Understanding and Maximizing the ITU World Ranking Criteria

This document summarizes critical concepts of the ITU World Ranking System to help coaches understand and navigate the ITU World Ranking Criteria. Additionally, this document will assist coaches in planning their athletes' competition schedules. It is prudent that all coaches remain informed and current on the complete ITU Rules and Ranking Criteria.

How does ITU World Ranking Affect Event Start Lists?

- Triathlon Canada places athletes on an event's **wait list** as determined by the internal selection criteria.
- The ITU moves athletes to an event's **start list** based on each athlete's ITU World Ranking
  - Higher ranking increases the likelihood of being placed on a start list

What are the Substitution Criteria?

- Triathlon Canada can substitute a maximum number of athletes into an event as follows:
  - 1 per gender for World Triathlon Series events
  - 2 per gender for World Cup events
  - 3 per gender for Continental Cup events
- Athletes are NOT eligible to substitute if they are racing on the same day or are waitlisted in the same event

How is ITU World Ranking Determined?

- ITU World Ranking is an **accumulated points total** from the current week based on:
  - Top 6 results within the past 52 weeks *("current period")*
  - Top 6 results between 53 and 104 weeks *("previous period")*
    - An athlete's ITU World Ranking is published every **Monday**
- The accumulated points total is weighted for each period as follows:
  - Within 52 weeks: 100%
  - Within 53 and 104 weeks: 33.3%
- Points are accumulated based on the following criteria:
  - Athletes must finish within 5% of the event winner's overall time
  - Points are based on a **7.5% reduction per placing**, with 1st place points allotted as follows:
- Sprint distance events are considered at 80% of the total points of the same level event.

Events	Points for the winner	Quality of Field Factor
World Triathlon Series Grand Final	1250	No
Olympic Test Event	1250	No
World Triathlon Series events	1000	No
Triathlon World Cup	500	No
Elite Triathlon Continental Championships	400	Yes
Triathlon Continental Cup	250	Yes
U23 Triathlon World Championships	250	No
FISU World Championship	250	No
Junior Triathlon World Championships	200	No
U23 Triathlon Continental Championships	150	Yes
Junior Triathlon Continental Championships	70	Yes
Triathlon Regional Championships	70	No
Triathlon Development Events	70	No
Triathlon National Championships (*)	50	No

How is ITU World Ranking Important?

- The ITU World Ranking Criteria rewards performances that are:
  - **Consistent**
  - **Frequent**, and
  - **Recent**
- Athletes with single or sporadic performances will not accumulate enough ranking points
- Injured or non-racing athletes will lose points as time extends

PRACTICAL EXAMPLES:

Scenario 1 - Consistent and Frequent Performer (World Ranking 3)

Note the consistent accumulation of points with a full 12 results for both periods.
Key Learning: This is the winning style of play.

Scoring Breakdown

Date	Event	Position	Time	Period	Points
2018-09-12	2018 ITU World Triathlon Grand Final Gold Coast	1	01:52:00	current	1250.00
2018-05-12	2018 ITU World Triathlon Yokohama	4	01:55:04	current	791.45
2018-07-27	2018 ITU World Triathlon Edmonton	2	00:57:02	current	740.00
2019-03-16	2019 Mooloolaba ITU Triathlon World Cup	1	00:58:15	current	400.00
2019-03-08	2019 Daman World Triathlon Abu Dhabi	10	00:56:57	current	396.61
2018-08-25	2018 ITU World Triathlon Montreal	13	02:03:15	current	392.37
2017-08-05	2017 ITU World Triathlon Montréal	1	01:59:04	previous	300.00
2017-07-15	2017 ITU World Triathlon Hamburg	2	00:59:31	previous	277.50
2017-04-08	2017 ITU World Triathlon Gold Coast	2	00:58:07	previous	277.50
2017-09-14	2017 ITU World Triathlon Grand Final Rotterdam	6	02:02:00	previous	270.87
2017-08-26	2017 ITU World Triathlon Stockholm	3	02:01:42	previous	252.41
2017-05-13	2017 ITU World Triathlon Yokohama	6	01:58:57	previous	203.16
2017-06-10	2017 ITU World Triathlon Leeds	8	02:01:40	previous	165.13
2018-03-02	2018 ITU World Triathlon Abu Dhabi	13	01:02:07	previous	104.63

