



TRIATHLON

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

DATE & TIME Saturday, June 29, 2019 7:00 am (CDT)

LOCATION Boonville, IN
YMCA Sprint Triathlon*
Scales Lake

*Race Course distances are: **Swim 0.5 Miles –Bike 17 Miles –Run 3.1 Miles**

REGISTRATION There are **TWO** registrations required for this event.

1. [Register with Indiana State Games.](#) 2. [Register with Triathlon.](#)

There is a separate site fee for this event.

Fee is \$60 with USAT Membership, USAT Membership available online.

Early Registration ends May 19, 2019.

\$70 fee after May 19 and must register by June 27, 2019.

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, 2019. No onsite registration is allowed.

QUALIFYING RULES

1. All athletes completing a triathlon at a 2018 NSGA qualifying games will qualify for the 2019 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).

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.

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FORMAT

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

PACKET PICKUP

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

MEDALS

Medals are given to 1st (Gold), 2nd (Silver), 3rd (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 or call 812-297-9568 text or please leave a message.