



## Scoring Rules

The First Tri scoring method is unique in that participants are graded on a curve, partly based on their distance and partly based on their time. Swim and Bike is based on total distance. Run is based on time.

For the swim, the participant that swam the furthest distance will receive the most points (actual number is based on total participants) and the shortest distance participant will receive 1 point. For example, if there are 100 participants in the race, the person who swam the furthest distance would receive 100 points for the swim portion of the race. The person with the 2nd farthest swim would receive 99 points, and so on and so on. The same scoring calculations would be made for the bike portion of the race. For the run, it will be a timed 1 mile run around the indoor track. The participant with the fastest run would receive the most points. The person with the slowest run would receive 1 point.

All three disciplines count equally toward the final score. Transition times are fixed between events and do not count towards participants' scores.