

The UNIVERSITY HEALTH CLUB's  
9th Annual Indoor Triathlon



Name: \_\_\_\_\_ Gender: \_\_\_\_\_

Mailing Address: \_\_\_\_\_  
(street) (city) (state) (zip)

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Emergency Contact Name/Phone: \_\_\_\_\_/\_\_\_\_\_

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**Triathlete Category (please select one):**

☐ **Individual** - \$15 registration fee (+ tax)

☐ **Team** - \$30 registration fee (+ tax)

Circle your age division on race day:

24 & under 25-29 30-34 35-39

40-44 45-49 50-54 55-59 60+

Team Name: \_\_\_\_\_

*\*Payment due when registration is submitted.*

*\*Upon receiving payment, no refunds are allowed.*

*\*Minors must have written consent of parent or legal guardian.*

**Official Rules and Regulations**

## **About the Event**

**Saturday, March 10, 2018**

**Event Start Time: 8:00 AM**

Registration is available at the University Health Club reception desk or online at [www.ouhsc.edu/uhc](http://www.ouhsc.edu/uhc). Online registration ends March 8<sup>th</sup>. If you wish to register after March 8<sup>th</sup>, you must register in person at the University Health Club.

## **Triathlete Categories**

*Individuals:* Awards will be mailed to the top three finishers in the following divisions: Female and Male within each age group. Also, the Overall Female and Overall Male will be recognized.

*Teams:* Teams may consist of two or three participants. The first place team will receive an award.

## **Indoor Triathlon Course Progression & Scoring**

Performance is measured by total distance covered in the time allowed. The more distance you cover, the higher your place. Swim distance is measured to the nearest meter; distance is measured to nearest 0.1mi on the bike and 0.01mi on the run.

10-minute swim in lap pool ..... 100 meters = 10 points

*10-minute transition (swim to bike)*

30-minute bike ..... 1 mile = 10 points

*5-minute transition (bike to run)*

20-minute treadmill run ..... 1 mile = 40 points

## **Waves and Timing**

First heat begins at 8:00 AM. A new heat begins every 35 minutes. Start times will be assigned unless special considerations are requested. Each participant will receive an e-mail with a unique start time and official rules prior to the event. Please arrive 30-45 minutes prior to your designated start time.

The following start times will be assigned. Additional start times will be added as needed.

- |             |                  |
|-------------|------------------|
| 1) 8:00 AM  | 6) 10:55 AM      |
| 2) 8:35 AM  | 7) 11:30 AM      |
| 3) 9:10 AM  | 8) 12:05 PM      |
| 4) 9:45 AM  | 9) 12:40 PM      |
| 5) 10:20 AM | 10) 1:15 PM etc. |

## **Packet Pickup**

Packet pick-up will occur on race day at the University Health Club. Packets may be picked up as early as 7:30 AM. Please arrive 30-45 minutes prior to your designated start time. Identification is required.

## **Swim rules**

Swimmers must begin the race in the water with a body part in contact with the starting end of the pool.

Swimmers will start and stop when the swim marshal blows the whistle.

Swimmers must stay in their assigned lane.

Swimmers must remain in the pool for the duration of the swim.

The use of any artificial propulsion and/or flotation device is prohibited; including, but not limited to fins, hand paddles, water gloves, kickboards, pull buoys, and snorkels.

With the exception of the end walls, no inanimate object (lane ropes, sides of pool, pool bottom) may be used to aid in forward progress at any time. Flip turns are allowed.

Failure to adhere to this regulation will result in a warning and 100 meter penalty after the first offense and disqualification after the second. (This means you cannot walk or jump off of the bottom of the pool.)

Swimmers must continue in the same forward direction until they have made contact with the end wall. (You cannot turn around until you have completed a full pool length.)

Distance covered and amount of time will be kept by event officials; all other time keeping and/or distance measurements are null & void.

### **Bike rules**

Riders must remain on the bike for the duration of the biking leg.

Shoes, shirt, and shorts/pants must be worn at all times during the biking leg. The bikes' pedals are equipped with shoe clips.

Dry yourself as much as possible after the swimming event to avoid soaking the bikes.

Riders may get on the bike prior to the start, but cannot begin to pedal until the start signal is given.

Late arrival for the start of this leg will result in a penalty of time lost.

