

2025 TRIATHLON BC PROVINCIAL TEAM

VERSION: DECEMBER 16, 2024

PROVINCIAL TEAM PROGRAM OVERVIEW

Through Triathlon BC's Provincial Team program, aspiring Junior* and U23** Canadian Sport Institute – Pacific registered athletes have the opportunity to join a unique high performance environment that includes physiological testing, specific trainings sessions, camps and clinics, and have the ability to compete in stage-appropriate competitions to help fuel their development in the performance pathway.

Junior*: Open to CSI-P registered athletes between the ages of 16-19 as of December 31, 2025. Athletes compete in super sprint and sprint triathlon distances.

U23**: Open to CSI-P registered athletes between the ages of 20-23 as of December 31, 2025. Athletes compete in super sprint and sprint triathlon distances.

Athlete Category	BIRTH YEAR	TYPICAL DISTANCES	FORMAT
Junior	2006, 2007, 2008, 2009	375m/10k/2.5k to 750m/20k/5k	Multi-lap, Draft Legal
U23	2002, 2003, 2004, 2005	375m/10k/2.5k to 750m/20k/5k	Multi-lap, Draft Legal

Provincial Team – Head Coach

Provincial Coach Kelly Guest oversees the Provincial Team program with his wealth of experience and knowledge. Kelly has a MSc in High Performance Coaching and Technical Leadership, Advanced Coaching Diploma, and is a Certified NCCP Competition Coach. He has worked with youth, junior, and U23 athletes for over 15 years, and has supported and developed many athletes to international success.

Contact Kelly Guest: Kelly@tribc.org

Provincial Team – Benefits

Registered Provincial Team members receive the opportunity for coaching, testing, and camps, along with race projects to Regional, National and International, while benefiting from a team environment that includes subsidized logistics and on the ground coaching by certified staff.

Athletes enrolled in the BC Team program receive:

- Provincial Team race gear, including:
 - Provincial Team racesuit with individual name and club logo
 - Provincial Team cycling jersey and shorts
 - Provincial Team t-shirt, hoodie, socks and water bottle.
- Free access to physiological testing camp

- Access to 94 Forward training camps at a 50% discount
- Subsidized Provincial Team racing projects
- Additional discounts with Triathlon BC suppliers

Provincial Team Membership Fee

All Provincial Team members pay a \$50.00 team enrollment fee, and will be required to make a \$500.00 charitable donation to the [BC Amateur Sport Fund – Triathlon](#) by January 31st 2025 to support Triathlon BC's performance pathway Programming.

Provincial Team Race Project Fees

Traveling and racing as a team under the guidance of a coach is invaluable - It fosters camaraderie, shared experiences, skill development and the formation of lasting bonds. Guidance from a coach during these trips ensures optimal preparation, performance, and recovery through expert guidance on race strategies, nutrition, and mental preparation. Race project fees vary, based on number of athletes attending and location of the event. Each Provincial Team Project is subsidized by Triathlon BC by approximately 30-40%.

Provincial Team – Criteria

The full Provincial Team criteria can be [found here](#).

Provincial Team Open House – Zoom, Thursday, January 16th, 2025 at 7:00pm

A Provincial Team Zoom Open House will provide a great opportunity to learn more about the program, meet the coach, and ask questions about training, racing, and team opportunities. If interested in attending the zoom open house, [Please fill out this form here](#).

Provincial Team – Application Deadline January 29th, 2025

Please complete this application form, which includes Expression of Interest (EOI) for camps and race project for 2025. This is required for all Provincial Team athletes to complete, as it will help shape the provincial team calendar, and ensure appropriate staffing levels for planned projects. This EOI is not a final commitment to events, rather an initial gauge of interest levels.

[Complete the Application Form – Event EOI Here](#).

PROVINCIAL TEAM RACING PROJECTS

Competition opportunities are separated into three primary Project areas, each with specific goals to create meaningful, stage-appropriate racing opportunities for Team members. Enrollment within each Project will be limited; Athletes will be required to submit an Expression of Interest (EOI) for Projects at the beginning of the year, and selections will be based on carding level, time standards achieved, and race objectives. A minimum number of athletes will be required for each project to move forward.

