

## 2025 Continental Championships Quotas

The World Triathlon Competition Rules include the common procedure of the creation of the start lists, with certain specifications depending on the event.

In general, there are National Federation quotas and Host National Federation quotas, which determine the maximum number of athletes to be admitted in the initial allocation of the spots, which will be determined by their position in World Triathlon Ranking. In case the event is oversubscribed, not all the National Federations may reach the maximum quota. In case this initial allocation is lower than the number of spots to be allocated, the National Federations' quota may get exceeded compared to the number outlined event by event, first by one per National Federation, then by two per National Federation, etc. This continues till reaching either the indicated limitation in the rules or till the completion of the start list. These exceeded quotas are not permitted for all the events.

The key dates for all the events are:

- Tuesday 30 days before the first competition day start lists will be produced.
- Substitution and free withdrawals are admitted till Friday after the start list production.
- Invitations will be allocated on Saturday of this week.

### **The quotas for the different 2025 Europe Triathlon Championships events are:**

#### **Elite Triathlon Standard Distance:**

- Istanbul/TUR. 30-31/08/2025.  
Start lists will contain 65 athletes. NF quota and host NF quota are 5 athletes. Athletes from outside the continent will not be admitted to compete.

#### **Elite Triathlon Sprint Distance:**

- Melilla/ESP 19-20/07/2025.  
Same race as U23 Continental Championships  
Start lists will contain 70 athletes. NF quota and host NF quota are 2 Elite + 2 U23 athletes.  
Athletes from outside the continent will not be admitted.

The start list will be determined as follows.

1. 25 U23 athletes will be selected according to the World Rankings. Maximum quota for each NF is 2 athletes.
2. 35 athletes (with no age limitation) will be selected according to the World Rankings. Maximum quota per NF is 2 athletes.

3. One wait list will be created including all athletes not selected by points 1 or 2. Athletes exceeding the quota will be those exceeding the number or 4 or those exceeding the number of 2 among those outside the range of U23 age.

### **U23 Triathlon Standard Distance:**

- Not scheduled

### **U23 Triathlon Sprint Distance:**

- Melilla/ESP 19-20/07/2025.  
Same race as U23 Continental Championships  
Start lists will contain 70 athletes. NF quota and host NF quota are 2 Elite + 2 U23 athletes.  
Athletes from outside the continent will not be admitted.

The start list will be determined as follows.

1. 25 U23 athletes will be selected according to the World Rankings. Maximum quota for each NF is 2 athletes.
2. 35 athletes (with no age limitation) will be selected according to the World Rankings. Maximum quota per NF is 2 athletes.
3. One wait list will be created including all athletes not selected by points 1 or 2. Athletes exceeding the quota will be those exceeding the number or 4 or those exceeding the number of 2 among those outside the range of U23 age.

### **Junior Triathlon:**

- Melilla/ESP 19-20/07/2025.  
Start list will contain 70 athletes. NF quota and host NF quota are as followed:
  - (i) Two (2) athletes or;
  - (ii) Three (3) athletes if the National Federation has two (2) athletes among the top fifteen (15) of the previous Continental Championships or;
  - (iii) Four (4) athletes if the National Federation has three (3) athletes among the top fifteen (15) of the previous Continental Championships

NF	Men	Women
ESP	4	2
FRA	4	4
HUN	2	3
ITA	2	3
POL	3	2

If start lists are not full, NF quotas may be increased by one athlete for those NFs with 2 athletes on the start list to 3, then by another athlete for those NFs with 3 athletes on the start list to 4 and finally by any other athletes for those NFs with 4 athletes on the start list to 5.  
Athletes from outside the continent will not be allowed to compete.

### **Youth Triathlon:**

- Kitzbühel/AUT 12-14/09/2025

Start lists will contain 90 athletes. NF quota and host NF quota are as followed:

- (i) Two (2) athletes or;
- (ii) Three (3) athletes if the National Federation has two (2) athletes among the top fifteen (15) of the previous Continental Championships or;
- (iii) Four (4) athletes if the National Federation has three (3) athletes among the top fifteen (15) of the previous Continental Championships:

NF	Men	Women
ESP	3	2
FRA	3	3
GBR	3	3
HUN	3	3
ITA	3	2
SVK	3	2

If start lists are not full quotas may be increased by one athlete for those NFs with 2 athletes on the start list to 3, then by another athlete for those NFs with 3 athletes on the start list to 4 and finally by any other athlete for those NFs with 4 athletes on the start list to 5.

### **Mixed Relay:**

- Melilla/ESP 19-20/07/2025

Start lists will contain a minimum of 18 teams, with a maximum of 1 team per NF.

Teams from outside the continent will not be admitted.

### **Junior Mixed Relay:**

- Melilla/ESP 19-20/07/2025

Start lists will contain a minimum of 18 teams, with a maximum of 1 team per NF.

Teams from outside the continent will not be admitted.

### **Youth Mixed Relay:**

- Kitzbühel/AUT 12-14/09/2025

Start list will contain a minimum of 18 teams. One team per NF will be admitted. European teams will be admitted if Transition Area Capacity allows. Composition of international teams is regulated in a separate document.

### **Para triathlon**

- Besançon/FRA 14/09/2025
  - Continental Triathlon Championships

NF and Host NF quota of 2 athletes in all Medal Events.

Athletes from outside the continent will be admitted to compete if there is room ten days before the event.

### **Multisport Events**

- Aquathlon
  - Pamplona/ESP 15/05/2025
- Cross Duathlon
  - Prachatice/CZE 7/08/2025
- Cross Triathlon
  - Prachatice/CZE 9/08/2025
- Duathlon Sprint
  - Rumia/POL 26/04/2025
- Triathlon Middle Distance
  - Pamplona/ESP 17/05/2025
- Triathlon Long Distance
  - Almere-Amsterdam/NED 13/09/2025

All Multisports Championships have an NF quota and Host NF quota of 6 athletes in the Elite, U23, Junior and all Paratriathlon Medal Events.

### **Age-Group Championships**

List of AG Championships events:

- Duathlon Sprint
  - Rumia/POL 26/04/2025
- Duathlon Standard
  - Rumia/POL 27/04/2025
- Aquathlon
  - Pamplona/ESP 15/05/2025
- Triathlon Middle Distance
  - Pamplona/ESP 17/05/2025
- Aquabike
  - Pamplona/ESP 17/05/2025
- Cross Duathlon
  - Prachatice/CZE 7/08/2025
- Cross Triathlon

- Prachatice/CZE 9/08/2025
- Triathlon Sprint
  - Istanbul/TUR 30/08/2025
- Triathlon Standard
  - Istanbul/TUR 31/08/2025
- Triathlon Long Distance
  - Almere-Amsterdam/NED 13/09/2025

NF quota of 20 athletes and Host NF quota of 25 athletes.