Distance covered and amount of time will be kept by event officials, all other time keeping and/or distance measurements are null & void.

The resistance set on the flywheel determines the speed at which the participant is pedaling. The higher the resistance, the more distance will be covered.

### **Run rules**

Runners must remain on the treadmill for the duration of the run.

Shoes, shirt, and shorts/pants must be worn at all times during the running leg.

Runners may get on the treadmill prior to the start, but cannot begin running until the start signal is given.

Late arrival for the start of this leg will result in a penalty of time lost.

Distance covered and amount of time will be kept by event officials, all other time keeping and/or distance measurements are null & void.

### **Transitions**

All changing of clothes must take place inside the locker rooms.

Participants must not attempt to disrupt or impede the transition of another competitor in any way.

Failure to appear to the next leg of the race within the transition time limits will result in a penalty of time lost for that leg, failure to appear to any one or more legs of the race will result in disqualification.

**Absolutely NO running in the transition areas.**

### **Also**

All participants must conduct themselves within the guidelines of "good sportsmanship" and in accordance with the rules and regulations listed above.

Competitors must follow any and all instructions given by event officials.

Except where an alternative penalty is listed; any violations will result in disqualification. Any and all judgments/rulings made by event officials are final and may not be disputed.

Personal music devices are allowed.

Please feel free to use the locker room and showers after your final event.

The awards will be mailed out after the event.

Don't be shy about cheering for your friends and/or teammates.

**INDOOR TRIATHLON RELEASE**  
**2018 University Health Club**  
**Saturday, March 10, 2018**

**PLEASE TYPE OR PRINT CLEARLY**

Participant Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

Street

City

Zip Code

Participant Age: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_

**LIABILITY WAIVER AND RELEASE/ASSUMPTION OF RISK.** I hereby affirm that I am in proper physical condition to participate in any and all 2018 University Health Club Indoor Triathlon events. In consideration of my participation in the Triathlon, I hereby agree to fully assume any and all risk of personal injury and property damage that may arise from my participation and attendance at any Triathlon event. I further agree to waive any and all claims for myself and my heirs for personal injury and property damage, of any kind or character whatsoever, against the Board of Regents of the University of Oklahoma, its employees, officers, directors and all sponsors and their agents, servants and employees, as well as all other event location owners and organizations, all participating companies and organizations and volunteers, hereinafter, collectively referred to as the ("Releasees"), and hereby release the Releasees from all liability for any such claims of injury or illness which may directly or indirectly arise from, or occur as a result of my participating in the Triathlon events.

**INDEMNITY.** In further consideration of acceptance of this entry to participate in and attend the Triathlon, I hereby agree to indemnify and hold harmless the Releasees from and against any and all claims of third parties, including but not limited to fellow employees and members of the public, for personal injury and/or property damage which may result from or be caused by the undersigned's intentional, deliberate or negligent conduct while engaging in and/or attending the 2018 University Health Club Indoor Triathlon. This indemnity shall survive my participation in and attendance at the Triathlon events.

**PERMISSION TO USE NAME AND PHOTO.** I understand that while participating in the Triathlon I may be photographed by the Releasees or their agents. I hereby grant my permission to the Releasees the exclusive and free right to tape, broadcast, telecast, video, sell, photograph, record, or use in any other electronic or mechanical reproduction in connection with the Triathlon, my name or my likeness alone or with other persons, together with alterations or edited versions of the foregoing.

**CANCELLATION AND START TIME.** I understand that the 2018 University Health Club Indoor Triathlon may be canceled in the sole judgment and discretion, including if unsafe conditions exist for any reason, but not limited to rain, snow, sleet, hail, lightening, tornado conditions, heat, civil disturbances, strikes or any other circumstances found to cause unsafe conditions by sponsors.

I further agree that the starting time of the event may be changed at the sole discretion of the Releasees.

By signing this form, I acknowledge that I have read this Triathlon Release Form in its entirety, and fully understand if I am signing as the parent or legal guardian of a minor participant. I accept these terms and agree to this release on behalf of and in the interest of the minor, and agree with its contents, and fully accept all of its terms, conditions, and provisions.

Participant Signature: \_\_\_\_\_ Date \_\_\_\_\_

Parent or Legal Guardian Signature: \_\_\_\_\_ Date \_\_\_\_\_

(if participant is a minor)