



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:

| Triathlon Schedule of Events (per heat) | | |
|--|-----------------|--------------------------------|
| Time | Activity | Location |
| 10 Minute | Swim | Half Acre Pool |
| 10 Minute | Transition | Locker Rooms to Cycling Studio |
| 20 Minute | Bike | Cycling Studio |
| 5 Minute | Transition | Cycling Studio up to Track |
| 15 Minute | Run | Half Acre Track |

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.