Divisions:
Men’s, Women’s, and Faculty and Staff
(Teams consist of 3 members, one for each event)

Faculty and Staff Competitive
Faculty and Staff Recreational

Men’s Individual Competitive
Men’s Individual Recreational

Men’s Competitive Teams
Men’s Recreational Teams

Women’s Individual Competitive
Women’s Individual Recreational

Women’s Competitive Teams
Women’s Recreational Teams

*Start Times for both individuals and teams will be staggered every hour, starting at 10am.
10am – Faculty and Staff
11am – Men’s Individuals
12pm – Men’s Competitive Teams
1pm – Men’s Recreational Teams
2pm – Women’s Individuals
3pm – Women’s Competitive Teams
4pm – Women’s Recreational Teams

Divisions are separated by the following tasks:

COMPETITIVE
· 600 YDS SWIM (12 LAPS DOWN AND BACK)
· 15 MILE STATIONARY BIKE
· 3 MILE RUN ON INDOOR TRACK (31.5 LAPS)

RECREATIONAL/TEAM
· 450 YDS SWIM (9 LAPS DOWN AND BACK)
· 8 MILE STATIONARY BIKE
· 2 MILE RUN ON INDOOR TRACK (21 LAPS)