



SELECTIONS JUNIOR 2026

BELGIAN TRIATHLON

Belgian Triathlon vzw - Luchthavenlaan 27/24, 1800. Vilvoorde - RPR Brussel Ned afd - BE 0428.753.460



Table of Contents

List of abbreviations and terms	3
Introduction	3
General selection criteria:	5
Specific BE3 selection criteria	5
Junior European Championships Elbląg, Poland July 31 - August 1st, 2026	5
Junior World Championships in Pontevedra, Spain 24-27 September 2026	6
Europe Triathlon Youth Championships Festival Melilla, Spain 17- 18 october, 2026	7
ETU Junior Cup 2026	7
ETU Junior Cups Mixed Team Relay:	2
Youth Olympic Games on November 5-6, 2026 in Dakar, Senegal	2
Appeal Procedure	3
Annexe 1 : Code of conduct for National Team members	3

List of abbreviations and terms

AC Be3	Appeal Committee Belgian Triathlon
BAS	Belgian arbitration commission for sport
BC	Belgian Championship
Be3	Belgian Triathlon
Be3 SC	Belgian Triathlon Selection Committee
BOIC	Belgian Olympic and Interfederal Committee
EG	European Games
EC	European championship
EC J	Junior European championship
ETU	European Triathlon Union
ETU cup	European Continental Cup competition for Elites
ETU J cup	European Continental Cup competition for Juniors
TRI GF	World Triathlon Championship Series Grand Final
IM	Ironman
LF3	Ligue Francophone de Triathlon asbl
MTR	Mixed Team Relay
NT	National Team
OG	Olympic Games
PI	Performance Index
Quota	The maximum number of starting slots per country as defined by TRI
SD	Standard Distance (Olympic distance)
T100	PTO Triathlon World Tour 100 km distance races
TL	Team Leader designated as responsible for a particular race
TRI	World Triathlon
U23	Athletes between the ages of 19 - 24 years old
WC	World Cup
WCH	World Championship
WTCS	World Triathlon Championship Series
YOG	Youth Olympic Games
3VL	Triatlon Vlaanderen vzw
70.3	Ironman circuit races over the half Ironman distance

Introduction

In previous years, every January Belgium Triathlon identified athletes on a “[National List](#)” based on results from the previous season. In an effort to **simplify** the selection procedures and to allow a more **open** process in which an athlete can join the National Team at any point throughout the season, Belgium Triathlon has decided to no longer produce this list.

An **athlete is considered part of the National Team** if he/she **meets the selection criteria**, complies with the selection procedure and subscribes to the terms and conditions of the national team, including the Code of Conduct (Appendix 1).



The ambition of the Be3 is to promote junior development. **However, selection for an event does not necessarily equate to funding for the event.** Each league has its own funding policy and athletes can contact their respective Technical Directors for more information.

The **Be3 Selection Committee** consists of:

- Technical Director of the 3VL (maarten.de.wilde@triatlon.vlaanderen)
- Technical Director of the LF3 (claire.michel@LF3.be)

Athletes are responsible for the following:

- Eligible athletes who wish to participate in a competition from the TRI calendar must submit the **top 3 competitions** he/she would like to race to their respective Technical Directors from each League (LF3 & 3VL) by **February 2nd, 2026**.
- **Changes** to this program must be emailed to the league technical director **at least 45 days prior** to the date of the event.
- World Triathlon (TRI) will create the start lists on the first Tuesday 30 days before the event. **Athletes who withdraw late** - meaning within the period that TRI produces the start list up to the competition day - **will be charged an administration fee** by the league to which the athlete is affiliated equal to the **registration fee plus 250€** per late cancellation. Only if there is a valid reason for late cancellation (e.g. acute injury or illness) the 250€ fine may be waived.
- The **athlete is responsible for communicating the accuracy of their race calendar** at all times. Athletes may consult the status of the TRI events he/she is registered in by logging into their world triathlon account on <https://cms.triathlon.org/admin/login>

After this, the following procedure is followed:

- Each league's technical director is responsible for registering the athletes affiliated to their respective league on the TRI waiting list. TRI assigns a starting place according to the usual [TRI regulations](#).
- The Be3 SC will assign available quota places to athletes achieving the specific Be3 selection criteria outlined below. **Achieving the specific criteria does not guarantee a start as this will depend on the available quota places assigned to Be3 by World Triathlon and an athlete's individual ranking.** An athlete meeting the criteria and signed up for the race should not automatically assume that he/she can effectively start (particularly if he/she has a lower World ranking).
 - After a start list is produced, an athlete may always consult his/her place on the [waiting list](#) on the triathlon.org website.
- In case there are more athletes than available quota places, athletes will be given priority based on the specific Be3 selection criteria outlined below.
- In case no agreement can be found in the Be3 SC on the composition of the national team, the views of each member of the Be3 SC will be transmitted to the members of the AC Be3, which in turn will make the final decision.
- When a member of the national team is injured or ill, or wishes to withdraw, the Be3 SC reserves the right to reassess the selection in consultation with the athlete and his/her staff. To this end, the Be3 SC may request additional information from the athlete, physician, the Belgian Triathlon vzw - Luchthavenlaan 27/24, 1800. Vilvoorde - RPR Brussel Ned afd - BE 0428.753.460



federation doctor and/or the personal trainer. Hereby the rules of privacy and professional secrecy will be respected. The Be3 SC may decide to field another athlete in its place, but is not obliged to do so.

