



Indoor Triathlon - School Championships

Junior High Boys and Girls - Senior High Boys and Girls

Triathlon NL is hosting its **school championships** for indoor triathlon. Building on our first year success (in 2019), we hope to have a full field for the competition.

Date & Time: Saturday, June 4, 2022 9 AM – 1 PM
Eligible Athletes: Grade 7 – 12 (Born 2005 – 2010)
Place: MUN Pool & Field House, Westerland Road, St. John's

What is Indoor Triathlon?

Similar to an outdoor triathlon, indoor triathlon is a multi-sport event with swim, cycling, and running components. The swim is conducted in the MUN pool, while the Field House is the location for the cycling component on spin bikes, and the run using the indoor track.

Athletes will swim for 15 minutes, cycle for 15 minutes, and run for 15 minutes. (10 minutes each for Junior Boys and Girls.) The distance covered in each component is used to derive the number of points earned in each component, based on a weighting factor for each sport. The winner is based on the most points.

There is a 12 minute transition between swim and bike, and a 3 minute transition between bike and run. The athlete's competition is completed in 1 hour. Athletes will compete in groups of 10, called waves.

Indoor triathlon is well suited to novice athletes in triathlon. There are minimal equipment requirements – basically swim suit and goggles, and running kit. Concerns about large groups in open water, or road cycling are completely avoided. This event is well suited to athletes with good endurance.

The Competition

There will be individual champions declared in each of the four categories: Junior High Boys, Junior High Girls, Senior High Boys, and Senior High Girls. There will be school champions declared in two categories: Junior High and Senior High. Boys and Girls will earn points for their schools based on their overall placing within their Boys and Girls categories, and these points will be combined for a school total to determine the champions.

Registration

Students register individually <https://ccnbikes.com/#!/events/indoor-triathlon-school-open>. The registration fee is \$10 + some small processing fees. Deadline for registration is midnight, June 3rd. For more information, contact admin@trinl.com.