Self Directed Triathlon

Entries will be taken online at imsports.wsu.edu as well as at the Student Recreation Center on a first-come-first-serve basis. Online registration will open at 12:00am and will close at 11:59pm on the dates listed. Paper entries will also be taken at the Student Recreation Center on the registration dates listed. Paper entry forms are available at the Student Recreation Center or printable from the intramural sports website at imsports.wsu.edu.

NO refunds will be issued after schedules have been made available.

Finishers will receive an intramural championship t-shirt.

ENTRY FEE
$5.00/Individual Member  $8.00/Individual Non Member
REGISTRATION
January 1 – February 26 online and during normal Student Recreation Center hours
ACTIVITY DATES
Monday, March 2 – Saturday, March 29

Here’s your chance to go the distance! Participants will track their miles of running/walking, swimming and biking in an attempt to complete the distance of a long-course triathlon in 3 weeks. That’s right you will get to push yourself to swim 2.4 miles, bike 112 miles and run 26.2 miles. It’s time to grab those goggles, throw on those running shoes and get moving. All participants are eligible for free giveaways and for all those who complete the distance a t-shirt awaits you at the “finish-line.” Remember, with this event: FAST IS GOOD, BUT DISTANCE IS BETTER.

Participants will log their distances for swimming, running/walking, and biking from Monday, March 2 – Sunday, March 29. **All distance must be logged by Sunday, March 29 to pick up your t-shirt.**

ACCESSIBILITY INFO
University Recreation values providing programs and activities that are accessible. We are proud to provide equipment and programming that creates an inclusive environment and makes every reasonable effort to be accessible to everyone. Reasonable accommodations are available with adequate prior notification. Students with disabilities who may need accommodations to fully participate in activities at UREC must have accommodations approved through the Access Center (509- 335- 3417). Contact Joanne Greene at 335- 9669 for more information.

University Recreation would like to thank the CougParents program for their support of IM championship T-shirts.