



Selection Policy:

Competition	Aichi-Nagoya 2026 Asian Games
Qualifying Window:	1 May 2025 to 29 June 2026

Date	Version	By	Remarks
18 Aug 2025	1	Eugene Ong	Created
1 Sept 2025	1.1	Eugene Ong	Updated
11 Nov 2025	1.2	Eugene Ong	Updated

1. Introduction

1.1 The 2026 Asian Games (AG) is scheduled to be held in Aichi-Nagoya, Japan between 19 September to 4 October 2026

1.2 The Triathlon events will be held from 20 to 23 September 2026, at Gamagori City Triathlon Venue. There will be a total of 3 events:

Date & Time	Event	Number	Distance
20 September 2026 (Sunday), 8am	Men Individual	2 Men	Swim – 1.5km Bike – 40km Run – 10km
21 September 2026 (Monday), 8am	Women Individual	2 Women	Swim – 1.5km Bike – 40km Run – 10km
23 September 2026 (Wednesday), 8am	Mixed Relay	2 Men and 2 Women	(distances per leg) Swim – 300m Bike – 6.67km Run – 1.75km

1.3 The Mixed Relay event consists of four (4) athletes: two (2) men and two (2) women, competing in the sequence of man-woman-man-woman. Each athlete must complete a super sprint distance triathlon before tagging their teammate. The team's timing begins when the first athlete starts and concludes when the fourth athlete crosses the finish line.

1.4 Individual Event: Each NOC may register up to three (3) male athletes and three (3) female athletes, including one (1) male reserve and one (1) female reserve. However, only two (2) male athletes and two (2) female athletes per NOC will be allowed to compete in the individual event.

Mixed Relay Event: Each NOC may register a maximum of one (1) team, comprising two (2) male athletes and two (2) female athletes, along with one (1) male reserve and one (1) female reserve.

- 1.5 Total Quota: Each NOC may enter a maximum of three (3) male athletes and three (3) female athletes overall.
- 1.6 This policy set out the process and criteria for selection of athletes to represent Singapore at the 2026 AG Triathlon events.
- 1.7 This policy may be amended at any time if Triathlon Singapore (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).

2. Eligibility

- 2.1 To be considered for selection, an athlete must meet all the following eligibility:
- a) Singapore Citizen, and should not be holding dual citizenship if they are above 22 years old at the time of nomination
 - b) At least 18 years of age as of 31 December 2026, for the Individual events
 - c) At least 15 years of age as of 31 December 2026, for the Mixed relay event.
 - d) Be a registered member of TAS, and good standing
 - e) Signed current TAS athlete agreement
 - f) Valid Pre-Participation Examination
 - g) Draft Legal Endorsed, or had raced in a TRI Draft Legal race in the last 12 months
 - h) Have competed in at least 2 two selection events (refer to point 4.1), with at least 1 of the 2 events being an actual race (point 4.1a, 4.1b). Exemption may be granted due to extenuating circumstances (refer to point 5.4)

3. Selection panel

- 3.1 The selection panel will consist of the following:
- a) High Performance Manager TAS (Chair) – Eugene Ong
 - b) TAS Board Representative - TBC
 - c) TAS High Performance Committee Representative – TBC
 - d) Technical Official Representative – TBC
 - e) Independent Member – TBC

(Note: Selected personnel need to have a good understanding and insight into high-performance sports, and preferably knowledge of Triathlon and its related multisport)

- 3.2 The selection panel shall decide on the athletes to be selected in accordance to the process as set out in this policy.
- 3.3 The Singapore National Olympic Council (SNOC) is the governing body which sets the qualifying standards and criteria, selects the athletes for the Games, and considers any appeal cases which TAS may submit. Final decision for participation at the Games will be at the sole discretion of SNOC Selection Committee

4. Process

- 4.1 Selection events:
- a) Any races organized or sanctioned by TAS
 - b) Any races sanctioned by World Triathlon or their affiliated National Federations.
 - c) Any time trials conducted by TAS. (Only for supporting B and C Cut qualifying time achieved in an actual triathlon related race)

- d) Any time trials or races (Swim, Bike, Run) sanctioned by the appropriate governing body. (Only for supporting B and C Cut qualifying time achieved in an actual triathlon related race)
- e) Official times must be uploaded onto athlete's SportsSync account, and also submitted to TAS: eugene.ong@triathlonsingapore.org

