



## Triathlon Events (3)

Men's

Women's

Mixed Relay

Photo via MapQuest



## How Olympic Triathlon Works

The triathlon is made up of three parts:

- 1) 1.5 kilometer swim
- 2) 40 kilometer cycle
- 3) 10 kilometer run

The goal of Olympic Triathlon is to complete the three parts as quickly as possible and become the first person to cross the finish line.

In the **mixed relay triathlon**, each athlete on a team of four swims 300 meters, cycles 6.8 kilometers, and runs 2 kilometers in a relay format.

## Triathlon Schedule

Events in ET, medal events in **bold**

Date	Time	Event
Tue, July 30	2:00 AM	<b>Men's Triathlon</b>
Wed, July 31	2:00 AM	<b>Women's Triathlon</b>
Mon, Aug 5	2:00 AM	<b>Mixed Relay Triathlon</b>

Photo via BBC



### GREAT Britain

For the third straight Summer Olympics, Great Britain won the most medals in Triathlon with two silver medals in individual competition and a gold medal in the mixed relay. With five total competitors in the 2024 Games including Tokyo silver medalist Alex Yee, will Britain bring home more hardware?

### All-Time Triathlon Medal Table



**GBR - 8**



**SUI - 5**



**AUS - 5**



**NZL - 4**



**USA - 4**

**CAN  
GER**

**2**

