



MARSHALL REC

INDOOR TRIATHLON

Saturday, February 29, 2020

Fees:

\$20 per person in advance

\$40 day of race

\$50 for 2 or 3 person corporate teams

Cash or Check ONLY

Make Checks Payable to:

Student Recreation Council

Fee is non-refundable.

Allow 3-4 days for delivery.

Register online at
www.TriStateRacer.com

or **Submit entry form & fee to:**
Marshall Recreation Center
Attn: Kayla Dodd
402 Thundering Herd Drive
Huntington, WV 25755

www.marshall.edu/campusrec

Registration Form

Name: _____ Phone: _____

Street address: _____

City: _____ State: _____ Zip: _____

E-mail: _____

Circle shirt size: S M L XL 2XL 3XL Kids sizes: S M L

Gender: M F Age day of race: _____

Team name (if registering a team): _____



Adults:

300 yards:
12 pool-lengths

8 miles on
spinning bike

2 miles on
treadmill

Kids:

150 yards:
6 pool-lengths

4 miles on
spinning bike

1 mile
7 laps on track

Age Divisions:

16-19, 20-29, 30-39, 40-49, 50-59, and 60+

Kids Age Divisions:

10 & Under and 11-15

Rules & Guidelines:

Heat sheets will be posted the morning of the race. You must race in your assigned heat. Children will race in heats. Flotation devices (kickboards, life vests, buoys) are allowed. Fins and paddles are prohibited.

There will be 5 minutes for transition. Everyone must change clothes after the swim portion of the race. No exceptions.

Times will be based on the cumulative time for the three disciplines.

Children must be 4 feet and 2 inches tall in order to use the bike. They will be marked after each lap on the track.

All children must know how to swim. ONE parent is allowed to accompany their child for the 10 & under year old division, but may not assist in any way. NO parents are allowed to accompany their child in the 11-15 year old race.

There will be no packet pick-up the evening before the race. Participants must sign consent forms at packet pick-up the morning of the race beginning at 7am.

Awards:

Top Overall Male & Female
First Place Male and Female
in each age division
Corporate Cup for top team

T-Shirts:

To be guaranteed a t-shirt in your desired size, entry forms must be received by February 24th.