4.2 Qualifying Criteria:

(For Individual Event, benchmarked against 2022 AG and 2025 Asian Sprint triathlon Championships)

(For Mixed Relay, benchmarked against 2022 AG and 2025 Asian Sprint Triathlon Championships)

Qualifying Criteria	Men	Women
Standard Distance A Cut – 6th placed time B Cut – 2% off 6th placed time C Cut – 5% off 6th placed time Target Times: (5% off slowest swim/run time from top 6th placed)	A – 1:55:08 B – 1:57:27 C – 2:00:54 1500m Swim – 20:08 10km Run – 37:21 Combined – 57:29	A – 2:04:28 B – 2:06:58 C – 2:10:42 1500m Swim – 21:49 10km Run – 43:01 Combined – 1:04:50
Sprint Distance A Cut – 6th placed time B Cut – 2% off 6th placed time C Cut – 5% off 6th placed time Target Times: (5% off slowest swim/run time from top 6th placed)	A – 0:56:02 B – 0:57:10 C – 0:58:50 750m Swim – 10:10 5km Run – 16:43 Combined – 26:53	A – 1:03:11 B – 1:04:27 C – 1:06:21 750m Swim – 11:28 5km Run – 19:19 Combined – 30:47
Super Sprint Distance (Tri: 300m Swim / 6.7km Bike / 1.9km Run) A Cut – Slowest from top 6th placed B Cut – 2% off A Cut C Cut – 5% off A Cut Target Times: (5% of slowest swim/run time within top 6th placed)	A – 0:21:28 B – 0:21:54 C – 0:22:33 300m Swim – 4:21 1.9km Run – 6:35 Combined – 10:56	A – 0:25:02 B – 0:25:32 C – 0:26:18 300m Swim – 5:08 1.9km Run – 7:36 Combined – 12:44

4.3 Considerations:

- a) Automatic Qualification: Eligible athletes who had achieved the A Cut qualifying criteria set out in point 4.2 at any selection events within the qualifying window, automatically qualifies to be nominated.
- b) Discretionary Qualification: Should there still be available slots, eligible athletes who had achieved B or C Cut qualifying criteria set out in point 4.2 at any selection

events within the qualifying window, will have their names submitted for nomination. (Note: All nominations submitted will still be subject to the discretion of SNOC to be accepted.)

- c) SNOC will announce the selection of nominated athletes after their selection Committee Meeting, scheduled on 3 June 2026. Nominated athletes whom had failed SNOC's selection, can have their nominations re-submit to SNOC as an appeal, looking at fresh data attained between 4 May 2026 and 15 June 2026.
- d) Should there be more athletes (than available quota slots) who had their nominations accepted by SNOC after the appeal committee meeting, scheduled on 25 June 2026, the athletes will be assessed again on the qualities as set out in point f).
- e) Pursuant to the Olympic Charter (By laws to Rules 27 and 28, paragraph 2.1), "Selection shall be based not only on the sports performance of an athlete, but also on his ability to serve as a an example to the sporting youth of his country".

The following qualities of the athletes will also be assessed:

- Attitude and behavior towards coaches, teammates, fellow athletes, officials and sports administrators, whether in relation to sporting matters or otherwise
 - General conduct and character which may affect the reputation, image , values or best interests of the athlete or the sport
 - Past disciplinary record
 - Current Skill level and fitness
 - Level of Commitment and attendance
 - Potential for future development
 - Ability to demonstrate team spirit and work well with team mates and officials
 - Such other non-performance related qualities as TAS may consider to be relevant
- f) After the assessment of qualities, and should there still be more athletes (than available quota slots) who had been assessed to have met the quality criteria, then the following will be taken into consideration: 1) Number of times met the qualifying criteria (Standard distance preferred over sprint distance), 2) Fastest race time (factoring in the race course, race distance and field of competition, especially direct comparison with fellow Singaporeans and Asian Competitors.

4.4 Additional Considerations for Mixed Relay:

- a) Up to 2 fastest athletes per gender can qualify to be nominated, provided if there are available quota after the individual event's nominations. Should there be more than 2 athletes with the same qualifying time, then the athlete's second fastest time (and subsequent times should there continues to be a tie) will be considered.
- b) A maximum total quota of 3 athletes per gender over both the individual and Mixed Relay events, should be considered.
 - I. If 1 or no athlete qualifies for the individual event, 2 athletes from mixed relay can qualify.
 - II. If 2 athletes qualify for the individual event, 1 athlete from mixed relay can qualify. The remaining member of the mixed relay team will be selected from the 2 athletes that had qualified for the individual events.