- The Be3 SC determines the selection in good conscience to delegate the strongest possible Belgian selection and/or achieve a specific learning goal/development objective.
- As soon as the final national selection is made, the TDs communicate this to the selected athletes.

General selection criteria:

- Hold a competition license at 3VL or LF3.
- Be able to present a valid sports medical certificate (ECG & PPE) in accordance with [TRI medical rules](#). The attestation must be delivered by e-mail to the league's technical director at least 45 days prior to the first competition.
- Be of Belgian sport nationality as provided by TRI.
- Meet the TRI eligibility criteria (athlete agreement and anti-doping regulations), as outlined on the website www.triathlon.org
- Meet the specific Be3 selection criteria.
- Be medically fit to be selected for the competitions listed below.
Be3 SC reserves the right to still not select an athlete if he/she cannot participate at his/her full potential; for example, due to illness, injury or other circumstances.

Specific BE3 selection criteria

Junior European Championships Elbląg, Poland July 31 - August 1st, 2026

This competition is reserved for athletes born in 2007, 2008, 2009 or 2010, however the BE3 SC will give priority to athletes born in **2007-2009**.

For the individual race, a minimum of **3 athletes per gender**, and up to 1 more per gender based on available quota places from TRI, will be selected as follows:

1. The **highest placing Belgian junior** within the **top 8** at the selection race the **ETU junior cup Quarteira 29/03/2026**
2. The **winner** of the **Junior Belgian Championships** in Zwevegem on 10/05/2026
3. The **Junior winner** of the **Libramont** sprint Junior/Youth A race (championnats francophone) on 23/05/2026

For selection spots earned by criteria 1, 2 and 3, if the same athlete earns the slot in multiple races, the automatic selection place will roll down to the next athlete at the Belgian Championships in the Junior category.



For the selection spot earned by criteria 1, if no athlete reaches a top 8 in the ETU junior cup selection race in Quarteira, the highest finisher in the top 16 will be selected. If no athlete achieves a top 16 in the ETU junior cup, the quota place will go to:

- The **next highest finisher** in the **BC Junior** in **Zwevegem** on 10/05/2026.

If additional quota places are available and the level of the 4 athletes is similar, the Be3 SC may still select up a 4th athlete per gender based on the following priority:

- The **next highest finisher** in the top 24 of ETU junior cup **Quarteira** on 29/03/2026
- The **next highest eligible finisher** from **BC in Zwevegem** on 10/05/2026

Selection deadline: June 22, 2026

Junior World Championships in Pontevedra, Spain 24-27 September 2026

This competition is reserved for athletes born in 2007, 2008, 2009 or 2010, however the Be3 SC will give priority to athletes born in 2007-2009.

A maximum of **3 athletes per gender** will be selected for the World Championships in Pontevedra if *all* 3 athletes achieve the following criteria:

1. A top 16 at the Junior European Championships.

If there are less than 3 athletes in the top 16 at the European Junior Championships, **only 2 quota places** will be filled based on the following criteria:

1. The top 2 athletes in the top 16 at the Junior European Championships will be selected.
2. If there are less than 2 athletes in the top 16 at the European Junior Championships, the highest athlete(s) in the top 24 will be selected.
3. If any remaining quota places are still available for athletes who have NOT achieved a top 24 at the Junior European Championships, the highest performing Belgian(s), regardless of participation in the Junior EC, achieving a top 8 in one of the following ETU junior cups are eligible for selection:
 - a. ETU Junior cup Holten or
 - b. ETU junior cup Quarteira
 - i. In case of equal results in Holten and Quarteira (ex. both athletes achieve a 5th place), Holten will have priority for selection.
4. If no athletes have achieved criteria points 1, 2 or 3, the BE3 SC may make a discretionary decision based on all results in 2026.

Selection deadline: 24 August, 2026



Europe Triathlon Youth Championships Festival Melilla, Spain 17- 18 october, 2026

This competition is reserved for athletes born in 2009 and 2010. Athletes will be selected for the individual super sprint race as follows:

The Be3 SC will select a minimum of **3 athletes per gender** at the following 2 races:

1. The **first 2** of the **Belgian Championships** (Youth A) in **Zwevegem** on 10/05/2026.
2. The **winner** of the Jeugdcup **Kinrooi** on 4/07/2026

In case the same athlete earns a selection in both races, the automatic selection place will roll down to the third place athlete at the Belgian Championships in the Youth A category.

