

Indoor Triathlon Rules and Format

The Indoor Triathlon consists of three stations for time with the objective of going the farthest distance at each station.

- Rowing in SRWC Three Court Gym (10 minutes)
 - Distance in meters
- Transition time (8 minutes)
- Stationary Biking in SRWC Three Court Gym (30 minutes)
 - Distance in miles
- Transition time (6 minutes)
- Indoor Track Running in SRWC (20 minutes)
 - Distance in miles based on number of quarter laps.

Safety and COVID-19

Masks will be required AT ALL TIMES during the event. Masks must cover both the nose and mouth. Anyone without a mask or does not fully cover their nose and mouth will be disqualified and must leave.

All equipment will be cleaned prior to use and between each station by Race Staff. Hand sanitizer and wipe stations will also be available.

Distance Tracking

Race Staff will record the distance for each station on scoresheet. The staff person and participant must initial each recorded distance on the scoresheet. The participant is responsible for the score sheet until handed in at the end of their heat.

Point System

Points will be awarded to participants based on how they place in each station with the maximum number of points being awards to the participant that travels the most distance in the allotted time.

Example: 10 total participants enter the race. Participant A places 1st in rowing and earns 10 points. They then place last in biking and earn 1 point. Lastly, they place 3rd in running and earn 8 points. Participant A earns a total on 19 points overall.

The participant with the most points at the end will win the triathlon.

Rowing Station

Participants will have time to adjust their rowing machine and warm up prior to the starting time. Any resistance may be used. Prior to the start of the station, the distance must be cleared to zero on the computer. No “running” starts.

Biking Station

Participants will have time to adjust their bike and warm up prior to the starting time. Any resistance may be used. Prior to the start of the station, the distance must be cleared to zero on the computer. No “running” starts.

Running Station

Runners will be placed on the track at the four different quarter lap start lines. No “running” starts.

Race staff will count the number of quarter laps completed by the participant. A quarter lap must be completely finished for it to count. Race staff will have discretion to decide if a quarter lap was completed or not at the end of time.

Participants must use the inside lane with the outer lane only for passing another participant. Runners are not allowed to run in groups.