



## TRIATHLON

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

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**DATE & TIME** Sunday, April 24, 2016 9:00 am (EST)

**LOCATION** Carmel, IN  
CARMEL SPRINT SERIES  
ADDRESS AVAILABLE SOON

There is a separate site fee to be paid onsite for this event.  
Fee is \$58 with USAT Membership, \$70 without USAT Membership.  
MUST register LINK AVAILABLE SOON

### 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, 2016. No onsite registration is allowed.

### 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.

### PACKET PICKUP

Packets will be available at check-in location for Triathlon. Indiana State Games will have a table in the vendor area onsite. Also, Packet pickup available after completion of event on day of Triathlon.

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### QUALIFYING RULES

1. All athletes completing a triathlon at a 2016 NSGA qualifying games will qualify for the 2017 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).

### MEDALS

Medals are given to 1<sup>st</sup> (Gold), 2<sup>nd</sup> (Silver), 3<sup>rd</sup> (Bronze) in each age group. The Indiana State Games allows and encourages athletes from out of state to participate. The definition of an athlete’s state of residence is that state in which the person resides for at least six months out of the year. Medals awarded at completion of race after all completed times are confirmed.

### 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 rules questions.

### QUESTIONS

Contact [IndianaStateGames@gmail.com](mailto:IndianaStateGames@gmail.com) or call 812-492-7440 please leave a message.