



Electronic race results for adult races must be submitted to USA Triathlon within **15 business days** of the event. Please email results to [rankings@usatriathlon.org](mailto:rankings@usatriathlon.org). Include the name and date of the event in the subject line. Results must be submitted as a TXT, CSV or EXCEL format. Separate worksheets must be submitted for each race of an event. For example, if an event has a short and long triathlon, two Excel sheets must be submitted. Both excel sheets can be in the same excel workbook. \*Results must include all finishers as well as DNF, DQ and DNS athletes. This assures that all information is correct for post-race materials that are required by our Events Staff and Accounting Staff. \*It is essential that athletes are aware of the qualification for the Olympic Distance Age Group Nationals hosted by USA Triathlon. Athletes must compete in their age group wave if they are attempting to qualify. Any athlete that does not participate in their age group wave in a qualifying race will not be eligible.

\*Any athlete that is not an active member will be given the designation of "1-day" in the member # column.  
 Note:  
 \*USA Triathlon does not recognize "overall" as an official category. In general athletes who win "overall" start the race in either the "age group" or "open" category and should be reported as such.  
 \*\*If no time is assigned to the athlete, please list them as DNF, DNS, or DQ (depending on their race status).

USAT Member #	Last Name	First Name	Gender	DOB	Email	Address	City	State	Zip	Leg 1 Time	Transition 1 Time	Leg 2 Time	Transition 2 Time	Leg Three Time	Category	Final Time
				List as M or F	List as mm/dd/yyyy	Not Required		List as 2 letter abbreviation		Not Required	Not Required	Not Required	Not Required	Not Required	Please list as one of the following: Age Group Open Elite Clydesdale/Athens Para Relay	Total Time for the athlete Time Format: hh:mm:ss.000 or h:mm:ss
	Braconier	Jack	M												Elite	24:45.8
	Sherbakov	Jill	F												Age Group	28:40.2
	Downing	Susan	F												Age Group	30:34.7
	Brodly	James	M												Age Group	33:37.1
	Lourdes	James	F												Age Group	37:44.9
	Cohen	Rhonda	F												Age Group	02:24.5

\*Columns highlighted in green are required to ensure an accurate ranking. Email is now a required field in 2016. Address information is not required, however it does help to ensure that the results are linked to the correct athlete account.

\*\*Columns highlighted in yellow are not required, however, it will help ensure an accurate ranking for all athletes.

\*\*\*Results submitted that are missing any of the required information will be sent back for corrections.

Explanation of Categories:	
<b>Elite:</b>	Athlete holds an elite license with USAT or a foreign federation (athlete must show proof).
<b>Para:</b>	Athletes racing as PC or Paratriathlete. *If athlete is racing in age group then they can be marked as such.
<b>Clydesdale:</b>	Male athletes weighing 220+ lbs. *Athletes will be entered in this category if not competing in their age group. USAT requires any athlete looking to qualify for Age Group National Championships. Olympic Distance to participate in their age group.
<b>Athens:</b>	Female athletes weighing 155+ lbs. *Athletes will be entered in this category if not competing in their age group. USAT requires any athlete looking to qualify for Age Group National Championships. Olympic Distance to participate in their age group.
<b>Relay:</b>	Athletes racing in a relay team.
<b>Age Group:</b>	Age group athletes are athletes who do not hold an elite license and are not para athletes.
<b>Open:</b>	Open waves are held in addition to age group waves. Open waves allow a race director to seed faster athletes at the beginning or end of a race start for safety/competition reasons and allow athletes of different ages to compete against one another.