

INFORMATION SHEET

2022 SPRINT TRIATHLON

Single or Team Relay



03 NOVEMBER, 0800 at Aquatics Center

Registration Deadline: 31 October at 1800

www.IMLeagues.com/FortWorth

Requirements:

- Register team online by 31 October
- Individual Participant Liability Waivers signed onsite

Awards: Trophies for 1st and 2nd Place, Single and Team Divisions

Rules & Format:

- Open to anyone with base access, ages 16+
- Swim 400m, Bike 8 miles, Run 4k
- Single OR Team Relay, cannot enter both
- No limit to number of teams per command



How to register for a league in IMLeagues

Step 1 – Go to **www.imleagues.com/fortworth**

Step 2 – Click on “Create Account” in the top right of the screen

Step 3 – Enter your information and then click on “Create Account”

IMLeagues.com will email you an account confirmation link

Step 4 – Confirm your IMLeagues account

Step 5 – Log into your IMLeagues account

Step 6 – Top right corner, click on “Get Involved”

For TEAM competitions

Step 7 – In the middle, click on the activity for which you wish to register

Step 8 – At the top right, click on “Create Team”

Step 9 – Enter Team name, logo (optional), and click on “Create Team”

OR

For INDIVIDUAL competitions, including 5K RACES

Step 7 – In the middle, click on the activity for which you wish to register

Step 8 – At the top right, click on “Signup”

Step 9 – Confirm your name, enter logo (optional), and click on “Create Team”

Notes: Non-NMCI computers work better with this website. IMLeagues also has an app you can download for Apple or Android

If you need help, click on the IMLeagues Support link or contact Dom Falcinelli, MWR Sports Coordinator