

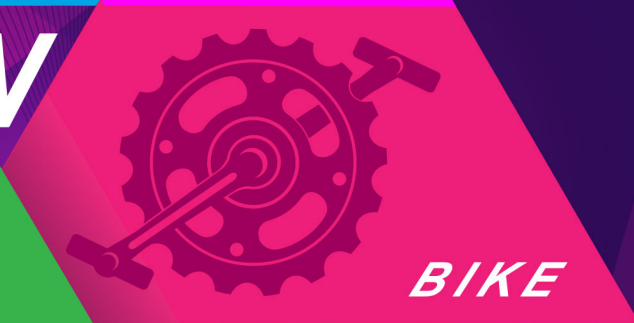


Indoor TRIATHLON

AGES 16+



SWIM



BIKE



RUN

November 10-23, 2019

ENTER FOR A CHANCE TO WIN ONE OF OUR FITNESS ACCESSORIES.
YOU WILL ONLY NEED TO **SWIM** • **BIKE** • **RUN** 20 MINUTES IN EACH CATEGORY!

INDOOR TRIATHLON - Is a variation of the Triathlon and consists of three events: swimming, biking and running on the treadmill or indoor track. All events have to be completed on the same day. Each category is a total of 20 minutes. Participants may take a break at any time during the event, but must keep in mind that the clock is still running. See Rules and Regulations for details.



Greely.ArmyMWR.com



@GreelyMWR | #GreelyMWR | Sports & Fitness Center +1 (907)873-2696



2019 Indoor Triathlon Rules & Regulations



Fort Greely Sports & Fitness Center | ☎ (907)873-2696

1. What is Indoor Triathlon?

This event is a competition in which participants compete in three categories to include biking, running on the treadmill, and swimming. Participants may take a break at any time during the event but must keep in mind that the clock is still running. Participants may take a break at any time during the event but must keep in mind that the clock is still running.

Here's how it works:

20 min: Run/Walk on a treadmill or Indoor Track • **20 min:** Ride an Indoor Cycling Bike • **20 min:** Swimming

2. What type of Bikes can you use?

Only Upright Bikes will be allowed.

3. How are laps counted in the pool?

Each time a participant swims down and back, this will be counted as a single lap. A single lap equals 50 yards. If a participant has reached the end and is on the way back when the time expires, they will get credit for a half lap or 25 yards. Swimmers are allowed to use any stroke they choose. There are no snorkels or lifejackets permitted.

Example: Contestant A has gone down and back 4 four times, which equals 200 Yards. While trying to complete the 5th lap, time expires after they touched the end and are on their way back, which means that the participant has finished with a total of 4 ½ laps or 225 yards.

4. What are the transition times between events?

Participants have 5 minutes to switch between the bike and treadmill. After completing the treadmill, participants have 10 minutes to get changed and begin swimming laps.

5. Does the participant have to compete in a specific order?

No. As long as the participant coordinates with the Sports and Fitness Center Staff about the order, they plan to complete the categories.

6. How are the winners determined?

Scoring the Event

The total available points are based on the total number of participants in the event. For example, if there are 20 participants in the event, the athlete who ran/walked the farthest receives 20 points. The second farthest earn 19 points and so on. Same for the bike and the swim. The three scores for each participant are totaled for an overall score. There will be a 1st Place Winner in the male/female categories. The overall male and female winner will be the participant who achieves the highest score.

7. What is the age requirement?

Participants must be 16 years of age or older.