Western Canadian Projects:

The Western Canadian Triathlon Series (WCTS) projects are intended to introduce athletes to the demands of traveling, and build experience around draft-legal racing and the high-performance

pathway. Athletes focusing on these projects should be prioritizing regional competitions and the Triathlon BC Super Series to prepare effectively for these events. Athletes are encouraged to travel/race with their club for BC-based events.

- Estimated costs: \$250-600 per out of province project (excluding flights, food and personal expenses) *shared project with AB/SASK Club Programs.
- Priority CSIP carding level: Provincial Development 1 & 2
- Event Dates:
 - May 19th, 2025 – WCTS Event, North Shore Triathlon, North Vancouver, BC
 - June 15/16th, 2025 – WCTS Event, Calgary KOS, Calgary, Alberta
 - June 21st, 2025 – WCTS Event, Summer Solstice Triathlon, Kamloops, BC
 - July 6/7th, 2025 – WCTS Event, Echo Lake Triathlon, Regina, Saskatchewan
 - Aug 9th, 2025 – WCTS Event, Apple Triathlon, Kelowna, BC

North American Projects:

These projects are for experienced athletes in the high performance pathway, and will provide national and international exposure to several of the top Junior events in North America. Athletes focusing on these projects should be prioritizing the Triathlon BC Super Series and the Western Canadian Triathlon Series to prepare effectively for the events. Athletes interested in these projects should plan a meeting with their coach and Provincial Coach Kelly Guest before Feb 28th.

- Estimated costs: \$750-900 per project (excluding flights, food and personal expenses)
- Priority carding level: Provincial Development 1 and 2
- Event Dates:
 - June 1, 2025 – USAT Pleasant Prairie Cup, Pleasant Prairie, WI
 - July 13, 2025 – USAT Flatland Cup, West Des Moines, IA
 - July 19-20th – Montreal Americas Cup, Quebec
 - September 6-7th – National Championships, Montreal, Quebec

Note: Registration for the USAT Pleasant Prairies evens will open on January 26th, 2025 at 12:00pm ET, and the USAT Flatland Cup on March 8th, 2025 at 12:00PM ET. Registration is on a first-come, first-served basis, and will sell out within minutes of opening.

International U23/Jr Project:

The International U23/Jr Project is intended for U23 athletes seeking to improve their World Triathlon ranking or gain international race experience, as well as final year Junior athletes looking for international exposure. This project will focus on races across Europe, as well as potentially America Cup events. Athletes interested in this project should plan a meeting with their coach and Provincial Coach Kelly Guest before Feb 29th 2025 - as athlete participation must be approved by Triathlon BC based on performance standards.

- Estimated cost: \$2,500-3,000 (excluding flights, food and personal expenses)
- Priority carding level: Canadian Development, athletes meeting performance standards
- Event / Travel Dates TBC:
 - June 14, 2025 – Wels AUS ETU CC + Jr
 - June 21, 2025 – Holten NED ETU CC + Jr
 - July 6-7, 2025 – Tiszaujvaros HUN World Cup + ETU Jr

TEAM CAMPS

Included in the Provincial Team program are physiological testing camps in BC; one in Victoria, and another in Whistler. These camps will provide specific physiology benchmarking, strength assessment, and S&C Programs.

In Addition, Triathlon BC is excited to partner with the 94 Forward camps in Victoria, and provide a 50% subsidy towards the 94 forward Triathlon Camps. These camps are led by the Provincial Triathlon Coach Kelly Guest, along with experienced supporting coaches and international athlete mentors. These camps are an opportunity for Team members to train together, track progress, build their training plan and improve their development trajectories – and will also provide a great opportunity to improve skills and social connections with other team members. Consideration and time will be made available during each camp for athletes to complete schoolwork should they miss school to travel to or attend camps.

2025 Season Camps:

February, Date TBC, Victoria, BC – Physiological Testing Camp

- Physiological Testing
- Weekend, may include team training day

February, Date TBC, Vancouver or Whistler, BC – Physiological Testing Camp

- Physiological Testing
- Weekend, may include team training day

February 17-23, Victoria, BC – 94 Forward Camp

- Training Volume
- Full week camp

May 20-25, Victoria, BC – 94 Forward Camp

- Training and Race Skills
- Full week camp