



TRIATHLON RULES

Triathlon Federation USA Rules will be followed, with the right to make exceptions. Common rule violations are listed below for your convenience. Visit <https://www.teamusa.org/USA-Triathlon> for further information. This is not a sanctioned race. Note: Helmets must be worn during the cycling portion of the competition. For safety reasons, no headphones/iPods etc. will be allowed on any part of the course. Participants should leave their running shoes in the transition area.

Eligibility

All participants must be regular employees (full or part-time), interns or retirees of companies registered for the Des Moines Corporate Games.

Competition Information

1. In order to participate in the Triathlon, participants must complete the online check-in. Visit the DMCG Triathlon page for more details. Race packets will be located in the transition at the participant's bike spot. No formal in-person check in will take place.
2. One competition option is available for the triathlon:
 - a. Individual Competition
 - i. Participant will compete in all three events (swim, bike, run)
 - ii. There is no limit on individual participants

DMCG Point System

Individual Competition

- The Triathlon will be held as a single event. Individuals will compete within their age group against competitors from all divisions
 - **Age Groups: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+**
- Points will be awarded to the top four finishers in each age group (**by division**) as follows:

Place	Points
1 st	60
2 nd	40
3 rd	30
4 th	20

- Participation points will be awarded for all individuals participating in the Triathlon. To receive **20** participation points, individuals must complete the triathlon as designed.