



Continental Rankings

1. There are 5 Continental Cups (one per continent: Africa, the Americas, Asia, Europe, Oceania). Only athletes in good standing with a national federation affiliated to the continental confederation are eligible for the continental ranking.
2. The Continental Cup events may be categorised into two levels, according to criteria established by the continental confederation, i.e., prize money, television, spectators, etc. The upper level Continental event will be call “Continental Premium Cup” and the lower level “Continental Cup”
3. The title of the event will have the name of the continent replacing the word, “continent”, i.e., ITU Echternach European Cup Triathlon.
4. Continental Rankings Points Table: The base points are the points for the winner. The maximum depth indicates the maximum number of athletes gaining points

	Points	Depth
Continental Championships	750	40
Continental Cup Premium	400	20
Continental Cup	250	20
U 23 Continental Championships	250	20
National Championships	100	5

5. Continental Ranking Rules:

- The athletes earn points provided they finish within the cut off limit. This limit is fixed by adding 5% to the winner time for men and 8% for women.
- The points gained by the winner of the race will be the “base points” modified by the quality of field factor (QF). Athletes with the top 20 ITU points before the race, increase the base points by 2%. The QF can never be more than 20%.
- Athletes finishing in the next position will receive 7.5% points less than the preceding one. (i.e., if the Continental Championships winner gets 750 points, the second will get 693.75, the third 641.72 , the fourth 593.59, etc.)
- The total points acquired by every athlete is the result of the addition of the six best scores in the current year races plus 1/3 (*) of the points gained in the preceding year.

(*) Exceptionally on 2006 Jan 1st the reduction is 1/3 of the points on 2005.