

Triathlon in the Olympic Games

A Triathletes of Utah Article



Photo by Adam Pretty/Getty Images ©

The 2020 (2021) Olympic Games are about to start. Hosted this year in Tokyo, Japan Triathlon will again be a major sport to watch. We've sourced all the information you need to watch and keep tabs on athletes during the 3 days of Triathlon events and the Paralympic Games in August.

First, what makes triathlon different in the Olympics?

The Olympic Games follow a draft-legal format for races, NCAA Triathlon and most other triathlons abroad are formatted the same way. The key difference between these races and a local triathlon you may have done is that drafting is allowed on the bike.

Drafting while swimming or cycling allows you to go a lot faster with a lot less effort. So competitors in a draft-legal race will ride in packs, just as you see in criteriums and pro cycling races like the Tour de France. For triathlon, this also means road bikes instead of triathlon or time-trial (TT) bikes. The bike course is also generally more technical with athletes attacking and riding in chase groups.

Overall, it makes for an exciting race with A LOT of position changes and the opportunity for a little bit of team strategy.

Additionally, this year there will be a mixed team relay as part of the Games.

Distances raced in the Olympic Games.

Both Men and Women will swim 1.5 km, bike 40 km, and run 10 km.

ParaTriathlon consists of a 750m swim, 20km bike (hand bike/tandem) and 5km run (racing wheelchair).

The new mixed relay will operate a little differently with teams of two men and two women competing on a course consisting of a 300m swim, 8km cycle, and 2km run before tagging a teammate.

Dates and Times.

Olympic Games:

The Men's race begins Sunday July 25th at 3:30 pm Mountain time.

Women's race will be Monday July 26th at 3:30 pm Mountain time.

Mixed relay will start Friday July 30th at 4:30 pm Mountain time.

Paralympic Games:

Friday August 27th at 3:30 pm Mountain time.

Saturday August 28th at 3:30 pm Mountain time.

How to watch!

For TV and cable subscribers you can watch via NBC and/or NBCSN.

For those who stream you can tune in via the NBC app or NBC's streaming service [Peacock](#)*.

*[Peacock](#) is a paid subscription channel but offers a 7 day free trial if interested.

There may be other ways to watch and many events will be available after they happen on the official Olympic Games website.

Websites for more information on the Games and Triathlon.

The official Olympic Games - <https://olympics.com/en/>

The Official Paralympic Games - <https://www.paralympic.org/tokyo-2020>

Team USA (Triathlon) - <https://www.teamusa.org/usa-triathlon/tokyo-2020>

World Triathlon Organization - <https://www.triathlon.org/olympics>

NBC Olympic channel - <https://www.nbcolympics.com/>

The Olympic Games YouTube channel - <https://www.youtube.com/user/olympic>

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