If additional quota places are available and the level of the 4th athlete is similar, the Be3 SC may select up to 1 more athlete (totaling 4 per gender) to the next highest finishing athlete in the two competitions listed above by using an alternative roll down : 3rd BC, followed by 2nd in Jeugdcup Kinrooi, followed by 4th BC and so forth.

For the Mixed Team Relay in Melilla Youth EC, the selection priority is as follows:

- 1) The highest placing male and female in the *A final* of the individual race will have priority to start in the MTR.
- 2) The second highest placing male or female also in the *A final* will have second priority to start in the MTR.
- 3) If there are less than 2 athletes per gender in the final, a recommendation for the remaining relay spots will be made by the Team Leader (TL) to the TD of both Leagues (LF3 & 3VL) based on athlete performance, race dynamics, athlete feedback and taking into consideration other special circumstances (accidents, flat tire, penalties, etc). The TD in collaboration with the Be3 SC will approve the final relay composition.

Selection deadline: 13 July, 2026

ETU Junior Cup 2026

The following is the list of 2026 European Junior cups at the time of this writing. An additional race may be added by Europe Triathlon (ETU).

- **29 March – Quarteira (POR) – Sprint (EC junior qualification race)**
- 8–9 May – Caorle (ITA) – Super sprint (semi-final/final format) + Mixed Team Relay
- 23 May – Olsztyn (POL) – Sprint
- 27–28 June – Tiszaújváros (HUN) – Super sprint (semi-final/final format)
- 28 June – Wels (AUT) – Sprint
- **4 July – Holten (NED) – Sprint (EC junior qualification race)**
- 18–19 July – Izvorani (ROU) – Super sprint + Mixed Team Relay



- 12 July – Tabor (CZE) – Sprint - priority for Youth A athletes only
- 15 August – Chisinau (MDA) – Super sprint
- 22 August – Moletai (LTU) – Super sprint (semi-final/final format)
- 29 August – Riga (LAT) – Sprint - priority for Youth A athletes selected for EC Youth in Melilla
- 5-6 September - Derry (IRL) - Sprint
- 12–13 September – Zagreb (CRO) – Super sprint (semi-final/final format) - priority for Youth A athletes only
- 26 September – Bled (SLO) – Super sprint
- 24–25 October – Alanya (TUR) – Sprint + Mixed Team Relay

Eligible athletes must submit the **top 3 competitions** he/she would like to participate in to their respective Technical Directors from each League (LF3 & 3VL) by **February 2nd, 2026**. Changes to race schedule must be communicated at least 45 days prior to the competition. The order of priority for athletes is as follows :

1. Athlete who achieved a **top 8 in ETU junior cup** in 2025 or 2026, *or* athletes who have done a **top 16 at the Junior World Championships in 2025** have **first priority**
2. Athlete who achieved a **top 16 in ETU junior cup** in 2025 or 2026, *or* athletes who have done a **top 24 at the Junior World Championships in 2025** have **second priority**
3. Athlete who achieved a **top 24 in ETU junior cup** in 2025 or 2026 have **third priority**

For athletes born in 2008-2010, the following results can be considered for ETU Junior cup selection:

4. Podium at Belgian Junior Championships in 2025 or 2026
5. Youth A Belgian Champion in 2025 or 2026
6. Top 30 at the 2025 Youth A European Championships in Kitzbühel
7. Top 8 in a T3 race in 2025 or 2026 for females or Top 15 in a T3 race in 2025 or 2026 for males
8. Athletes meeting the time limits from the Test Days over 400m swim & 3000m run (times are listed on the LF3 and 3VL websites).

* For the **ETU Junior cups in Tabor** and **Zagreb** priority will be given to **Youth A athletes** to give them more experience. If additional quota places are available after inscriptions for all Youth A candidates have been completed, other Youth A or Junior candidates may be added as late entries. Priority for these 2 races will be as follows:

1. Podium at Youth A Belgian Championships in 2025
2. Top 12 in the individual race or podium in the Mixed Team Relay at the 2025 Youth A European Championships in Kitzbühel.
3. Athletes meeting the time limits from the Test Days over 400m swim & 3000m run (times are listed on the LF3 and 3VL websites).

For athletes very close to the above criteria, the Be3 SC reserves the right to select an athlete on a discretionary basis, but is not obliged to do so.

