

# 2020 USA Triathlon Regional Championships

## Mideast Region:

### Olympic Distance Regional Championships:

**Jamestown Olympic Distance Triathlon June 6<sup>th</sup> 2020 – 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. 1, 2020, will qualify top finishers for the 2020 Toyota USA Triathlon Olympic-Distance Age Group National Championships, set for Aug. 8-9 in Milwaukee. All Regional Championships occurring between July 1 and Aug. 2, 2020, will qualify athletes for both the 2020 and 2021 edition, while all races occurring after Aug. 1 will qualify athletes for the 2021 edition. The date and location of the 2020 Toyota USA Triathlon Age Group National Championships are Aug 8-9 in Milwaukee, WI.

### State Triathlon Championships:

#### Age Group State Championships

Delaware: **Lums Pond Tri (formerly Tri It) Olympic Distance Triathlon June 21<sup>st</sup>, 2020 – Lums Pond - Bear, DE**

#### High School State Championships

Delaware: **Lums Pond Tri (formerly Tri It) Sprint Distance Triathlon June 21<sup>st</sup>, 2020 – Lums Pond – Bear, DE**

#### Age Group State Championships

Maryland: **St. Mary's Olympic Distance Triathlon TBD 2020 – St. Mary's City, MD**

#### High School State Championships

Maryland: **St. Mary's Sprint Distance Triathlon TBD 2020 – St. Mary's City, MD**

The 2020 State Championship races occurring prior to August 1, 2020, 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 Milwaukee, WI, on August 8-9.

\*\*\*Any State Championship occurring after August 1, 2020, will qualify the top 25 percent or top five (whichever is greater) competitors per their respective age groups for the 2021 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!