Correspondence triathlon – rules

Goal

'Correspondence Triathlon' series aims to bring more satisfaction and fight monotony of training at winter season.

'Correspondence Triathlon' series will last for 6 months, from 1st of November 2020 till 30th of April 2021. The series will consist of 6 events. Participant can take part in only one event a month.

The event

'Correspondence Triathlon' will be conducted once a month in the following disciplines and distances:

- 10km bike ride (outdoor road/mtb, indoor cycling) - registered on GPS device or on indoor bike computer (distance)

- 4km run outdoor or on a treadmill - registered on GPS device or on a treadmill computer (distance)

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Participation

Participation in an event is meant as logging a result on participant's account. To log a result participant must send it to a given e-mail address using credentials given at the registration. Added result (total time of an event) must be confirmed by a picture of a device's screen showing the result. Picture should show two parameters: the distance and total time of the event. Each discipline should be registered separately.

Logged results cannot be changed. New log of the same discilne can be made next month.

Order of the disciplines is irrelevant, but all three disciplines must be logged till the end of the month to make an event valid.

To take part in the series participants must register at http://tri-post.pl and pay the access fee, which is 5€ per event (or 10€ for the entire season), by wire. The entire amount is given to the Nidzicki Fundusz Lokalny Scholarship Fund.

Bank transfer details:
- receiver name - Nidzicki Fundusz Lokalny
- receiver address - Kamionka 7, 13-100 Nidzica, Poland
- BIC: POLUPLPR
- IBAN: PL10883400092001000050050004
- transfer title: "Payment for Correspondence Triathlon 2020/2021"

The site allows to create ranks, groups, compare results etc.

'Correspondence Triathlon' is meant to be a friendly competition, so we assume all the logged results to be authentic.

Glossary:

Participation - single logged acitivty of a given discipline

Triathlon - 3 logged activities of each discipline