



**Selection Policy for Triathlon @  
30<sup>th</sup> SEA Games, Clark Philippines  
30 November to 10 December 2019**

Date	Version	By	Remarks
7 August 2018	1	Eugene Ong	Created
1 September 2018	2	Exco	Include Mixed Team Relay
17 September 2018	2.1	Eugene Ong	Rewrite

**1. Introduction**

1.1 There will be 6 events:

Men's Event (2)	Women's Event (2)	Mixed Event (2)
Triathlon Individual	Triathlon Individual	Triathlon Mixed Relay
Duathlon Individual	Duathlon Individual	Duathlon Mixed Relay

1.2 Tentative Schedule for Triathlon & Duathlon:

Date – Event TBC  
Date – Event TBC  
Date – Event TBC

1.3 Total Quota: Each NOC may enter a maximum of 3 Men and 3 Women in Triathlon, and 3 men and 3 Women in Duathlon.

1.4 The maximum number of athletes each NOC can enter for the events:

	Triathlon Individual	Duathlon Individual	Triathlon Mixed Relay	Duathlon Mixed Relay
<b>Men</b>	2	2	2	2
<b>Women</b>	2	2	2	2

Note: The total quota number of athletes and maximum number of athletes for each event, is subject to changes. Pending confirmation of the Triathlon Technical handbook which will be released by the SEA Games organizing Committee somewhere in December 2018.

**2. Objectives**

2.1 This policy details and set out the process and criteria for selection into the SEA Games Triathlon Team, and the obligations of nominated athletes.

2.2 This policy may be amended at any time if TAS is of the opinion that such an amendment is necessary. TAS will publish this policy (and any amendments) on TAS website at ([www.triathlonsingapore.org](http://www.triathlonsingapore.org)).

### **3. Selection Panel**

- 3.1 The selection panel will be made up of the following members:
- a) 1 Member from the TAS Exco
  - b) 1 Member from the TAS Management Committee
  - c) 2 Members from the TAS High Performance Committee
  - d) General Manager TAS – Eugene Ong
- 3.2 The selection panel shall meet after the end of the selection process, to decide on the athletes to be nominated. Should voting on any non-consensual decisions be required, each members shall have 1 vote. Any members of the Panel with a vested interest in the athlete, shall not be allowed to vote.
- 3.3 The Panel shall then make their recommendations to the TAS Management Committee. The recommendations made must be in accordance to the criteria as set out in this policy.
- 3.4 TAS Management Committee shall consider and make the final Team Nomination to SNOC. (Please refer to Appendix A for timeline)
- 3.5 An appeal process is available for athletes. (Please refer to Appendix B)
- 3.6 Final decision for participation at the 30<sup>th</sup> SEA Games will be at the sole discretion of SNOC Selection Committee.

### **4. Selection Criteria and Process**

- 4.1 Athlete's Eligibility:
- a) Athletes must be a Singapore Citizen.
  - b) For the Individual events, Athletes must be at least 18 years of age as of 31 December 2019.
  - c) For the Mixed Team Relay events, Athletes must be at least 16 years of age as of 31 December 2019.
  - d) Athletes must be a member of the TAS HPE program.
  - e) Athletes must be draft-legal endorsed
  - f) Athletes must be a paid up member of TAS.
  - g) Athletes must be in good standing with TAS and its affiliate partners.
- 4.2 Qualifying Window Period: **14 August 2018 to 1 June 2019**
- 4.3 Selection Process (Individual events):
- a) Triathlon Selection Race – 20 to 23 June 2019, Asian Triathlon Championships  
Duathlon Selection Race – By June/July 2019, TBC
  - b) 5 athletes (per gender) will qualify for the selection race.
  - c) To qualify for the selection Race, athletes need to achieve the **benchmarked 3<sup>rd</sup> placing time of the last SEA Games**, within the qualifying window period stipulated in point 4.2, at any sanctioned races.
  - d) In the event where more than 5 athletes qualified for the selection race, the following tie-breakers will apply, in the following order of priorities:
    - Top 5 athletes with the most recent results will qualify
    - Position in the race where the results had been achieved.

- TAS might consider sending more than 5 qualified athletes, subject to the ITU's approval to Start List based on NF quota.
- e) In the event where less than 5 athletes qualified for the selection race as a result of the point 4.3 not been met, the following will be taken into consideration, in the following order of priorities:
  - Athlete placed ahead of any of the top-3 placed athletes of the last SEA Games, at any sanctioned races within the qualifying window period.
  - Athlete placed ahead of an athlete, who beat one of the top-3 placed athletes of the last SEA Games, at any sanctioned races within the qualifying window period.
  - Fastest timing achieved, at any sanctioned races within the qualifying window period.
- f) Triathlon Benchmarked Times – 2hr 04mins (Men), 2hr 26mins (Women)  
Duathlon Benchmarked Times – 2hr 04mins (Men), 2hr 26mins (Women)
- g) Sanctioned races – Any **standard Distance** races listed in ITU race Calendar, or supported by the National Federation of the host country.

