



EUROPEAN TOUR

2022 XTERRA European tour Rules & Regulations – Age Group

18 Triathlon qualifier events for 2023 XTERRA World Championship

- 4 Long Distance Festivals (Sprint + Kids + Trail Run)
- 14 Full Distance Festivals (Sprint + Kids + other activities)

2022 XTERRA EUROPE SCHEDULE

Date	Race	Location.	Slots for WC 2023
April 9	XTERRA Malta (Silver AG)	Golden Bay	26
April 16	XTERRA Greece (Silver)	Vouliagmeni	26
May 21	XTERRA Portugal (Silver)	Golega	26
June 4	XTERRA Italy – Lake Garda (Silver)	Toscolano Maderno	26
June 11	XTERRA Belgium (Silver)	Namur	26
June 19	XTERRA Prague, CZE (Silver AG)	Prague	26
June 26	XTERRA Switzerland (Silver AG)	Vallee de Joux	26
July 3	XTERRA France (GOLD)	Xonrupt	51
July 17	XTERRA Italy - Scanno (Silver)	Abruzzo	26
July 30	XTERRA Super Besse, FRA (LD)	Super Besse	26
August 6	XTERRA Nouvelle-Aquitaine, FRA (Silver)	Mouliets et Villemartin	26
August 13	XTERRA Ardennes, BEL (LD)	Lac de Gileppe	26
August 13	XTERRA Czech (GOLD)	Prachatice	51
August 20	XTERRA Germany (GOLD)	Zittau	51
Sept 4	XTERRA Sumava, CZE (LD)	Lipno	26
Sept 11	XTERRA Netherlands (Silver AG)	Ameland Island	26
Oct 1	XTERRA European Champ. ITA (GOLD+)	Molveno	51
Oct 15	XTERRA Sardinia, ITA (LD)	Castiadas	26

2022 XTERRA European Championship: It is not necessary to qualify, nor be European to race at the XTERRA European Championship on October 1st in Molveno, Italy. The top three finishers in each age group, regardless of nationality, will be given medals on the podium at the XTERRA European Championship awards ceremony. We will also recognize the top three Europeans in each division even in a situation where a non-European athlete earned a podium spot.

Silver Age Group (*new in 2022*): There are 4 Silver events named ‘Silver AG’ with no Elite prize money. Elites can still race and be ranked within the Elite category.

Return of the European Tour

Step 1: Identify Your Age Group – Your age on the 31st of December 2022 will determine your age group.

Divisions for men and women: 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79 (m), 80+ (m), and Physically Challenged.

Step 2: Race & Score – You may enter as many races as you wish and score points by finishing in the top 15 of your age group. There are four 100-point scale brackets for “Gold” races, and the remainder are 75-point scale brackets for “Silver” races. The season runs from April through October.

Gold: France, Xonrupt | Czech Republic, Prachatice | Germany, Zittau | Trentino, Italy

Silver: Malta | Greece | Portugal | Lake Garda, Italy | Belgium, Namur | Prague, Czech Rep. | Switzerland | Super Besse LD, France | Ardennes LD, France | Nouvelle-Aquitaine, France | Sumava LD, Czech Rep. | Netherlands | Sardinia LD, Italy

Gold 100-Point Scale Breakdown		Silver 75-Point Scale Breakdown	
Place	Points	Place	Points
1 st	100	1 st	75
2 nd	90	2 nd	67
3 rd	82	3 rd	61
4 th	75	4 th	56
5 th	69	5 th	51
6 th	63	6 th	47
7 th	58	7 th	43
8 th	53	8 th	39
9 th	49	9 th	36
10 th	45	10 th	33
11 th	41	11 th	30
12 th	37	12 th	27
13 th	34	13 th	25
14 th	31	14 th	23
15 th	28	15 th	21

Step 3: Must Race Two – You must score and have completed at least two (2) XTERRA events during the season to be named the XTERRA European Tour Champion. There is no limit to how many races you can participate in.

Step 4: Every Race Counts – The athlete with the most points at the end of the season - by gender and age group - earns the title of XTERRA European Tour Champion and has a qualifying slot for the 2023 XTERRA World Championship.

Step 5: Tie-Breaker – If there is a points tie, the tie-breaker will be the athlete with highest points within the official XTERRA World Ranking.

Step 6: Qualifying for the XTERRA World Championship - XTERRA World Championship slots will be awarded to XTERRA European Tour Champions at the end of the season, and at every gold and Silver XTERRA European Tour Event.

XTERRA World Championship Age Group Slots (WC AG Slots)

Gold Events Minimum slots		Silver Events Minimum slots	
Men 29	Women 22	Men 14	Women 12
15-19 1	15-19 1	15-19 1	15-19 1
20-24 2	20-24 2	20-24 1	20-24 1
25-29 2	25-29 2	25-29 1	25-29 1
30-34 3	30-34 2	30-34 1	30-34 1
35-39 3	35-39 2	35-39 1	35-39 1
40-44 3	40-44 2	40-44 1	40-44 1
45-49 3	45-49 2	45-49 1	45-49 1
50-54 3	50-54 2	50-54 1	50-54 1
55-59 2	55-59 2	55-59 1	55-59 1
60-64 2	60-64 2	60-64 1	60-64 1
65-69 2	65-69 2	65-69 1	65-69 1
70-74 1	70+ 1	70-74 1	70+ 1
75-79 1		75-79 1	
80+ 1		80+ 1	
Slot Roll Down			
WC AG slots awarded at a Gold event are subject to roll down up to the 5th place finisher.		WC AG slots awarded at a Silver event are subject to roll down up to the 3th place finisher.	
Additional WC AG Slots			
<p>Additional WC AG slots will be added proportionately to the number of participants per Age Group in every race. 1 slot will be added per every 10 athletes in each age group. The final amount of additional slots will be confirmed on race day. Additional WC AG slots are <u>NOT</u> subject to roll down.</p>			

Physically Challenged (PC) Athletes:

- Physically Challenged athletes may choose to compete in the XTERRA Physically Challenged male/female division or in the XTERRA age group divisions. PC athletes must choose whether to race in the PC or age group division at their first race of the season and remain in that category for the remainder of the year.
- There are no PC age group divisions (15-19, 20-24, etc....) or disability categories (PT1, PT2, etc....)
- All PC athletes who race at least once will earn a World Championship slot.
- The male and female PC athletes with the most points at the end of the season earn the title of XTERRA European Tour Champion. PC Athletes must race at least two events to become the European Tour Champion.