

Dear Malta Triathlon Federation Members

It is with great pleasure that we share with you some positive news.

Thanks to the work of the executive committee and support from SportMalta, we have managed to secure some funds to be able to support a contingent of athletes to take part in a series of international events.

All those athletes that are interested in joining any of the trips please fill in the form by clicking on the link below <https://forms.gle/asqkxBUSA2TbHkFp9> by not later than Friday 18<sup>th</sup> February 2024.

An online meeting will then be held on Wednesday 21<sup>st</sup> February 2024 @ 6.30pm to give you more information.

**Important points to be able to join the MTF Age Grouper Squad in an international event.**

- All athletes must hold a Malta Triathlon Federation Membership and International Insurance.
- Funds will be divided equally amongst all those that reach the MQS requested with a slightly higher percentage going towards the national champions and Age Group Medal winners of the various multisport events present during the competition one is interested in.
- If there are enough funds available a rebate will be given to all the participants.
- Athletes that are interested in joining but do not reach the MQS can still be part of the team but will not be guaranteed financial support.
- Athletes need to be in possession of the Malta Triathlon Federation Official Triathlon Suit and Track Suit and Polo Shirt etc. ( These will need to be purchased )
- Athletes need to abide by the Malta Triathlon Federation Athletes Code of Conduct.
- The technical advisory team has the right to include or exclude athletes at any point in time upon a valid reason.
- Athletes need to follow instructions and attend the necessary meetings and training sessions with the technical advisors and the MTF Executive Committee when necessary.
- Athletes attending will need to pay a €50 administration fee per trip.
- Athletes will need to travel together, lodge in the same hotel, attend briefings, registration, and nation parades.
- Every athlete needs to have competed on the local circuit at least 3 times in the past 24 months to benefit from funding.
- Please note that athlete registration is done through the world triathlon portal and is subject to the World Triathlon rules and regulations based on the WT criteria. It is World Triathlon and not the Malta Triathlon Federation that confirms the athlete's participation. The MTF can only propose to register athletes.

**MQS Duathlon Criteria (Sprint)**

female	Age Group	Male
1,13	16-19	1,05
1,13	20-24	1,05
1,15	25-29	1,05
1,15	30-34	1,08
1,16	35-39	1,08
1,17	40-44	1,08
1,17	45-49	1,08
1,20	50-54	1,10
1,22	55+	1,12

**MQS Duathlon Criteria (Standard)**

female	Age Group	Male
2,12	16-19	1,55
2,12	20-24	1,55
2,17	25-29	2,00
2,17	30-34	2,00
2,17	35-39	2,00
2,18	40-44	2,00
2,25	45-49	2,05
2,25	50-54	2,05
2,25	55+	2,05

**MQS Long Distance Triathlon**

female	Age Group	Male
4,40	20-24	4,30
4,40	25-29	4,10
5,15	30-34	4,20
4,40	35-39	4,25
4,40	40-44	4,27
4,50	45-49	4,30
5,00	50-54	4,30
5,40	55+	4,40

**MQS Standard Triathlon**

female	Age Group	Male
02:30:00	20-24	02:12:00
02:30:00	25-29	02:12:00
02:34:00	30-34	02:14:00
02:36:00	35-39	02:14:00
02:36:00	40-44	02:14:00
02:36:00	45-49	02:16:00
02:47:00	50-54	02:19:00
02:50:00	55+	02:28:00

**MQS Sprint Triathlon**

female	Age Group	Male
01:16:00	16-19	01:04:00
01:13:00	20-24	01:02:00
01:13:00	25-29	01:02:00
01:14:00	30-34	01:04:00
01:15:00	35-39	01:05:00
01:16:00	40-44	01:05:00
01:16:00	45-49	01:05:00
01:16:00	50-54	01:06:00
01:19:00	55+	01:10:00

**MQS Aquathlon**

Officially races in Malta and abroad in 2023 and 2024

Qualifying based on ranking rather than times due to the nature of the event.

**MQS Cross Triathlon**

Officially races in Malta and abroad in 2023 and 2024

Qualifying based on ranking rather than times due to the nature of the event.

**MQS Cross Duathlon**

Officially races in Malta and abroad in 2023 and 2024

Qualifying based on ranking rather than times due to the nature of the event.

**MQS Aquabike**

No MQS Set

**MQS Super Sprint**

No MQS Set