

Triathlon Program Fall 2020

4 Races:

- Sprint Triathlon
 - 750yd (30 lengths) Swim
 - 10K (6.2 mile) Bike
 - 2.5K (1.6 mile) Run
- Olympic Triathlon
 - 1.5K (62 lengths) Swim
 - 40K (24.8 mile) Bike
 - 10K (6.2 mile) Run
- Half Ironman
 - 1.2 mile (80 lengths) Swim
 - 56 mile Bike
 - 13.1 mile Run
- Full Ironman
 - 2.4 mile (159 lengths) Swim
 - 112 mile Bike
 - 26.2 mile Run

Rules:

***All activity must be completed inside the HPER Center.**

***After each swim, participants must get an on-duty Lifeguard to document their distance**

***After each run (preferably on the treadmill, but the track is acceptable as well), participants must get an on-duty Facility Manager or Cardio Room staff member to document their distance**

***After each bike (in the cardio room or on the mezzanine), participants must get an on-duty Facility Manager or Cardio Room staff member to document their distance**

***Distances completed only go towards one “race”**

- **Once participants have completed one “race” they must start at “0” to work towards completing another “race.”**

- ***Distances can/should be accumulated over the span of Monday, October 12 – Thursday, December 31, 2020. Not in one visit to the HPER Center**

***Start Date: Monday, October 12th; End Date: Thursday, December 31st**

Prizes:

***Prizes will be administered upon submission of completed distances to the Aquatics Director**

For more information please email Kari Anne Gray at kgray@uca.edu.