

Draft-Legal Triathlon Basics:

- Olympic style triathlon is made up of swimming, cycling, and running. The individual Olympic distance race is a 1.5k swim (.9 mile) / 40k bike (24.8 mile) / 10k run (6.2 mile).

[Women's Paris Olympics Race: <https://www.youtube.com/watch?v=bXIAfVppavI>]

[Men's Paris Olympics Race: <https://www.youtube.com/watch?v=pTCrrTUpOpU>]

- The bike is "draft-legal" which means you ride a road bike (not a time trial bike) and athletes are allowed to ride in a group (as opposed to solo)
- The Olympics have two events: Individual race (Olympic Distance) and Mixed Relay.
- The Mixed Relay is made up of 2 men and 2 women where each athlete completes a mini-triathlon: 300m swim / 6k bike (3.7 mile) / 1.6k run (1 mile)
[Paris Olympics Mixed Relay Recap: <https://www.youtube.com/watch?v=3obs36Lqy6g>]
- USA Triathlon is our National Federation (NF) <https://www.teamusa.org/USA-Triathlon/Elite>
- World Triathlon is our International Federation (IF) <https://www.triathlon.org/>
- There are three levels of World Triathlon racing: Continental Cup, World Cup, and World Triathlon Championship Series.
- You earn points at each race and those points determine both your country ranking and world ranking.
- Prize money is ALWAYS equal for men and women at every race around the world:
https://wtcs.triathlon.org/prize_money
- Personal/Individual sponsorships are allowed (even encouraged) when racing for the USA National Team
- Every year there are multiple, and substantial, racing opportunities in addition to the Olympic distance and Mixed Relay.
 - This includes: Sprint Distance (750m swim / 20k bike / 5k run)
 - Super Sprint (300m Swim / 7k bike / 2.5k run) this race format typically coincides with a Semi-Finals & Finals Format
 - Eliminator (Multiple rounds of Super Sprint Distance where the last 10 athletes are eliminated)
 - eSports World Championships (Indoor triathlon raced in a pool, and on a virtual platform for the bike and run. The bike and run are on trainers and a treadmill)
<https://www.youtube.com/watch?v=XvSaX3kutMA>
- Equipment necessary: Triathlon suit, swim cap, goggles, road bike, triathlon bike shoes, helmet, run shoes.