SRWC Mini Triathlon

This fun competition will assess your cardiovascular endurance and will compare your results to others in your age range on campus.

The competition will run just like a Triathlon, once the time starts it will continue to run until you finish. You must complete the distances for each event: elliptical, bike, and treadmill plus the transitions periods.

When/Where is the Event?
- February 28th- March 1st in the SRWC.
- Individuals may participate
  - Tuesday February 28, 11:30am-1:00pm or 7:30pm-9:00pm
  - Wednesday February 29, 11:30am-1:00pm or 5:30pm-8:30pm
  - Thursday March 1, 11:30am-1:00pm or 7:30pm-9:00pm
  ** It will take approximately 40-50 minutes to complete.

How Do I Participate?
- Pre-register and select a time slot at the SRWC front desk, starting February 6, 2012.
  * Guarantee a time slot
- Register at the time of event.
  * In the event multiple participants are waiting to compete, participants will be given a number and must remain in the facility until his/her turn.

Who Do I Compete Against?
- For the grand prize, participants will compete against everyone in your gender group.
  * There will be an overall winner for the males and females for the grand prize.
- For the shirt, participants will compete against other students and SRWC members in equivalent age and gender groups. See the following table for divisions:

<table>
<thead>
<tr>
<th>Divisions</th>
<th>Divisions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male Competition</td>
<td>Female Competition</td>
</tr>
<tr>
<td>18-22</td>
<td>18-22</td>
</tr>
<tr>
<td>23-32</td>
<td>23-32</td>
</tr>
<tr>
<td>33-40</td>
<td>33-40</td>
</tr>
<tr>
<td>41-50</td>
<td>41-50</td>
</tr>
<tr>
<td>51+</td>
<td>51+</td>
</tr>
</tbody>
</table>

** A minimum of 4 participants must enroll in each division. If a division does not have enough participants, it will be combined with the next youngest division.

What are the Rules?
1. Participants must bring WU ID to enter SRWC.
2. Participants should wear athletic clothing and athletic shoes.
3. Participants must follow all instructions from the event officials.
   a. Failure to follow the rules will result in disqualification.
4. Once you start, the time will continuously run until you complete the distances for each event
   a. Elliptical- 2.5 Miles
   b. Bike- 8 Miles
   c. Treadmill- 3 Miles

How do I win?
- Have the best time.
- Complete the distances for each event and the transitions in the quickest time.
- There will be an overall male and female winner.
  * Winners will receive a “WU’s Most Fit” Gym Bag.
- The Top 5 for each age group will win a T-Shirt.