

# New Mexico Senior Olympics Triathlon Rules

Revised 3-2017

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## Playing Format

1. The Triathlon will be governed by the Triathlon Federation/USA rules and National Senior Games Association with the exception noted below. For a copy of these rules please write or call:  

USA Triathlon	National Senior Games Association
1365 Garden of the Gods Rd, Ste. 250	PO Box 82059
Colorado Springs, CO 80907	Baton Rouge, LA 70884-2059
(719) 597-9090	(225) 766-6800
<a href="http://www.usatriathlon.org">www.usatriathlon.org</a>	<a href="http://www.nsga.com">www.nsga.com</a>
2. Triathlon consists of the 400M swim, 20K Cycling and the 5K Road Race. All three triathlon elements must be held consecutively on the same day with no scheduled rest periods. Athletes must provide their own bicycles, helmets, running and swim gear. All equipment must meet USA Triathlon standards.

NMSO will not be conducting a Triathlon event during the 2017 Summer Games.

NMSO will hold a Triathlon in 2018 in order to be qualified for the 2019 National Senior Games.