

WHAT IS THE NATIONAL CHALLENGE COMPETITION?

The National Challenge Competition (NCC) is designed to get triathletes excited about offseason training at the club level. Tri clubs across the country go head to head to see who can log the most training miles during the competition.

The NCC will feature three sessions, each one month in duration, from December to February. Clubs will record their training miles and submit them on the NCC website for automatic calculation and ranking.

All sessions will include swim, bike, and run, but one sport will be highlighted for each session. The winning club for each session is determined by the greatest number of miles logged during that session for that month's discipline. Recognition will be given to the first club to reach the benchmark mileage for each session and overall combined mileage for a club at the end of the three months.



USAT
USA TRIATHLON

NATIONAL CHALLENGE COMPETITION



WHO CAN PARTICIPATE?

Club Division

Division I:	250+ club members
Division II:	249-130 club members
Division III:	129-89 club members
Division IV:	88-30 club members
Division V:	29-2 club members

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Team Size

Clubs with more than 75 participants will be broken into A, B and C teams to even the playing field. Teams will have no more than 75 participants each. For the bigger clubs, this can help with strategy and friendly competition.

Solo Training

All competitors must be a member of USA Triathlon, but are not required to be a member of a club. Athletes who join as individuals (ie. Not part of a USAT Official Club) will be placed on Team NCC, which will compete against regular clubs. Team NCC athletes will enter their own mileage.



SCHEDULE:

Registration Opens.....	Sunday, November 1, 2009
1st session begins.....	Tuesday, December 1, 2009 >SWIM BENCHMARK
1st session ends.....	Thursday, December 31, 2009
2nd session begins.....	Friday, January 1, 2010 >BIKE BENCHMARK
2nd session ends.....	Sunday, January 31, 2010
3rd session begins.....	Monday, February 1, 2010 >RUN BENCHMARK
3rd session ends.....	Sunday, February 28, 2010
NCC wrap up.....	Monday, March 1, 2010

FOR MORE INFORMATION:

- * Rules/Requirements
- * Awards
- * Registration
- * USAT Site: <http://www.usatriathlon.org/content/index/2088>
- * Official Site: <http://www.race-tracker.net/usat/>