

Rules of the Game

- You can participate as an individual athlete or as a relay team (always 3 team members).
- There is no predetermined circuit. Each athlete does his or her race individually in his or her symbolic backyard (and pool if you choose to do a triathlon). We call this RYOT (race your own track). So you are responsible for setting up a safe and known track. Of course you may do 'laps'. For example, if you choose the Olympic distance triathlon, you can do 4 laps of 10K cycling and 2 laps of 5K running. You can also do the cycling and/or running virtually if you have the technology to do so (Zwift, Rouvvy,...), but nothing beats the great outdoors!
- You do your race between Saturday, April 24, 7:00 am and Sunday, 7:00 pm.
- To participate, you must have a sports tracker (Garmin, Strava...) on your sports watch or your smartphone. It is the distance and time from the tracker that count as official finish times. You use this data as the official time, on your own word of honor. There is a chance that we may perform random checks 😊. You send your result to info@tritochange.be (with a screenshot of your tracker)
- Possible distances:

TRIATHLON	FULL	HALF	OLYMPIC	SPRINT	SUPERSPRINT	FUN
swim bike run	3,8-180-42	1,9-90-21	1500-40-10	750-20-5	300m-10-2	100m-3-1000m
>18y	x	x	x	x	x	x
12-17y					x	x
<12y						x

DUATHLON	L	M	S	FUN
run bike run	10-150-30	10-40-5	5-20-2,5	500m-3-1000m
>18y	x	x	x	x
12-17y			x	x
<12y				x

- ➔ Adults (from 18 years old) can participate in 6 triathlon distances (from full ironman distance to FUN) or 4 duathlon distances (L to FUN)
 - ➔ Teens ages 12 to 17 can participate in the SUPERSPRINT and FUN (triathlon), S and FUN (duathlon) distances
 - ➔ Children under 12 can participate in the FUN distance, duathlon and triathlon
- You do your race 'non-stop', and according to the correct order. Minimum 2 sports, always 3 blocks. If you choose a triathlon distance, you first do the swim, followed by the bike, and ending with the run. If you choose a duathlon distance, you first do the run, followed by the bike, and ending with the run.
 - Between each discipline you get a standard 5 minutes of transition (this transition time is added to your times). So each participant (individual or team) gets standard 10 minutes of transition.
 - Of course you follow the road code and you follow the applicable Corona rules (TritoChange is not responsible for accidents or violations)