



TRIATHLON

400M Swim - 20K Cycling - 5K Road Race

DATE & TIME

Athletes can participate in any Triathlon as long as they are the required regulations per NSGA rules.

Events must be a minimum of: **400M Swim - 20K Cycling - 5K Road Race**

LOCATION

Any – Register with Indiana to ensure results submitted. Register with Triathlon on your own. Indiana State Games does not run its own Tri event.

Here is a recommended Sprint Triathlon in Indy – Sunday, July 28, 2024

<http://www.tuxbro.com/entry-info/TRIINDY/TriIndy-EventInfo.php>

REGISTRATION

Register with the Triathlon, then send Holly the results. Because Indiana does not host this event, you will fill out a Limited Events Form to use for your 2025 National Senior Games. Contact Holly to get your results to her and fill out the form. She will submit all information to Nationals.

There is a \$10 Indiana State Games registration fee to report results to Nationals.

\$10 fee does not include commemorative shirt, one may be purchased during registration at www.indianastategames.org

GENERAL INFORMATION:

The following age divisions will apply to both men and women for all individual, doubles and relay competitions: 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90-94; 95-99; and 100+. Age divisions for competition will be determined by the age of the athlete as of December 31, 2024. No onsite registration is allowed.

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ENTRY REGULATIONS

1. Athletes must provide their own bicycles, helmets, running and swim gear, and energy supplements.
2. All equipment must meet USA Triathlon standards

FORMAT

1. The events in this sport are the 400M swim, 20K cycling and the 5K road race.

NSGA SPORTS RULES

1. No rider shall pace behind another rider closer than 10 meters (33 feet) ahead or 2 meters (7 feet) to the side.
2. Helmets are mandatory and must conform to USA Triathlon regulations. Multi-gear (free-wheel) bikes with front and rear brakes are required. Fixed-gear bicycles are not permitted.
3. Swim caps must be worn during the competition. When provided an NSGA cap, it must be worn for competition.
4. Each age group triathlete shall be permitted to wear a wet suit without penalty up to and including a water temperature of 78 degrees Fahrenheit.

MEDALS

Medals are not awarded at triathlon events from the Indiana State Games.

EQUIPMENT

Athletes will dress accordingly for events. Athletes will provide all equipment.

RULES

See NSGA rules that apply.

COORDINATOR

Coordinator will be onsite for any rule's questions.

QUESTIONS

Contact IndianaStateGames@gmail.com or call 812-297-9568 text or please leave a message.