

Triathlon

Sport's Governing Body: [USA Triathlon](#).

Season of competition: Fall.

SPORT SPONSORSHIP BY DIVISION

	2023-24 SPORT SPONSORSHIP	2024-25 PROJECTED SPORT SPONSORSHIP
DIVISION I	12	15
DIVISION II	14	12
DIVISION III	11	13
TOTAL	37	40

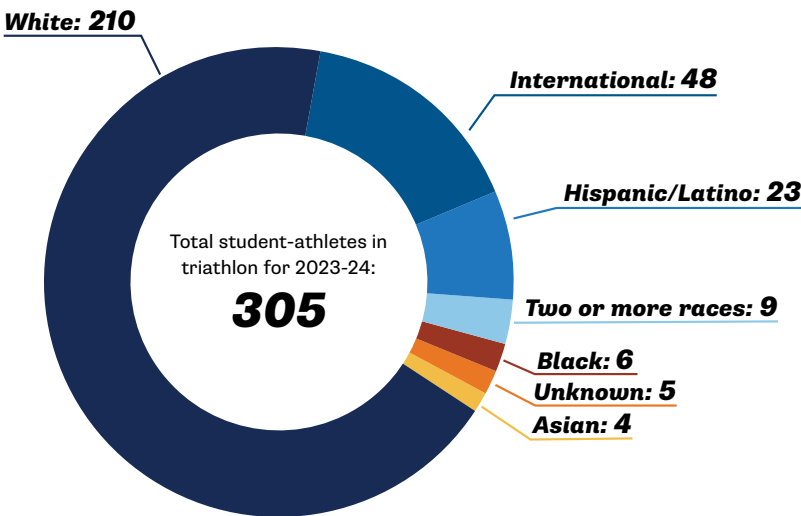
Note: Sport sponsorship numbers as of October 2024 are derived from data submitted by NCAA member schools each year and are only as accurate as the information provided. The data are refreshed each fall and will remain static until the next annual release.



AVERAGE ROSTER REPORTED BY THE NATIONAL GOVERNING BODY

- Average of 8-12 student-athletes.
- Target roster size is 12-15 student-athletes to create two squads of seven.

STUDENT-ATHLETE DEMOGRAPHICS



Student-athlete demographics as of October 2024 are submitted by NCAA member schools to NCAA research.



Photo credit to Thomas Fernandez

COMPETITION FORMAT

- Competition format includes sprint or super sprint distances and features structures such as duals, triangulars or quads and allow multiple athletes to compete simultaneously.
- Competitions can take place outdoors, indoors or in a hybrid setting.
- Competitions also can be swim-run, run-swim, bike-run or run-bike discipline formats for events outside of regional and national championships.

CHAMPIONSHIP STRUCTURE

- Student-athletes are positioned for regional championships based on national rankings.
- The nationals structure was updated in 2024 to include three waves of athletes.
- National team titles are awarded based on the individual race scores. Team scores are determined by the total points of up to the first five scoring athletes of each NCAA varsity team. The top three competitors in each division also earn individual awards.
- Bike and run segments are designed as multiple laps to minimize the competitive footprint.

FACILITIES NEEDED

- Swimming:
 - Schools use on-campus or nearby community pools of any distance in yards or meters.
 - Swimming can also be done in a lake to practice buoy sighting and paceline techniques.
- Biking: Primarily an outdoor activity but shifts to indoor riding during inclement weather.
- Running: Primarily outdoors on trails, paths and roads, but can also be done on tracks for speed work.

PROSPECTIVE STUDENT-ATHLETES

This information is derived from annual surveys conducted by USA Triathlon.

- 98% of student-athletes are recruited specifically for triathlon.
- There are 149 triathletes who are multisport athletes participating in indoor/outdoor track and swimming.
- Triathlon has seen a 10% year-over-year growth in diversity.
- There has been a 40% increase in international recruitment since 2019, with student-athletes from 27 countries.
- Student-athletes in triathlon have an average individual GPA of 3.53, with 14 programs having an average GPA above 3.5 and seven programs as the top GPA sport on campus.

Triathlon is an NCAA Emerging Sport for Women.

For more information about the program, visit ncaa.org/emerging-sports-for-women.

To learn more about triathlon, visit usatriathlon.org.



Photo credit to Thomas Fernandez