Senior Olympics
Triathlon Rules

Playing Format

1. The Triathlon will be governed by the Triathlon Federation/USA competitive rules with the exception noted below. For a copy of these rules please write or call:

   USA Triathlon
   595 E. Fountain Blvd., Ste. F-1
   Colorado Springs, CO 80910
   (719) 597-9090

   National Senior Games Association
   PO Box 82059
   Baton Rouge, LA 70884-2059
   (225) 766-6800
   www.nsga.com
2. The Triathlon consists of swimming 500Y, cycling 20K, and road race 5K.
3. Hard shell helmets are required (ANSI or Snell approved with sticker affixed). Multi-gear (free-wheel) bikes with front and rear brakes required. **Fixed gear bicycles are not permitted.**
4. There may be no protective shield, faring, or other device on any part of the bicycle (including, but not limited to the frame, wheels, handlebars, chain wheel or accessories) which has the effect of reducing air resistance.

Playing Rules

1. No rider shall take pace behind another rider closer than 10 meters (33 feet) long, 2 meters (7 feet) wide surrounding every bicycle. See Cycling Rules for Taking Pace Diagram.
2. No support team will be allowed.
3. Any athlete completing the Triathlon will qualify for the National Senior Games.
4. If an athlete competes in both the Triathlon and the Co-ed Relay Triathlon, that athlete must compete in the first leg of the relay.

Co-ed Relay Triathlon (Bonus Event)

1. Three (3) persons per team (men and women in any combination) but must include both men and women).
2. One age group (50+).
3. Medals will be awarded.
4. Contestants must pre-register.
5. Partner must be touched to continue.
6. Same distances as in Triathlon.
7. Same rules as in Triathlon.

2009