



INDOOR 75 TRIATHLON

RULES

Revised July 2016

ELIGIBILITY

1. Anyone with a valid Cougar Card may participate. Categories will differentiate between male and female.

RACE TIME AND SCORING

1. The total time racing will add up to 75 minutes, with additional transition time of 15 minutes.
2. Participants will have 30 minutes to bike, followed by a five minute transition period. They will then have 30 minutes to run. After the run, participants will have 10 minutes to change and shower before beginning the swim, which will last 15 minutes.
3. Participants will be organized into groups of 10 based on gender and student status. A new group will begin the race every 35 minutes.
4. Participants will be given a scorecard on which they must record their distance for each leg. They must have their scorecard initialed by a supervisor before advancing onto the next leg. Failure to do so will result in not receiving points for that leg of the race.
5. Points will be given for each event based on the number of people in a given category and distance traveled. The top distance earner in each leg will be awarded points corresponding to the number of people in his or her category.
 - a. Example: If there are 21 female students, the female student who finishes first in the run will receive 21 points. Second place will receive 20, third 19, and so on. The person who has the most points total from each leg of the race will be the champion of his or her category.
6. Any participant who deliberately interferes with another participant either during transition or a live event will be disqualified.

THE BIKE

1. The race will begin with the biking leg. Participants will have time to set up the bike for height and resistance.
 - a. There is no standard required resistance; riders have discretion. All participants will begin at the same time at the supervisor's cue.
2. Each rider will use the same LeMond model spin bike with an odometer to track distance.
3. After conclusion of the biking leg, participants must document their time on their scorecards and have them initialed by the supervisor before advancing to the next event. (See Rule II.4)

THE RUN

1. Participants will have five minutes to transition to the track. All participants will begin at the same time at the supervisor's cue.
2. Participants have 30 minutes to run on the indoor track.
3. After conclusion of the running leg, participants must document their time on their scorecards and have them initialed by the supervisor before advancing to the next event.

THE SWIM

1. There will be a ten minute transition period during which all participants must change and shower. Participants must shower before entering the pool. Failure to do so will result in the loss of all points for the swimming leg.
2. All participants must begin the swim with at least one hand in contact with the wall. All participants will begin at the same time at the supervisor's cue.
3. There will be two swimmers per lane.
4. No flotation devices or propellers such as kickboards or flippers may be used. The use of such equipment will result in the loss of all points for the swimming leg.
5. After the conclusion of the swimming leg, participants must document their number of laps on their scorecards and have them initialed by the supervisor. (See Rule II.4)