ENTRY PROCEDURES:

1. Pick up and fill out the Quadathlon Entry Form
2. Return completed form to Intramural Director, Bob Clemmer, in Augsbury 107
3. Include payment ($5 per person)
4. Look over the course map for any questions to bring up during the team meeting 4:15

4. Canoes: First entered, first served
   - Iron people must provide their own canoes, kayaks! Sorry, we can’t sacrifice a tandem (5-person team) canoe for an iron person!
   - We have a limited supply of canoes for this event. Teams are highly encouraged to provide their own canoes, paddles and PFD’s. Canoes will be issued at the canoe leg start based on arrival of teams.

CATEGORIES:

- **5 Person Teams**: Male, Female, Mixed (at least 2 males and 2 females), Faculty / Staff, Open
- **1 Person Teams**: Iron man, Iron woman

- **Mixed**: This category is for mixed-gender teams. The requirement is that the team have at least 2 men and 2 women,
- **Female**: Teams in this category must have all female members.
- **Faculty/Staff**: The faculty/staff category is for teams where all the members work at SLU. However, for example, a team with both faculty and students would have to compete in the “Open” category.
- **Ironperson**: Ironpeople must complete all legs of the event. In addition, ironpeople must provide their own canoe or kayak. Awards are given to the top male and top female finisher.
- **Open**: The category in which all other teams compete. For example, a team of all men would be an “open” team. Similarly, a team with both faculty and students would be an “open” team.

RACE START: 4:30 PM Pool

PRIZES: 1st Place Awards – Quadathlon T-Shirt for all categories

REFRESHMENTS: Available in Augsbury Lobby

COURSE DESCRIPTIONS AND GENERAL RULES:

Quad (tent and awards ceremony after last finisher crosses the finish line)

**500 Yard Swim (SLU Pool)**
- Starting in the pool
- ¼ mile swim (20 pool lengths)
- Exit pool and walk to the time recorders at the stairs
- Exit pool area and tag next participant.

**5 Mile Bike (Minor, Maple, Park)**
- Cyclist must wear a helmet on the bike course!
- Starting on the side of Augsbury
- Heading towards Appleton
- Left on Minor St.
- Turn around at the cone and return on Minor St.
- Pass the campus and turn right on Maple St.
- Turn right on Park St.
- Ending after the bridge on Park St. across from the canoe shack.
- Tag the next participant.

**1 Mile Canoe (Little River out and back)**
- Each canoeist must have a Lifejacket PFD!
- Canoes must wait on bank of the river for the tag
- Canoes will paddle downstream keeping to the left hand side of the river and turn clockwise around the orange buoy.
- Paddle back upstream still keeping to the left.
- 3rd tag takes place at the canoe shack.

**2 Mile Run**
- Runners start next to the canoe shack.
- Runners turns left and runs the little river trail.
- Up steep hill to soccer field
- Turn right onto the jogging trail
- Pass in front of Augsbury
- Enter the track at the East entrance
- Complete a lap on the outdoor track