



USA Triathlon (USAT) and the College Swimming Coaches Association of America (CSCAA) have partnered for the second annual Aquathlon Challenge for all the college swim programs in the USA. An Aquathlon is an event comprising of a swim and run. The Aquathlon will not be completed as a continuous event but, for simplicity, as a separate swim and run on the same day. Similar to the Postal 5k, we will collect data from submitted results completed at your University during October, with winners in divisions and an overall team winner based on the best five results from your team.

General Guidelines:

- Both the swim (500 yd) and run (1600m) must be done in the same day.
- The Aquathlon must be completed between Wednesday October 1st and Friday October 31st.
- All results must be submitted by Friday November 7th.
- Athletes can practice the 500yd and 1600m as much as they want, but on race day there is only one go at it!
- Record times on the swim and run to the hundredth of a second.
- Online submission information is found here: <https://www.usataleatid.org>

Swim Guidelines:

- 500 yards from a dive start.
- A stagger of 10" splitting the lane with a maximum of 3 per lane.
- A yard pool is preferred, but if not available, then a 400m SCM or LCM is acceptable. Note this on the submission form and we will convert to 500 yards for competition purposes.

Run Guidelines:

- 1600m run- 4 laps of the track.
- Start the run off the "fall line" (curved line by the regular start line).
- Maximum of 16 athletes per heat.
- Record approximate temperature during the run.

Awards:

- If we have 10 or more school participating in each Division, we will split as followed per gender: Division 1; Division 2/NAIA/NJCAA; Division 3. If less than 10 schools, all Divisions will be combined.
- Team scoring will enable teams from all divisions and both genders to compete for a single championship based on a unique scoring system. The top five times from each team will be ranked within their own division and gender with a point value assessed that is equivalent to the

rank. The team with the lowest overall score wins. For example, if the Texas Men have a 2nd, 10th, 22nd, 50th, and 97th ranked athletes in the Men's Division I category, they would have a team score of 181. If the Emory Women ranked 1st, 11th, 15th, 51st and 101st, they would score 179 points in the Women's Division III category. Their score would put them ahead of the Texas Men overall.

- A specially designed t-shirt will be awarded to the top 3 in each division and gender, as well as the overall team winners.