

# INDOOR IRONMAN 2010



## OVERALL RULES AND REGULATIONS

- YOU MUST BE A FITNESS MEMBER TO PARTICIPATE, ALL MEMBERS ARE WELCOME TO PARTICIPATE
- **REGISTRATION BINDERS** ARE LOCATED IN THE UNIVERSITY FITNESS CENTER, WILLIAMS CENTER POOL AND WEIGHT ROOM.
- THIS PROGRAM IS RUN ON THE HONOR SYSTEM...THE ONLY PERSON YOU ARE CHEATING IS YOURSELF!
- BOTH INDOOR AND OUTDOOR ACTIVITIES COUNT TOWARDS YOUR TOTAL.
- YOU ARE RESPONSIBLE FOR KEEPING YOUR TRACKING SHEETS LEGIBLE AND IN ORDER. THE STAFF IS NOT RESPONSIBLE FOR LOST TRACKING SHEETS.
- YOU MAY COMPETE IN BOTH THE INDIVIDUAL AND TEAM COMPETITIONS BUT YOU MUST COMPLETE DOUBLE THE DISTANCES. FOR EXAMPLE, IF YOU ARE SWIMMING FOR THE TEAM COMPETITION YOU MUST SWIM A TOTAL OF 4 MILES.

## INDIVIDUAL COMPETITION

- ALL EVENTS ARE COMPLETED BY 1 PERSON!
- INDIVIDUAL IRONMAN FINISHERS WILL EACH RECEIVE A LONG SLEEVE T-SHIRT.
- EACH EVENT MUST BE COMPLETED BY APRIL 11TH TO BE CONSIDERED A "FINISHER"

## TEAM COMPETITION

- A TEAM IS MADE UP OF 3 PEOPLE...NO MORE, NO LESS!
- ONE PERSON COMPLETES THE SWIM, ONE PERSON COMPLETES THE BIKE AND THE LAST PERSON COMPLETES THE RUN.
- TEAM IRONMAN FINISHERS WILL EACH RECEIVE A SHORT SLEEVE T-SHIRT. ALL MEMBERS MUST COMPLETE THEIR EVENT BY APRIL 11TH TO BE CONSIDERED A "FINISHER"

### 2 MILE SWIM

- 132 LENGTHS (ONE WAY) OR 66 LAPS
- DISTANCE IS RECORDED TO THE NEAREST LENGTH
- YOU MAY SWIM AT ANY POOL, AS LONG AS YOU CAN RECORD AN ACCURATE DISTANCE...OCEANS DO NOT COUNT!
- YOU MAY SWIM ANY STROKE, BACK FLOAT OR EVEN USE A KICK BOARD AND FINS TO COMPLETE THE 2 MILES

### 112 MILE BIKE

- BIKING CAN BE COMPLETED INDOORS OR OUTDOORS
- YOU MAY USE AN UPRIGHT OR RECUMBENT BIKE
- INDOOR CYCLING CLASS =15 MILES
- DISTANCE IS RECORDED TO THE NEAREST .25 MILES

### 26 MILE RUN

- ALL WALKING OR RUNNING CAN BE COMPLETED INDOORS OR OUTDOORS
- BONUS! YOU MAY ALSO USE THE ELLIPTICAL FOR THIS PORTION OF THE COMPETITION ONLY!

START LINE: MARCH 1ST - FINISH LINE: APRIL 11TH