

TRIATHLON / TRIATHLON RELAY 400M Swim /20K Cycling /5K Road Race

QUALIFYING RULES

1. All athletes completing a triathlon at a 2024 NSGA qualifying games will qualify for the 2025 National Senior Games.
2. Athletes who reside in a state that does not offer a triathlon event may qualify for triathlon by meeting the "limited" event qualifying criteria in Rule D.
3. Athletes who reside in a state that offers the triathlon and does not participate in that state qualifier event can qualify by meeting the "limited" event qualifying criteria in Rule D.
4. Triathlon competitions used for qualifying purposes must adhere to expected standards for the conduct of that sport. All three triathlon elements must be held consecutively on the same day with no scheduled rest periods.
5. Each element must be at least as long as the triathlon event at Nationals. (400M Swim, 20K Cycling and a 5K Road Race).
6. The Triathlon Relay is an OPEN EVENT for 2025. No qualifying by state or limited event is necessary.

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.
2. Awards will be presented for 1st through 8th place within each age division.

TRIATHLON RELAY

FORMAT

1. Triathletes will form a team of three. They will be required to find their own teammates or place an ad on our team finder web page (same as for any other partner or team sport).
2. Each member of the team will complete one element of the triathlon. One will complete the 400M swim, one will complete the 20K cycling course, and lastly, one will complete the 5K road race.
3. The relay will be the first wave of the event. Age division wave for individuals will follow.
4. The age of the youngest member of the team will be the age for the group.
5. There will be three divisions: women, men and mixed relay teams.

SPORT RULES

1. This event will be conducted in accordance with Triathlon Federation/USA rules except as modified herein. For a copy of these rules, please visit the website www.usatriathlon.org or call:

USA Triathlon
5825 Delmonico Drive Suite 200
Colorado Springs, CO 80919
(719) 597-9090

2. No rider shall pace behind another rider closer than 10 meters (33 feet) ahead or 2 meters (7 feet) to the side.
3. 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.
4. Swim caps must be worn during the competition. When provided an NSGA cap, it must be worn for competition.
5. 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.