

2019 USA Triathlon Regional Championships

Mideast Region:

Olympic Distance Regional Championships:

Jamestown Olympic Distance Triathlon June 8th 2019 – Williamsburg, VA

*Regional Championships for the discipline of Olympic-distance triathlon offer athletes a special opportunity to qualify for the Toyota USA Triathlon Olympic-Distance Age Group National Championships. The **top 35 percent or top five finishers per age group** (whichever is greater) earn the opportunity to go to Nationals — in comparison to a standard USA Triathlon Sanctioned Event, in which only the top 15 percent in each age group qualify.

All Olympic-distance Regional Championships occurring before Aug. 2, 2019, will qualify top finishers for the 2019 Toyota USA Triathlon Olympic-Distance Age Group National Championships, set for Aug. 10 in Cleveland. All Regional Championships occurring between July 1 and Aug. 2, 2019, will qualify athletes for both the 2019 and 2020 edition, while all races occurring after Aug. 2 will qualify athletes for the 2020 edition. The date and location of the 2020 Toyota USA Triathlon Age Group National Championships are to be determined.

Multisport Regional Championships:

Kinetic Multisport Triathlon Festival May 11th and 12th 2019 – Lake Anna, VA

Long Course Triathlon – 1.2 mile swim, 56 mile bike, 13.1 mile run – May 11th

Long Course Aquabike – 1.2 mile swim, 56 mile bike – May 11th

Long Course Duathlon – 2 mile run, 56 mile bike, 13.1 mile run – May 11th

Olympic Distance Aquabike – 1.5K swim, 40K bike – May 11th

Sprint Distance Aquabike – 750 meter swim, 15.5 mile bike – May 12th

Sprint Distance Aquathlon – 750 meter swim, 5K run – May 12th

State Triathlon Championships:

Age Group State Championships

Delaware: [Tri It Olympic Distance Triathlon](#) June 16th, 2019 – Lums Pond - Bear, DE

High School State Championships

Delaware: [Tri It Sprint Distance Triathlon](#) June 16th, 2019 – Lums Pond – Bear, DE

Age Group State Championships

Maryland: [St. Mary's Olympic Distance Triathlon](#) May 19th, 2019 – St. Mary's City, MD

High School State Championships

Maryland: [St. Mary's Sprint Distance Triathlon](#) May 19th, 2019 – St. Mary's City, MD

The 2019 State Championship races occurring prior to August 1, 2019, qualify the top 25 percent or top five (whichever is greater) competitors per their respective age groups for the [2019 Olympic-Distance Age Group National Championships](#) in Cleveland, Ohio, on August 10.

***Any State Championship occurring after August 1, 2019, will qualify the top 25 percent or top five (whichever is greater) competitors per their respective age groups for the 2020 Olympic-Distance Age Group National Championships.

In order to be the State Champion, you **MUST** be a resident of the state you are competing in! You can still race you just can't be the state champion.