

# ALABAMA SENIOR OLYMPICS

# TRIATHLON



## MARCH-MAY 2026

MULTIPLE LOCATIONS

(VIEW LIST ON WEBSITE)

### EVENTS:

**SPRINT**

**SWIMMING: 400M FREESTYLE  
(OPEN WATER)**

**CYCLING: 20K**

**ROAD RACE: 5K**



THIS EVENT IS OPEN TO **ADULTS AGE 50+** (AS OF DECEMBER 31, 2026).

**REGISTRATION OPENS:** AL RESIDENTS ON JAN. 5, 2026 AND NON-RESIDENTS ON JAN. 19, 2026.

**REGISTRATION CLOSURES:** MARCH 14, 2026. NO ON-SITE OR LATE REGISTRATION WILL BE ACCEPTED.



**SCAN QR CODE OR VISIT  
ALSENIOROLYMPICS.ORG**



THE 2026 ALABAMA SENIOR OLYMPICS ARE A QUALIFIER FOR THE 2027 NATIONAL SENIOR GAMES IN TULSA, OK.

