

World Class Performance Pathway

Malta

**Triathlon**  
FEDERATION



# **PREREQUISITES TO BE CONSIDERED FOR THE MALTA TRIATHLON FEDERATION SENIOR NATIONAL SQUAD**





## **Prerequisites to be considered for the Malta Triathlon Federation Senior National Squad**

Be in possession of a Maltese citizenship.

Have taken part in at least 3 out of the 5 National Championship events (National Duathlon Championship, National Aquathlon Championship, National X-country Championship, National Sprint Distance Championship, Malta Triathlon National Championship (Olympic))

Meet the MQS (Minimum Qualifying Standards) Set by the MTF \*

- Swim – 400m (Male 4.44, Female 5.00)
- Bike – FTP Test ( Male 290W+ , Female 200+ W)
- Run – 3000m (Male 9.15, Female 10.35)

Athletes must abide by the MTF Athletes code of conduct.

Athletes must attend the required MOC physical fitness tests if called to do so.

Athletes need to commit to the guidance of the MTF Technical Director when preparing for a National Team competition

Athletes need to commit to travel and race abroad with the national team if called upon to do so. .

Final decision is taken by the MTF Council after consultation with the Technical Director/s.



## NOTE

*\*All athletes willing to form part of the 2023 squad will be asked to perform and reach the MQS's in a controlled set up. They will have 2 shots at reaching those targets during the span of a week. The separate dates will be set between the 2th and 30th October 2022.*

*Those who are interested, are to send an email to the triathlon federation by not later than the 2nd October 2022. The performance testing will be supervised by the MTF Technical team.*

*In case of an athlete being injured or having a valid reason for missing the MQS performance testing, times achieved in a sanctioned single discipline event in 2022 can be submitted. eg. a swimming gala or 3k or 5k running race. 5k running times Male 16:05 Female 18:20. Results must be produced in official races with published results.  
(Athletes need to show proof with a valid reason that she/he is undisposed for the MQS performance testing dates.)*

*The technical advisors along with the council and MTF executive have the final say. Discussions may also be held with the relevant authorities such as the MOC in certain cases.*





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**Train Hard  
Train Smart  
Train Together**