

## **TRIATHLON**

Sunday, October 17

Entry Deadline: October 3

### **EVENT**

750M Swim/ 20km Bike/5km Run

In conjunction with The Triathlon Club of Oklahoma City's Chisholm Trail Sprint Triathlon and Route 66 Multisport Festival

At Lake El Reno: 2000 Babcock Drive, El Reno, OK 73036

Go to: <https://triokc.club/chisholm-trail-tri> for full event details.

Event Fee when signing up with the Oklahoma Senior Games: \$45

### **RACE START:**

There is a racer's meeting with the Race Director and Head Referee at 7:30am.

Sprint Distance- Transition will open at 6:10 am and close at 7:20am with the **Sprint Race Start at 7:45am**

### **PACKET PICK-UP:**

is available on Friday from 3 to 7pm. Check Triokc website for the location. Also, on Race Day at the Park Pavilion at 6:10 with prior arrangements

### **FORMAT**

The events in this sport are the 750M swim, 20K cycling and the 5K road race.

### **ENTRY REGULATIONS**

1. Athletes must provide their own bicycles, helmets, running and swim gear, and energy supplements.
2. All equipment must meet USA Triathlon standards.

### **SPORT RULES**

1. This event will be conducted in accordance with Triathlon Federation/USA rules except as modified herein. For a copy of these rules, please write or call:

USA Triathlon

1365 Garden of the Gods Rd, Suite 250

Colorado Springs, CO 80907

(719) 597-9090

[www.usatriathlon.org](http://www.usatriathlon.org)

2. No rider shall take pace behind another rider closer than 10 meters (33 feet) ahead or 2 meters (7 feet) to the side.
3. Helmets are mandatory and must conform to USA Triathlon regulations. Multi-gear (free-wheel) bikes with front and rear brakes are required. Fixed-gear bicycles are not permitted.
4. Swim caps are mandatory.

5. Triathlon competitions used for qualifying purposes must adhere to expected standards for the conduct of that sport. All three triathlon elements must be held consecutively on the same day with no scheduled rest periods.
6. Each element must be at least as long as the triathlon event at Nationals. (400M Swim, 20K Cycling and a 5K Road Race).

### **SPRINT DISTANCE TRIATHLON**

The 750 meter swim is an open water swim in Lake El Reno. Triangle course. Wetsuits should be permitted, lake temperature should approximately be mid 70's. The 20K mile bike course is out and back, the majority being on Route 66 with a few slight inclines. The 5K run course is paved, flat and winding asphalt road, out and back course.

Link to Chisholm Trail Sprint Triathlon website: <https://triokc.club/chisholm-trail-tri>

### **DIRECTIONS TO EVENT**

From OKC take I-40 west to El Reno, exit Country Club Rd (Exit 123). Go north 1 mile to Elm St. Go west (turn left) on Elm St. and road will lead straight in the parking/race start area. Look for the El Reno water tower.

### **PARKING**

Please park in the grass in the ballpark area, just before entering the race site.

### **USAT SANCTIONED EVENT**

This is a USAT Sanctioned Event. It will follow all USAT rules and guidelines. All participants **MUST have a valid ID along w/ a USAT License. If you do not have a valid USAT #, then you MUST purchase a one-day USAT Membership for \$15.** You can purchase a one-day or annual USAT membership direct from USAT.

### **USAT RULES**

The Most Common Rule Violations – A MUST READ!! [Most Common Rules Violations & Their Penalty](#)

### **EVENT DIRECTOR**

Steven English

[triathlonclubofokc@gmail.com](mailto:triathlonclubofokc@gmail.com)

**2021 is a year in which to qualify for NSGA competition in**

**Fort Lauderdale, Florida, May 10-23, 2022.**

**Athletes who HAVE qualified in the Oklahoma Senior Games in 2018 and/or 2020 are already qualified and are welcome to compete in Oklahoma again in 2021.**

Please go to:

<https://nsga.com/wp-content/uploads/2021/01/2022QualificationUpdate011221.pdf>

for adjusted qualification information for nationals.

**For more information about national competition go to: NSGA.com**

1. All first, second, third and fourth place winners in each event, gender and age group qualify to compete in the 2022 National Senior Games.
2. The NSGA definition of an athlete's state of residence is that state in which the athlete resides at least six months of the year.
3. Oklahoma is an "Open" state. This means Oklahoma Senior Games allows participation by out-of-state athletes.
4. Triathlon allows for four resident qualifiers in each event, gender and age division. Oklahoma qualifies four Oklahoma residents or resident teams in addition to any top four finishing out-of-state athletes or athlete teams. This means that if the top four places are all filled with out-of-state athletes, Oklahoma residents who place in the next four positions qualify for the 2022 National Senior Games. Oklahoma would then qualify eight athletes or athlete teams for the national senior games in that event, gender and age division.
5. **Triathlon is a "limited event" for the 2022 National Senior Games. Triathletes who do not participate in state senior games must submit verification of having completed one triathlon between January 1 and December 31, 2021.**
6. **All triathletes have the opportunity to participate under the "limited" event criteria regardless if a state offers the event.**
7. Athletes must submit to the NSGA office by no later than **February 15, 2022**, a Limited Event Verification form, available on the NSGA website, along with a copy of the official results or another public document illustrating the results.
8. The Limited Event Verification Form is at:  
<https://nsga.com/wp-content/uploads/2021/01/2022NSGALimitedEventFormweb.pdf>