

St. Louis Senior Olympics

Triathlon

1. Participants must be registered for Triathlon Event to qualify for awards
2. Participants must be registered for and compete in the 500y Freestyle, 5 mile Cycling Race, and 1,500 Meter Run in the St. Louis Senior Olympics
3. The object is to achieve the best cumulative times in all three events.
4. Points will be awarded based on the total number of participants in each age group in the Triathlon event. If there are 100 people in an age group, the athlete who swam the fastest will receive 100 points. The second fastest receives 99 points and so on. Same for Cycling and the Run. The three scores for each participant are totaled for an overall score.