in their respective age group. Additionally, when C/A waves are separate from normal age group waves, this prevents C/A athletes from being eligible for normal age group awards, qualification for the USA Triathlon national age group rankings, and qualification for some USA Triathlon national championships. In the current format, C/A athletes do not receive these benefits.

Registration flow

To alleviate these concerns, USA Triathlon suggests that race directors do NOT create separate waves for Clydesdale and Athena athletes. Instead, C/A athletes should race in their respective age group wave with any other athletes racing your event. To identify C/A athletes, race directors will need to include a checkbox in the event registration flow to allow athletes to identify as such. See below for suggested text.

- Athletes will register in their normal five-year age group category.
- A mandatory checkbox will be included in the registration flow allowing any athlete to indicate if they wish to be identified as a Clydesdale or Athena athlete.
- A disclaimer must be included with the checkbox:
 - *“Check this box if you wish to be identified as a Clydesdale or Athena athlete. All athletes with this identification must weigh-in in transition area before the race on race morning. Clydesdales (males) must be 220 pounds or greater. Athenas (females) must be 165 pounds or greater.”*

Weigh-in Process (suggested)

It is important that race organizers conduct a weigh-in process when having Clydesdale and Athena divisions. This will help maintain the integrity of the divisions to ensure only the athletes that meet the minimum weight requirements are competing.

- All Clydesdale and Athena athletes will be required to weigh-in on race morning in transition area prior to the race.



- Scales should be made available during packet pickup in the days prior to race day, but official weights should only be recorded on race morning to record the most accurate weight.
- All athletes MUST weigh-in at or above the minimum weights, 220 pounds for Clydesdales and 165 pounds for Athenas. A staff member will need to manage the scales in transition area.
- When weighing-in, athletes must only be wearing their racing kits. No wetsuits, shoes, hats, energy replacement, or other gear will be permitted on the scales.
- Weigh-ins will be permitted from the time transition area opens until transition area closes.
- Any athlete wishing to compete in Clydesdale or Athena divisions will be INELIGIBLE for said divisions if either of the following apply:
 - They fail to meet the weight minimums on race morning
 - They fail to weigh-in on race morning
- Once they have weighed-in and have met the weight minimum successfully, the staff member will check their name off a list, and they will be given a wristband or handstamp indicating weigh-in approval.
 - It is optional to record athlete weight, but it may be useful to have a record of the weight for future reference if an athlete's eligibility is ever challenged
- For events with multiple races on the same weekend, if athletes are competing in multiple races, they should only be required to weigh-in before their first race. Because a person can lose significant weight over the course of a multisport event, it would be unfair of us to ask the participant to weigh-in again for another race in such a short time period.
- When transition closes, the USAT staff member will then provide the list to the timers of everybody who is eligible and ineligible for C/A divisions. Lists should be saved for your records in the event of a discrepancy.

Awards

For your awards ceremony, all athletes, regardless of their C/A identification, will remain eligible for normal age group awards in five-year increments. However, your timer will just need to pull a list of all athletes who marked the C/A identification checkbox during registration. Awards specific to C/A divisions can then be calculated from the existing results. Although this gives C/A athletes the chance to place in their normal five-year age group, they also have the opportunity to compare themselves against other C/A athletes and still receive the same benefits as participants in normal age group divisions. Tips for how to structure C/A divisions and how to manage the weigh-in process are listed below.

- For the awards ceremony, the timer will need to pull a list of every athlete who checked the C/A box and then compile awards based on the following typical divisions suggested by USA Triathlon:
 - Clydesdale 39 & Under
 - Athena 39 & under
 - Clydesdale 40-59
 - Athena 40-54
 - Clydesdale 60+
 - Athena 55+



- All C/A athletes shall remain in their respective five-year age group divisions and be eligible for regular age group awards.

Submission of post-event results to USA Triathlon

- C/A athletes should NOT have separate results, they should be included in their respective age group divisions with all other athletes. Results should be submitted in the normal format to USA Triathlon through post-event sanctioning guidelines. All athletes should be included in the results, including C/A athletes. USA Triathlon does not need to know if an athlete identified as a C/A athlete or not. USAT also does not need to know the athlete's weights from weigh-in.