Scenario 2 - Consistent and Infrequent Performer (World Ranking 206)

This athlete is a high performer with very infrequent points accumulation, which translates into a high risk of not making start lists. This could be due to injury or several other reasons.
Key Learning: Peaking YTP's can be effective but only if there are enough events AND top performances to accumulate points.

Scoring Breakdown

Date	Event	Position	Time	Period	Points
2018-08-09	2018 Glasgow ETU Triathlon European Championships	4	01:48:12	current	411.56
2017-06-10	2017 ITU World Triathlon Leeds	1	01:46:51	previous	300.00

Scenario 3 - Inconsistent and Frequent Performer (World Ranking 76)

Note that this athlete is accumulating points through frequency of events.
Key Learning: racing frequently can result in higher rankings but only if an athlete can perform adequately.

Scoring Breakdown

Date	Event	Position	Time	Period	Points
2018-04-28	2018 ITU World Triathlon Bermuda	16	02:08:46	current	310.55
2018-07-19	2018 Tartu ETU Triathlon European Championships	13	01:00:20	current	163.23
2019-03-08	2019 Daman World Triathlon Abu Dhabi	22	00:57:58	current	155.62
2018-09-12	2018 ITU World Triathlon Grand Final Gold Coast	28	01:56:39	current	152.31
2018-06-30	2018 Holten ETU Sprint Triathlon Premium European Cup	7	01:03:38	current	150.34
2018-11-10	2018 Miyazaki ITU Triathlon World Cup	19	02:06:14	current	122.89
2017-06-10	2017 ITU World Triathlon Leeds	14	02:02:47	previous	103.44
2017-04-15	2017 Rabat ATU Sprint Triathlon African Cup	2	01:03:55	previous	92.50
2018-07-14	2018 ITU World Triathlon Hamburg	29	01:00:41	current	90.17
2019-02-09	2019 Discovery Triathlon World Cup Cape Town	21	00:59:28	current	84.12
2017-03-26	2017 Gran Canaria ETU Triathlon European Cup	12	02:07:10	previous	43.27
2017-07-15	2017 ITU World Triathlon Hamburg	27	01:01:46	previous	39.52
2017-05-28	2017 Madrid ITU Triathlon World Cup	21	02:13:32	previous	35.75
2017-06-24	2017 Düsseldorf ETU Sprint Triathlon European Championships	22	01:06:14	previous	29.57
2018-03-02	2018 ITU World Triathlon Abu Dhabi	32	01:05:10	previous	23.79

Coaching Tips and Strategy

- **Be aware of start list trends** by reviewing recent event start lists. This will provide an understanding of what ranking is required to make a start list.
  - For example, 2019 WTS Abu Dhabi required an ITU World Ranking of ~ 60 for Men and ~80 for Women to make the start list. This would indicate that athletes having a ranking lower than those numbers would have no chance to make the start list in WTS events.
- Ensure athletes are racing in events in which they can **earn optimum points. RACE APPROPRIATELY.**

- **An athlete must finish with 5% of the winner in total time to earn points. This is important for coaches to understand in terms of athlete development.**
- **Frequency of racing** is a winning style of play and is reflective of the demands of elite racing
- An athlete's ranking is organic - a few months of poor performances or injury can drastically affect ranking
- The CAMTRI Continental Cups are the entry point for athletes in North America to begin accruing ITU World Ranking points.
- **Performing (Top 8 placing) is ultimately the best way to increase ranking AND to progress through [Triathlon Canada's Podium Pathway](#)**