$$T(n) = \sum_{i=1}^{n} i = \frac{n(n+1)}{2} = \frac{1}{2}(n^2+n)$$

$$\lim_{n\to\infty} \frac{T(n)}{n^2} = \lim_{n\to\infty} \frac{\frac{1}{2}(n^2+n)}{n^2} = \frac{1}{2} > 0 \qquad \text{2atem} \quad T(n) = \Theta(n^2)$$