

Scottish Student Sport Virtual Triathlon

Dates: 25th October – 14th November

Cost: £3

Format: This Supersprint event will consist of 3 elements - 400m swim, 8km cycle and 2km run. The three components can be completed independently of each other and you can post multiple attempts of each element to get your best time. All disciplines can either be completed outside or indoors and must be posted on the SS Triathlon Strava Group in order to count.

How to Compete:

Step 1 - Join the Scottish Student Triathlon Strava Group: <https://www.strava.com/clubs/ssstriathlon>

Step 2 - Sign up to the SS Triathlon Community on SSS Playwaze by following [these steps](#) to pay your entry fee by **4pm on 22nd October 2021**

Step 3 - Upload your activities to [Strava](#) the relevant activity name:

- SST Virtual Duathlon – 400m swim
- SST Virtual Duathlon - 8km Cycle
- SST Virtual Duathlon - 2km Run

You can do these activities in any order at any time over the 2 week period (**from 00:01 on 25th October to 23:59 on 14th November**)

We want everyone to have fun and play fair so there are the following rules in place:

- Run - We would like everyone to complete their run on as flat a course as possible, downhill runs are discouraged and any run that the finishing elevation 25m lower than the starting elevation will be discounted
- Cycle - The cycle should ideally be completed outside on the road as an individual effort (no drafting). We will also accept activities completed on indoor trainers, provided they calculate speed from Power (i.e. Wattbike)
- Swim – The swim would ideally be completed in a pool, but outdoor swims will also be accepted. No drafting is allowed.

Rankings:

Entries will be monitored on Strava daily and a leaderboard will be shared with the clubs at the end of each week. There will be a Men's and Women's category, with medals being awarded to the top 3 male and top 3 female athletes with the fastest combined times.



COVID-19/SGB guidelines:

We want everyone to have fun and compete safely. Please follow the latest guidance from your Institution as well as the guidance from Triathlon Scotland: <https://www.triathlonscotland.org/covid-19/>

Specific Terms and Conditions/Insurance:

To the fullest extent permitted by Scottish law, Scottish Student Sport makes no representations, undertakings or warranties about the Virtual Challenge or any content or information provided as a result of being a participant of the campaign. To the fullest extent permitted by Scottish law all representations, warranties and undertakings (express or implied) in respect of the Virtual Challenge are excluded.

Except in the case of fraud, death or personal injury caused by our negligence or other cases where by law liability cannot be excluded or limited, we exclude all liability to you in respect of your application for the Virtual Challenge or any information or other content obtained either directly or indirectly as a result of your participation, howsoever arising, in any circumstances and whether in contract, tort, negligence, misrepresentation or otherwise.

Under no circumstances shall we have any liability for any loss of profit, business opportunity, goodwill, anticipated savings or data or for any special, indirect, incidental or consequential loss or damages of whatsoever kind resulting from your application for the Virtual Challenge or any information or other content obtained either directly or indirectly as a result of your participation, howsoever arising, in any circumstances and whether in contract, tort, negligence, misrepresentation or otherwise.

If you are in any doubt regarding the insurance cover for any physical activity that you are participating in as part of the Virtual Challenge you can contact chris@scottishstudentsport.com.

Contact: All enquiries about this event should be directed to SS Triathlon Chair, Ruaraidh Wells, on ssstriathlon@gmail.com

