

# Triathlon

*Revised November 2019*

Refer to the 55+ BC Games 'General Rules Book' for additional general rules that apply to all sports.

## 1. Age Categories

Men 55-59, 60-64, 65-69, 70-74, 75-79, 80+

Women 55-59, 60-64, 65-69, 70-74, 75-79, 80+

For **team** relays the age categories are as follows:

220 total year of age to 259 total year of age

260 total years of age to 299 total years of age

300 total years of age to 339 total years of age

340 total years and over

## 2. Events

- a) Two events – **Host Community Choice event** on Thursday and Sprint Triathlon on Saturday (must have one day off between events)
- b) Sprint Triathlon is 750m swim / 20km cycle / 5km run
- c) One of the following events can be chose by the Host Community:
  - 1) **Duathlon is 2.5k run / 20k bike / 2.5 k run**
  - 2) Aquathlon **is 2.5km run / 1km swim / 2.5km run**
  - 3) Aquabike is 1km swim / 20km bike
  - 4) **Cross Triathlon is 250m swim / 5km off road trail ride / 1.5km trail run**
  - 5) Mixed Team relay is 250m swim / 5km bike / 1.5km run (four person teams - 2 males, 2 females) each participant complete one full cycle before the next team member begins (cross zone is not permitted)

## 3. Participation

- a) Each zone may send an unlimited number of participants **per age category**.

## 4. Competition

- a) Official rules of ITU rules with Triathlon BC rule modifications **shall apply with 55+ BC Games exceptions**.
- b) **The Host Society Sport Chair will post the schedules draws and results at the venue throughout the competition.**
- c) Participants are required to wear approved helmets at all times when on-bike.
- d) It is the participant's responsibility to ensure their bicycle is in good operating condition and has two (2) operating brakes.
- e) Bicycles must meet ITU regulations.
- f) The use of non-standard bicycles (recumbents, trikes, unicycles, penny farthings, electronic) is prohibited
- g) Participant numbers will be marked on each arm and leg. One calf of the participant must be marked with the gender, age category and race number of the participant
- h) When the swim portion of the race is in open water, ITU wetsuit-use guidelines apply
- i) This event is not draft legal.



## 5. Medals

Gold Silver and Bronze medals will be awarded to the top three finishers in each category.

For relays, Gold, Silver and Bronze medals will be awarded to the top three teams in each category.