4.4 Note: Dates of Selection races are tentative and subject to changes, as the actual dates for sanctioned races in 2019 have yet to be released.

4.5 Long List Nomination (individual events) – Estimated 22 July 2019. The athletes on the start list of the final selection race will be nominated to SNOC, with their race positions as the listed order of priority.

4.6 Entry-By-Name Nomination (individual events) - Estimate 30 September 2019. The top 2 (per gender) on the Long List will be nominated. In the event that any of the top 2 not able to compete, the next best athlete in the long list will be nominated. (Please refer to point 5 for conditions)

4.7 Selection Process (Mixed Team Relay):

- a) TBC (Pending confirmation on quota number of athletes allowed by the SEA Games Organizing Committee)
- b) As a guide, the additional 1 Men and 1 Women, each for both Triathlon and Duathlon, will be selected from athletes within the TAS HPE Program. Athletes 16 years and above should target achievements in the Sprint distance local or ITU races, or Mixed Team Relay races (split times will be considered).

## **5. Conditions and Obligations for Nominated Athletes**

5.1 It is important for all nominated athletes in the long list to maintain their level of fitness, competency and readiness for the 2019 SEA Games, at least until the entry-by-name nomination. There could be a possibility of any athlete's name being put forth to SNOC for the entry-by-name nomination, due to injury, sickness, personal withdrawal, or should there be a breach by an athlete in any of the points below.

5.2 Athletes must to read, sign and accept the TAS athlete agreement, and Anti-Doping Declaration form.

5.3 Athletes are required to declare accurate whereabouts information as instructed by Anti-Doping Singapore (ADS), and agree to participate willingly in sample collections for Doping Tests conducted by ADS, pursuant to WADA's policies. A breach in this

point would include the failure to accurately declare requested information, not cooperating with ADS officers or any violation in the Anti-Doping Rules and Tests.

- 5.4 Athletes are required to put in a full training load, of at least (20-30 hours per week). They are required to submit their training and competition plan, in a periodised format with targets at relevant stages. This is to ensure that they maintain their level of fitness and competency that will enable them to compete in the 2019 SEA Games at an optimal Standard.
- 5.5 Athletes might be requested to undergo a fitness assessment at any time prior to the 2019 SEA Games. This assessment will be at the absolute discretion of TAS and SNOC, and may be at a designated race, or component time trials involving one of more disciplines of Triathlon.
- 5.6 Athletes must agree to participate in any competitions and training camps, as determined by the Development Committee, and approved by the TAS MC.
- 5.7 Athletes are required to keep TAS updated on any changes to their health and fitness, or training and competition plan. They are to Immediately inform TAS of any illness or injury that could reasonably impact their ability to perform at the expected level at the SEA Games, and more importantly, the impact on their overall health and well-being.
- 5.8 In addition to the above, the following qualities of the athletes will also be assessed:
- Attitude and Behavior
  - Current Skill level and Fitness level
  - Level of Commitment and attendance towards training
  - Potential for future development
  - Ability to demonstrate team spirit and work well with team mates.

### **Contact details**

Athletes who have any queries may contact,  
Name: Eugene Ong  
Telephone: +65 6227 7577, +65 9276 5765  
Email: [eugene.ong@triathlonsingapore.org](mailto:eugene.ong@triathlonsingapore.org)

### **Appendix A: Timeline**

20 January 2019	Duathlon Talent ID Race
1 June 2019	Qualifying Window Period Closed
20-23 June 2019	Triathlon Selection Race
June/July 2019	Duathlon Selection Race
June/July 2019	Long List Nomination Entry By Number Nomination
22 July 2019	SNOC Selection Committee Meeting
30 September 2019 (Estimated)	Entry-By-Name Nomination Deadline

## **Appendix B: Appeal Process**

**Right of Appeal** - An eligible athlete, who fails to be selected for any Nomination to SNOC pursuant to the process and criteria set up in this policy, may appeal against his/her omission from the nomination.

The sole grounds of appeal are that:

- a) The athlete's omission was as a result of a failure by TAS to properly apply the selection criteria set out in this policy.
- b) The athlete's omission was as a result of a failure by TAS to adhere to the requirement guidelines set out in this policy.

**Notice of Appeal** – Within 48 hours of any official announcements, any athlete wishing to appeal must put forth a notice of appeal in writing to:

General Manager TAS

Email: [eugene.ong@triathlonsingapore.org](mailto:eugene.ong@triathlonsingapore.org)

The notice of appeal must be accompanied by:

- A summary of all arguments and documentations that the athlete wishes to be considered in support of the appeal, and also evidences that will be relied upon in support of those arguments for the appeal.
- An appeal bond of SGD\$500. (Cash Only)

**Appeal Panel** – The hearing of the appeal will be done by the appeal panel which will be constituted by 3 persons.

- (i) A Member of TAS Exco, not already in the Selection Panel (TBC)
- (ii) An invited official from another NSA (TBC)
- (iii) An invited official from SportSG or SNOC (TBC)

**Functions of the Appeal Panel** – The panel has no power of selection or re-selection. Their role is to review the matters set out in the appeal and, may refer the matter back to TAS Selection Panel and MC for a re-selection.

