



NCAA Triathlon

Race Format and National Championship Qualifying Procedure Proposals

Regular Season:

Varsity- (Draft-Legal) Five (5) participants per team max (3 score / 2 place hold)

Novice- (Non-Drafting) Seven (7) participants per team max (4 score / 3 place hold)

Open Water Swim:

(Swim: 750m / Bike: 20k / Run: 5k)

- Competitor Limit
 - ✓ Varsity- 75 participants
 - ✓ Novice- 105 participants (Non-Drafting)

Pool Swim:

Option #1:

Mass Start (in lanes):

(Swim: 500m / Bike: 15k / Run: 3.5k)

- 2-4 Teams
 - ✓ 4-5 Athletes per team, depending on the pool lanes available
 - ✓ Max of 2 athletes per lane
 - If one per lane, dive start from the blocks allowed
 - If two per lane, start must be in water with one hand on the wall.

Option #2:

Seeded heats

(Swim: 400m / Bike: 10k / Run: 2.5k)

- Heats determined by estimated swim time
- Equal number of athletes from each team in opening heats

Team Relay Event: (Open Water or Pool)

(Swim: 200m / Bike: 5k / Run: 1.25k)

Each member of the relay team completes a full swim/bike/run

- 2-16 Teams
 - ✓ Each team consists of 4 athletes
 - ✓ Up to two teams per institution may race a relay

NOTES:

SWIM

- **REGULAR SEASON** swim course total distance can vary up to 150meters +/- specs above

BIKE

- **REGULAR SEASON** bike course total distance can vary up to 1k +/- specs listed above
- **Optimal bike circuit length for Draft Legal races = 5k**

RUN

- **REGULAR SEASON** Run course distance can vary up to 250 meters +/- specs above



Regional Qualifiers (if necessary)

Open Water Swim: (Swim: 750m / Bike: 20K / Run: 5K)

All teams are eligible for their respective Regional Qualifier

- Designate three (3) National Championship Qualification events
- Events will take place between September 1 and the last full weekend of October
- Events will be situated in three regions – East, Central, West (one each per region)
- Teams must race in their respective region to qualify
- Teams may race in other regions, space permitting, but will not qualify from such
- Top four (4) five-person teams from each qualifier advance to Nationals (60 athletes advance)
- Top five (5) individuals from each qualifier who are not on a qualifying team advance (15 athletes)
- Any unclaimed team or individual spots becoming wild cards to be filled by Coaches Association

NCAA Triathlon National Championships

Date: First Full Weekend in November

Open Water Swim: (Swim: 750m / Bike: 20K / Run: 5K)

Determination of Participants:

- 12 draft-legal teams
- 75 draft-legal athletes
 - ✓ Top four (4) five-person teams from each qualifier (60 athletes)
 - ✓ Top five (5) individuals from each qualifier who are not on a qualifying team (15 athletes)
 - ✓ Any unclaimed team or individual spots becoming wild cards to be filled by Coaches Association

Team Scoring Point System:

Modeled after cross country scoring (lowest score wins)

- All triathletes who finish a race shall be given an overall-finish place. However, only the first three (3) on any one team will score
- An order for team-finish placing is established by removing all triathletes behind the top three (3) finishers on each team. (Teams not finishing at least three likewise shall not be included in the order of team finish.)
- Score shall be determined by total points of first three finishing triathletes of each team.
- The team scoring the lowest number of points shall be the winner.
- Although the (4th) fourth and (5th) fifth triathletes on a team to finish do not score points toward their team's total, their places, if better than those of any of the first three of an opposing team, serve to increase the team score of the opponents.



Facilities/Venues required to host a collegiate event:

1. **Swim Course:**

Open body of water: Sanitary body of water large enough to accommodate a one or two (2) loop swim course.

Pool : 25 or 50 yard or meter pool. Two athletes per lane max.

2. **Bike course:** Paved road circuit completely closed to traffic and able to accommodate a multiple loop course and no bike lap crossovers, or crossover with the run course

i. Minimum length of circuit = 5 kilometer

3. **Run course:** Closed to all vehicle and pedestrian traffic that can accommodate a multiple loop course with no run lap crossovers, or crossover with the bike course

a. Minimum length of circuit

i. Draft Legal (Varsity)- 2.5 kilometers

b. Non Drafting (Novice)- able to accommodate a course of no more than two loops based on the total distance of the run leg.

4. **Transition Area:** Flat, smooth transition area capable of handling up to 75 athletes per race with a length of 250' and width of 24' and no more than 200 meters from the swim exit. Recommend transition of with athletes alternating on both sides. 2 feet minimum between athletes and 18 feet minimum between bike racks and mount or dismount line. Each athlete must have a gear bin of 16x12x8 (minimum) and placard with athlete name, number and school name.