

Triathlon Rules

Triathlon Information

- All participants must provide a valid OU ID (with picture) prior to each contest.
 - No OU ID = No Play
- Registration will be taken online at www.imleagues.com

Event Information:

Event Location: Murray Case Sells Swim Complex

Check In Time: 15 minutes prior to the designated heat

Start Time: First come, first serve via online registration

Participants will be released in ten-minute waves.

Each participant must complete the following in order:

1. 1.5 Mile Bike Ride
2. 100 Yard Swim
3. .75 Mile Run

Elapsed time will be recorded for all three events for each participant.

For rules not specifically mentioned above refer to USA Triathlon Official Rules.