**Indoor Triathlon**

1. Event
   a. This is an individual event, with two divisions: Men’s and Women’s.
   b. The Indoor Triathlon will consist of three disciplines:
      i. Swimming
      ii. Cycling
      iii. Running
   c. The events will occur in the order listed above.
   d. All participants will be separated into heats of no more than 5 individuals.
   e. These heats will be created based on individuals self-identified swimming level prior to the event.

2. Distances/Timing
   a. Each discipline within the Triathlon, will be based on a set time, not a set distance.
   b. The event schedule is as follows:

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 Minute</td>
<td>Swim</td>
<td>Half Acre Pool</td>
</tr>
<tr>
<td>10 Minute</td>
<td>Transition</td>
<td>Locker Rooms to Cycling Studio</td>
</tr>
<tr>
<td>20 Minute</td>
<td>Bike</td>
<td>Cycling Studio</td>
</tr>
<tr>
<td>5 Minute</td>
<td>Transition</td>
<td>Cycling Studio up to Track</td>
</tr>
<tr>
<td>15 Minute</td>
<td>Run</td>
<td>Half Acre Track</td>
</tr>
</tbody>
</table>

3. Scoring
   a. Each discipline within the Indoor Triathlon will be scored separately, based on the distance travelled.
      i. The individual that travels the most distance swimming will get 1 point, the second most distance will get 2 points, etc.
      ii. The individual that travels the most distance cycling will get 1 point, the second most distance will get 2 points, etc.
      iii. The individual that travels the most distance running will get 1 point, the second most distance will get 2 points, etc.
      iv. After the three events, each individual will have their points from each event summed.
      v. The individual with the fewest points will win.