4.5 Athlete replacement policy:

- After Entry By Name (on 29 June 2026), should any of the selected athletes withdraw (due to injury, discipline or unforeseen circumstances), TAS will submit a replacement athlete for SNOC's consideration.
- Replacement athletes must have been nominated from the long list and selected by SNOC for the respective event. (Refer to point 4.3 a), b), c)
- Athlete replacement after Entry By Name deadline is also subject to the approval of the Games Organising Committee in accordance with their late athlete replacement policy.

5. Commitment

5.1 Athletes are required to:

- i. Comply with the provisions of the TAS and SNOC athletes' agreement at all times.
- ii. Make themselves available and participate in all activities designated by TAS and SNOC. This includes appearing at events and social media whereby their images and presence are required to achieve the objectives of TAS and SNOC
- iii. Not act in a manner as to bring SNOC, TAS or the athlete into public disrepute.
- iv. Provide a training plan, for at least 6 months leading up to the Games. The plan should include full training load of at least 20 hours per week, training and competition targets towards peak performance at the Games, endorsed by TAS.
- v. Attend any team training, specific competitions and time trials as required by TAS, and wearing the team uniform as required.
- vi. Local based athletes must compete in all National Championships races and selection trials organized or sanctioned by TAS.
- vii. Understand all doping offence as defined in ADS and WADA's Anti-Doping By-law, including the administering or usage of any prohibited substance.
- viii. 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.
- ix. Keep TAS updated on any changes to their health and fitness, or training plan. They are to immediately inform TAS of any illness or injury that could reasonably impact their ability to perform at Games, and more importantly, the impact on their overall health and well-being.

5.2 A breach in the above may result in an athlete being withdrawn from nomination/selection, remove from the Team and/or face disciplinary actions.

5.3 Athletes not being able fulfill their commitments should write in to eugene.ong@triathlonsingapore.org to state their reasons.

5.4 Exemption may be granted due to extenuating circumstances such as:

- Injury or illness
- Equipment Failure
- Travel delays
- Bereavement
- Such other circumstances as TAS may consider to be relevant.

TAS Appeal Process

Right of Appeal - An athlete who fails to be selected may appeal against the decision. The appeal shall be conducted as a process to inquire if the decision made had properly adhere to the process and criteria set out in the selection policy, and not as a re-selection process

Appeal Panel – The appeal panel shall consist of the following:

- (i) A Representative from TAS Board, with no known conflict of interest.
- (ii) An invited official from another organization, independent from TAS.
- (iii) An invited official from another NSA

Notice of Appeal – Within 24 hours after TAS announce the selected athletes for the Games, an athlete who wishes to appeal must put forth in writing to: eugene.ong@triathlonsingapore.org

Any appeals received after 24 hours will not be entertained.

The 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. (via bank transfer to TAS's UEN S92SS0052C). Failure to receive payment will result in the appeal being null and void.

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 – The appeal panel may decide on the following:

- I. That there are irregularities in the selection process, and makes recommendation to the TAS Board for a decision.
- II. That an unfair selection decision had been made by the selection panel, failing to abide by the required selection guidelines and/or selection criteria, and makes recommendation to the TAS Board for a decision
- III. That there is no basis to the appeal and the decision of the selection panel be upheld

The final decision of the hearing will be made by the TAS Board, on the recommendation of the appeal panel, and announced no later than 24 hours after the hearing.

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

Conflict of Interest

- All members of the Appeal Panel and TAS Board must disclose any conflict of interest.
- The representative from TAS Board in the Appeal Panel will recuse himself/herself from the TAS Board when discussion on final decision was made.
- All members with conflict of interest must recuse themselves from relevant decisions being made throughout the appeal process.

Contact details

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Appendix A: Timeline

2 March 2026	Long List and Nomination phase begin
4 May 2026	Longlist and Nomination Deadline (NSA)
3 June 2026	Selection Committee Meeting (SNOC)
4 June 2026	Appeal Process Starts
15 June 2026	Deadline for Appeal
25 June 2026	Appeal Committee Meeting (SNOC)
29 June 2026	Entry by Name Form Deadline (NSA)