**Hearing of the Appeal** – The appellant will be advised on a date for the hearing as soon as necessary.

- The hearing will be conducted with as little formality and technicality.
- The hearing must observe the principles of natural justice.
- The parties to an appeal may be represented at a hearing but not by a barrister, solicitor or a legally trained person.

**Results of hearing** – After a decision had been made by the appeal panel, it shall be recommended to TAS for consideration. Any further selection decision of TAS under the direction of the appeal panel shall be final and binding, and no further appeal shall be available to the appellant in respect of that selection.

- Regardless of the selection decision, the panel may stipulate that all or part of the appeal bond be refunded to the appellant.

## **Annex C: SEA Games Past Results**

2007 SEA Games Duathlon results (Chonburi, Thailand)

Men's Duathlon

<b>Name</b>	<b>Country</b>	<b>Run</b>	<b>Bike</b>	<b>Run</b>	<b>Total</b>
Ryan Mendoza	PHI	34:47	1:02:33	21:58	1:59:19
Amnat Srichat	THA	35:15	1:08:46	19:12	2:03:14
August Benedicto	PHI	37:18	1:06:41	19:16	2:03:16

Women's Duathlon

<b>Name</b>	<b>Country</b>	<b>Run</b>	<b>Bike</b>	<b>Run</b>	<b>Total</b>
Saifon Piawong	THA	38:57	1:13:08	22:14	2:14:19
Sontiya Saiwao	THA	43:10	1:15:42	24:48	2:23:40
Analiza Dysangco	PHI	43:16	1:17:41	24:15	2:25:12

2005 SEA Games Triathlon results (Philippines)

Men's Triathlon

<b>Name</b>	<b>Country</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>	<b>Total</b>
Cheng Jing Hean	SIN	18:33.91	1:02:02.28	38:04.95	1:58:41.14
Loh Yeong Shang	MAS	20:33.07	1:04:47.62	36:51.94	2:02:12.63
Arland Macasieb	PHI	20:43.84	1:04:26.38	39:20.18	2:04:30.40

Women's Triathlon

<b>Name</b>	<b>Country</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>	<b>Total</b>
Kimberly Yap	MAS	19:04.02	1:10:36.89	44:58.69	2:14:39.60
Alessandra Araullo	PHI	22:40.52	1:09:35.47	43:43.88	2:15:59.87
Ng Xinyi Alisa	SIN	22:44.49	1:15:34.02	43:38.98	2:21:57.49

2007 SEA Games Triathlon results (Chonburi, Thailand)

Men's Triathlon

<b>Name</b>	<b>Country</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>	<b>Total</b>
Mok Ying Ren	SIN	21:00	1:06:09	37:59	2:05:08
George Vilog	PHI	23:13	1:02:57	39:22	2:05:32
Arland Macasieb	PHI	23:13	1:02:57	41:30	2:07:40

Women's Triathlon

<b>Name</b>	<b>Country</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>	<b>Total</b>
Kimberly Yap	MAS	19:44	1:07:26	45:04	2:12:14
Alessandra Araullo	PHI	22:30	1:07:07	43:58	2:13:35
Maria Lucas	PHI	22:21	1:07:05	44:30	2:13:56

2015 SEA Games Triathlon results (Singapore)

Men's Triathlon

<b>Name</b>	<b>Country</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>	<b>Total</b>
Nikko Heulgaz	PHI	20:27	1:05:27	38:43	2:04:32

Rikigoro Shinozuka	MAS	20:50	1:05:27	39:47	2:05:35
Loo Chuan Rong	SGP	19:22	1:05:29	41:07	2:07:01

#### Women's Triathlon

<b>Name</b>	<b>Country</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>	<b>Total</b>
Ma. Claire Adorna	PHI	18:45	1:05:14	48:05	2:13:08
Ma. Kim Mangrobang	PHI	20:19	1:07:35	45:36	2:14:26
Sanruthai Arunsiri	THA	18:57	1:11:01	51:12	2:22:08

#### 2017 SEA Games Triathlon results (Kuala Lumpur, Malaysia)

##### Men's Triathlon

<b>Name</b>	<b>Country</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>	<b>Total</b>
Nikko Heulgas	PHI	20:57	1:00:43	37:51	1:59:30
John Chicano	PHI	21:49	1:02:07	37:34	2:01:27
Clement Chow	SGP	20:54	1:00:54	41:37	2:03:24
Loo Chuan Rong	SGP	20:55	1:03:03	40:37	2:04:33

##### Women's Triathlon

<b>Name</b>	<b>Country</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>	<b>Total</b>
Ma. Kim Mangrobang	PHI	21:10	1:07:45	42:20	2:11:14
Ma. Claire Adorna	PHI	21:09	1:07:54	49:56	2:18:58
Irene Chong	MAS	22:06	1:12:50	50:49	2:25:44
Christy Suriadi	SGP	24:35	1:17:13	46:18	2:28:04