

SPORT: TRIATHALON

EVENT *National qualifying event*

A three sport competition consisting of a 400 yard freestyle swim, 20K cycling, and 5K road race.

Open to Men and Women ages 40-49.

EQUIPMENT

Appropriate athletic apparel and gear for each sport. Hard shell helmets and multi-gear (free wheel) bikes with front and rear brakes are required. See Cycling (pg 21) for complete bicycle and helmet requirements.

Wet suits will not be permitted. Swim caps are mandatory.

DESCRIPTION

The Triathlon will be governed by the Triathlon Federation/USA competitive rules with the exception noted below.

1. Hard shell helmets are required.
2. Multi-gear (free wheel) bikes with front and rear brakes are required. **FIXED GEAR BICYCLES ARE NOT PERMITTED.**
3. There may be no protective shield, faring, or other device on any part of the bicycle which has the effect of reducing air resistance.
4. No rider shall take pace behind another rider closer than 25 meters (80 feet) ahead, or 2 meters (7 feet) to the side.

National Qualifying Requirements:

All athletes completing a triathlon at a 2010 NSGA qualifying games will qualify for the 2011 Summer National Senior Games.