



UNIVERSITY OF WYOMING

Intramural Sports

Triathlon Challenge Rules

1. Event

- a) This is an individual event, with two divisions: Men's and Women's
- b) The Triathlon Challenge will consist of three disciplines:
 - i. Swimming
 - ii. Cycling
 - iii. Running
- c) Participants will have 5 days to complete the required distances for each discipline.
- d) The distances do not have to be completed in one setting, nor sequentially. For example, a participant could swim on Monday and Tuesday, Cycle on Wednesday, and run on Thursday and Friday, as long as the required distances are met.

2. Distances

- a) 800 yard Swim
- b) 12 mile Bike
- c) 5k run

3. Reporting

- a) All participants must self-report their completion of the distances back to the Rec Sports Office at imsports@uwyo.edu
- b) All participants who complete the Triathlon Challenge will receive an Intramural Shirt!