

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

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**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.

**FORMAT**

1. The events in this sport are the 400M swim, 20K cycling and the 5K road race.
2. Awards will be presented for 1<sup>st</sup> through 8<sup>th</sup> place within each age division.

**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 write, email or call:

USA Triathlon  
1365 Garden of the Gods Rd, Suite 250  
Colorado Springs, CO 80907  
(719) 597-9090  
[www.usatriathlon.org](http://www.usatriathlon.org)

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. NSGA Swim caps must be worn during the 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.