ETU Junior Cups Mixed Team Relay:



- ETU junior cup Caorle, ITA 8-9 May - supersprint + MTR
- ETU junior cup Izvorani, ROU 18-19 July - supersprint + MTR
- ETU junior cup Alanya 24-25 Oct - super sprint + MTR

When the individual race is a super sprint format with semifinals and finals, and there are more than 2 athletes per gender, the selection priority is as follows:

- 1) The highest placing male and female athlete in the final individual race will have priority to start the MTR.
- 2) The second highest placing male or female also in the final will have second priority for the MTR.
- 3) If there are less than 2 athletes per gender in the final, a recommendation for the remaining relay spots will be made by the Team Leader (TL) on site to the Be3 SC based on athlete performance, race dynamics, athlete feedback and other special circumstances (accidents, flat tire, penalties, etc). The Be3 SC in collaboration with the TL will approve the final relay composition.

If the individual race is a sprint format and there are more than 2 athletes per gender present:

- 1) The highest placing male and female in the individual race will have priority to start the Mixed Team Relay.
- 2) A recommendation for the remaining relay spots will be made by the Team Leader (TL) to the Be3 SC based on athlete performance, race dynamics, athlete feedback and special circumstances (accidents, flat tire, penalties, etc). The Be3 SC in collaboration with the TL will approve the final relay composition.

Youth Olympic Games on November 5-6, 2026 in Dakar, Senegal

Final criteria approval and allocation of quota places are subject to confirmation by the IOC, TRI and the COIB. The athlete eligibility window closes on March 31, 2026. A maximum of 1 quota place per country will be available. Only athletes born in 2009 will be eligible for selection and must have participated in the Youth Continental Championship in 2025. According to the eligibility requirements set by TRI and the IOC, the only 2 eligible candidates for BEL as of January 1, 2026 are:

- Clara Robert
- Lia Depret

While definitive quota places cannot be confirmed until April 2026, in an effort to facilitate season planning for the eligible athletes, criteria will likely be based on the following:

- The highest finisher in the BC junior in Zwevegem on 10 May, 2026 will have priority.

In case of exceptional circumstances during the BC, (accidents, flat tire, etc), the Be3 SC reserves the right to deliberate the selection on the basis of all race performances in the 2026 season.



Appeal Procedure

Athletes may appeal the decisions of the Be3 SC within 5 working days of the publication of the selection by the Leagues (LF3 & 3VL). The appeal shall be addressed to the AC Be3 by email to secretary.general@triathlon.be and putting in copy the respective League: for 3VL (mathias.rondou@triathlon.vlaanderen) or for LF3 (contact@lf3.be) or and after payment of 100€ deposit to the account of Be3. Account number: BE45 0013 5794 1089.

The AC Be3 is composed of:

- The Secretary General Be3
- The LF3 President
- The General Manager 3VL

If the athlete is vindicated by the AC Be3, the Be3 SC's decision will be reviewed and the deposit refunded. The decision of the AC may be appealed to the AC Be3 finally within five (5) working days.

Annexe 1 : Code of conduct for National Team members

The national team is represented by the selected athletes and staff. Members of the national team should behave as ambassadors for their sport, federation and their country. Therefore, anyone selected to be part of a national selection is requested to subscribe to the following code of conduct. This code of conduct is a prerequisite for being part of the national selection.

- The athlete will wear national attire as much as possible (given it has been provided in a timely and sufficient manner) and at least at the following times: briefings, podiums, competition and training, at the airport when traveling as a team, during team meals, and at press moments.
- The athlete shares the following values: fair-play, sense of responsibility, dedication, honesty, punctuality, communicative, respectful of others and safety rules.
- Discriminatory behaviour, inappropriate language, transgressive behaviour, vandalism, tobacco use, doping, alcohol abuse, drug use, bullying, sexual, verbal or physical harassment, etc., is unacceptable.
- The athlete is aware of his/her influential presence on social media (Facebook, Twitter, Instagram, etc.) and in communications with the press.
- The athlete agrees to and abides by the anti-doping regulations.
- The athlete participates in the talks convened by the TL.
- If the national delegation is invited to participate in a ceremony before or after the competition, the athletes and the TL will discuss participation or not in such events. Each athlete will comply with the decision of the delegation leadership.
- According to TRI rules, any athlete has the right to file a complaint against an (alleged) irregularity in the competition from an official, staff or athlete. If that alleged irregularity would have been committed by an athlete who is also a member of their own national selection, the complainant will first consult with the TL about the appropriateness of the complaint.



- If any athlete feels harassed or uncomfortable in any situation, he or she may report the case to the World Triathlon Welfare Officers at safesport@triathlon.org and consult the website for more information on the safeguarding and anti-harassment policy.
- The athlete is subject to the rules and codes of TRI available on the TRI website triathlon.org during TRI events.

Sanctions:

Violations against this code of conduct will be dealt with in the first instance by the technical director of the league concerned. Minor violations may result in suspension from participation in training sessions, internships, test days or competitions. Repeated minor violations or major violations will be reported to the disciplinary committee of the league concerned (League Internal Regulations).